



EXERCISE SCIENCE MAJOR¹

Program Learning Outcomes (PLOs):

1. Describe the conceptions of functional anatomy, biomechanics, and exercise physiology and be able to apply them to relatively healthy individuals.
2. Demonstrate an understanding of the principles of nutrition and apply them to diet and exercise in order to manage body composition and control weight.
3. Assess health status, conduct and interpret fitness testing, and prescribe and administer exercise programs for relatively healthy individuals.
4. Demonstrate the ability to research, synthesize, analyze, and critically evaluate research knowledge and data in the field of exercise science.
5. Develop and awareness of and concern for ethics and professionalism within the discipline of exercise science.

First Year Courses

Fall Semester	Spring Semester
ESS 102 (PLO 1, 2, 3, 5) BIO 121 (PLO 1) or BIO 123 (PLO 1)	HSC 150 (PLO 1, 2, 5) MTH 119 BIO 122 (PLO 1) or 124 (PLO 1)

Second Year Courses

Fall Semester	Spring Semester
ESS 212 (PLO 3)	ATR 213 (PLO 1) ESS 211 ESS 306 (PLO 2)

¹ This 4 year plan/curriculum map is for informational purposes and reflects the 2020-2021 Undergraduate Catalog. All Heidelberg students are strongly encouraged to work with their academic advisors to develop an individualized 4 year plan.



The Owen Center for
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Third Year Courses

Fall Semester	Spring Semester
ESS 307 (PLO 2) ESS 311 (PLO 1, 2, 3) ESS 313 (PLO 4, 5) ESS 303	ATR 389 (PLO 1, 3, 5) ESS 312 (PLO 1, 2, 3) ESS 391 (PLO 4, 5) ESS 350 (PLO 3, 5) or ESS 370 (3, 5) ESS 101

Fourth Year Courses

Fall Semester	Spring Semester
ESS 491 (PLO 4, 5) HSC 477 (PLO 4)	HSC 487 (PLO 1, 4)