

Major Planning Worksheet

Exercise Science & Fitness

Human Performance Concentration (49.5 Hours)

Bachelor of Science

2021-2022 Catalog

Name: _____ ID Number: _____

Planned Degree Completion Date: Mo. _____ Yr. _____

Required Courses		Hours
BIOL 202	Fundamentals of Human Anatomy	3.0
BIOL 202L	Fundamentals of Human Anatomy Lab	1.0
BIOL 204	Fundamentals of Human Physiology	3.0
BIOL 204L	Fundamentals of Human Physiology Lab	1.0
ESAT 103	Foundations of Physical Ed & Sport Sciences	2.0
ESAT 200	Basic Principles of Nutrition*	3.0
ESAT 205	Team Performance Training	3.0
ESAT 206	Individual & Dual Performance Training	3.0
ESAT 209	Principles of Coaching	2.0
ESAT 243	Principles of Fitness	3.0
ESAT 250	Performance Laboratory I	1.0
ESAT 260	Performance Laboratory II	1.0
ESAT 276	Practicum in Health/Fitness/Wellness	2.0
ESAT 325	Exercise Physiology*	3.0
ESAT 325L	Exercise Physiology Lab	1.0
ESAT 339	Fundamental Techniques of Exercise & Fitness	3.0
ESAT 345	Functional Kinesiology	3.0
ESAT 410	Admin of Health & Physical Activity Programs (W)*	3.0
ESAT 476	Internship in Health/Fitness/Wellness	3.0

Four hours of directed electives approved by Department Chair:

*Courses satisfy the Bachelor of Science Degree requirement

Notes: