

**SUGGESTED COURSE SEQUENCE  
FITNESS AND SPORT MANAGEMENT MAJOR**

**Fitness Concentration**

Courses counted for General Education (GE) credit indicated by \*  
Courses required for Major indicated by **bold**

128 Semester hours required for graduation  
VIA = Convocation credit (10 needed per sem.)

FALL		JANUARY		SPRING	
<b>FIRST YEAR: 30 Semester Hours + .5 VIA Credit</b>					
<b>ESS 103 Foundations of Physical Education and Sport Sciences</b>	2	GE*	3	ENG 110 or COMM 110* Written or Oral Communication	3
MATH (by placement)*	3			PE 101 Phys Education Activity*	.5
ENG 110 or COMM 110*	3			GE*	9
Written or Oral Communication				VIA*	.25
PE 100 Intro to Wellness*	.5				
IDIV 121 First Year Colloquium*	3				
GE*	3				
VIA*	.25				
<b>SECOND YEAR: 31 Semester Hours + .5 VIA Credit</b>					
<b>ESS 150 Injury and Illness Prevention</b>	3	Elective	3	<b>ESS 243 Principles of Fitness</b>	2
<b>ESS Directed Elective</b>	3			PE 101 Phys Education Activity*	.5
HIST 100 or 101 Western Civ*	4			GE*	12
GE*	3			VIA*	.25
PE 101 Phys Education Activity*	.5				
VIA*	.25				
<b>Apply to Major (12/1 deadline)</b>					
<b>THIRD YEAR: 33 Semester Hours + .5 VIA Credit</b>					
<b>BIOL 204 Fund of Physiology*</b>	3	<b>ESS 343 Aging: Health and Wellness (offered odd years)</b>	3	<b>ESS 111 First Aid</b>	1
<b>BIOL 204L Principles of Phys Lab</b>	1			<b>ESS 345 Biomechanics (Option)</b>	3
<b>ESS 200 Principles of Nutrition</b>	3			or Elective	
<b>ESS 320 Community Health</b>	3			<b>ESS 208 Readings in Nutrition (offered even years)</b>	1
Electives	6			<b>ESS 363 Adapted Physical Activity</b>	3
VIA*	.25			Electives	6
				VIA*	.25
<b>FOURTH YEAR: 33 Semester Hours + .5 VIA Credit</b>					
<b>ESS 325 Exercise Physiology (Option)</b> or Elective	3	<b>ESS 475 Internship in Physical Education/Sport Management or</b> <b>ESS 476 Internship in</b>	3	<b>ESS 414 Advanced Principles of Exercise Prescription</b>	2
<b>ESS 335 Therapeutic Exercise</b>	3	<b>Health/Fitness/Wellness</b>		<b>ESS Directed Elective</b>	3
<b>ESS 410 Administration of Health and Physical Activity Programs</b>	3			Electives	10
GE*	3			VIA*	.25
Elective	3				
VIA*	.25				
				<b>Senior Comprehensive Evaluation</b>	

**SUGGESTED COURSE SEQUENCE**  
**FITNESS AND SPORT MANAGEMENT MAJOR**  
Sport Management Concentration

Courses counted for General Education (GE) credit indicated by \*  
 Courses required for Major indicated by **bold**

128 Semester hours required for graduation  
 VIA = Convocation credit (10 needed per sem.)

FALL	JANUARY		SPRING		
<b>FIRST YEAR: 30 Semester Hours + .5 VIA Credit</b>					
<b>ESS 103 Foundations of Physical Education and Sport Sciences</b>	2	GE*	3	ENG 110 or COMM 110* Written or Oral Communication	3
MATH (by placement)*	3			PE 101 Phys Education Activity*	.5
ENG 110 or COMM 110*	3			GE*	9
Written or Oral Communication				VIA*	.25
PE 100 Intro to Wellness*	.5				
IDIV 121 First Year Colloquium*	3				
GE*	3				
VIA*	.25				
<b>SECOND YEAR: 32 Semester Hours + .5 VIA Credit</b>					
HIST 100 or 101 Western Civ*	4	<b>ESS 209 Principles of Coaching (offered January or Spring)</b>	2	<b>BUS 120 Foundations of Business</b>	5
PE 101 Phys Education Activity*	.5			<b>ESS 243 Principles of Fitness</b>	2
<b>ESS Directed Elective</b>	3			PE 101 Phys Education Activity*	.5
GE*	6			GE*	6
VIA*	.25			Elective	3
				VIA*	.25
<i>Apply to Major (12/1 deadline)</i>					
<b>THIRD YEAR: 32 Semester Hours + .5 VIA Credit</b>					
<b>BIOL 204 Fund of Physiology*</b>	3	GE*	3	<b>ACCT 211 Princpls of Accounting I</b>	3
<b>BIOL 204L Fund of Phys Lab</b>	1			<b>ESS Directed Electives</b>	4
<b>ESS Directed Electives</b>	6			GE*	3
Elective	3			Electives	6
VIA*	.25			VIA*	.25
<b>FOURTH YEAR: 32 Semester Hours + .5 VIA Credit</b>					
<b>BUS 301 Advertising</b>	3	<b>ESS 475 Internship in Physical Education/Sport Management or ESS 476 Internship in Health/Fitness/Wellness</b>	3	Electives	14
<b>COMM 260 Intro to Public Relations</b>	3			VIA*	.25
<b>ESS 410 Administration of Health and Physical Activity Programs</b>	3				
Electives	6				
VIA*	.25				
				<b>Senior Comprehensive Evaluation</b>	

**SUGGESTED COURSE SEQUENCE**  
**FITNESS AND SPORT MANAGEMENT MAJOR**  
Recreation and Youth Sport Concentration

Courses counted for General Education (GE) credit indicated by \*  
 Courses required for Major indicated by **bold**

128 Semester hours required for graduation  
 VIA = Convocation credit (10 needed per sem.)

<b>FALL</b>		<b>JANUARY</b>		<b>SPRING</b>	
<b>FIRST YEAR: 30 Semester Hours + .5 VIA Credit</b>					
<b>ESS 103 Foundations of Physical Education and Sport Management</b>	2	GE*	3	<b>ESS 145 Motor Development (offered Spring even, January odd)</b>	3
MATH (by placement)*	3			or GE*	
ENG 110 or COMM 110*	3			ENG 110 or COMM 110*	3
Written or Oral Communication				Written or Oral Communication	
PE 100 Intro to Wellness*	.5			PE 101 Phys Education Activity*	.5
IDIV 121 First Year Colloquium*	3			GE*	6
GE*	3			VIA*	.25
VIA*	.25				
<b>SECOND YEAR: 33 Semester Hours + .5 VIA Credit</b>					
<b>ESS Coaching Class</b>	2	GE*	3	<b>ESS 111 First Aid</b>	1
HIST 100 or 101 Western Civ*	4			<b>ESS 209 Principles of Coaching</b>	2
GE*	9			<b>ESS 243 Principles of Fitness</b>	2
PE 101 Phys Education Activity*	.5			<b>ESS 363 Adapted Physical Activity</b>	3
VIA*	.25			<b>ESS Directed Elective</b>	3
				PE 101 Phys Education Activity*	.5
				GE*	3
				VIA*	.25
<i>Apply to Major (12/1 deadline)</i>					
<b>THIRD YEAR: 33 Semester Hours + .5 VIA Credit</b>					
<b>BIOL 204 Fund of Physiology*</b>	3	<b>ESS 343 Aging: Heath and Wellness (offered odd years)</b>	3	<b>ESS 345 Biomechanics (Option)</b>	3
<b>BIOL 204L Fund of Phys Lab</b>	1			or Elective	
<b>ESS 205 Teaching Team Activities</b>	3			<b>ESS 206 Teaching Individual/Dual Activities</b>	3
<b>ESS 250 Teaching Lab 1</b>	1			<b>ESS 260 Teaching Lab 2</b>	1
<b>ESS Directed Electives</b>	4			<b>ESS Coaching Class</b>	2
Elective	3			Electives	6
VIA*	.25			VIA*	.25
<b>FOURTH YEAR: 30 Semester Hours + .5 VIA Credit</b>					
<b>ESS 325 Exercise Physiology (Option)</b>	3	<b>ESS 475 Internship in Physical Education/Sport Management or ESS 476 Internship in Health/Fitness/Wellness</b>	3	Electives	12
or Elective				VIA*	.25
<b>ESS 410 Administration of Health and Physical Activity Programs</b>	3				
GE*	6				
Elective	3				
VIA*	.25				
<b>Senior Comprehensive Evaluation</b>					