



2016-2018 Catalog

Exercise Science- Health Management

*****Students are required to complete a minor (22-27 credits): Must choose minor. Consult the academic catalog to determine the appropriate minor requirements.**

FALL FRESHMAN YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
ESAT	100	Principles of Fitness	2
ESAT	201	Red Cross First Aid and Emergency Care	2
BIOL		See catalog for possible BIOL courses	4
ESAT	115	Care and Prevention of Athletic Injuries	3
CORE	101	Academic Foundations I	3
TOTAL HOURS/SEMESTER			15

SPRING FRESHMAN YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
MATH	101	Algebra	4
ESAT	103	Foundations and Careers in ESPE and AT	2
PSYC	100	General Psychology	3
CORE	102	Academic Foundations II	3
		Humanities Distribution	3
TOTAL HOURS/SEMESTER			15



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FALL SOPHOMORE YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
ESAT	225	Anatomy	3
CHEM or PHYS		See Catalog for possible courses	4
		minor requirement	3
		Language I	4
		Religion/Philosophy Distribution	3
	TOTAL HOURS/SEMESTER		17

SPRING SOPHOMORE YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
ESAT	250	Human Physiology	3
ESAT	240	Intro to Research	1
		Elective	3
		Language II	4
		minor requirement	3
	TOTAL HOURS/SEMESTER		15



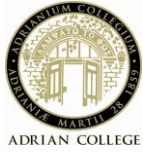
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FALL JUNIOR YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
ESAT	300	Kinesiology (writing intensive)	3
ESAT	311	Exercise Physiology	3
PHYS	101/103	Intro Physics/Lab	4
		minor requirement	3
		Non-western Perspectives Distribution	3
	TOTAL HOURS/SEMESTER		16

SPRING JUNIOR YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
ESAT	339	Exercise Prescription and Conditioning	3
ESAT	350	Laboratory Experiences in Exercise Physiology	3
		minor requirement	3
		minor requirement	3
BIOL/ESAT	209/312	Human Nutrition or Sports Nutrition	3
	TOTAL HOURS/SEMESTER		15



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FALL SENIOR YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
		minor requirement	3
ESAT	404	Senior Seminar	2
		Minor Requirement	6
		Art Distribution	3
		minor requirements	3
TOTAL HOURS/SEMESTER			17

SPRING SENIOR YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
		General Electives or minor requirements	14
TOTAL HOURS/SEMESTER			14