

EXERCISE SCIENCE

This major is 52 credits • *2018-2019 Catalog Year*

Revised: 3/6/2019

CAREERS & POST-GRADUATE WORK

Recent Heidelberg graduates with this degree are doing ...

New Major 2018-2019

MAJOR ACADEMIC PLAN (MAP): A SAMPLE 4-YEAR PLAN

This MAP is a guide for students preparing for course selections. This is a suggested schedule. Actual course selections should be made with the advice of your advising specialist or faculty advisor. For course descriptions, pre-requisites, and rotations (e.g., fall or spring only classes, classes taught in alternate years), consult the Heidelberg University Undergraduate Catalog.

FIRST-YEAR FALL

Course	Prerequisites	Hrs	Notes
HEI 101: Advise, Inspire, Mentoring Program		1	Required of all first-year students.
WRI 101: College Writing II		3	
ESS 102: Foundations of Exercise Science		2	
BIO 121/121L Intro to Human A&P I OR BIO 363: Human Anatomy & Physiology I or 364: Biology I		4	Students should consult their Academic Advisor to determine the best BIO/CHM sequence based on career or professional aspirations. BIO 363 requires C- or better in BIO123 and BIO123L and either CHM111 or CHM106; or C- or better in BIO121 and either CHM111 or CHM106. Open to Juniors and Seniors.
General Education/Honors Support Courses		5	
Total Credits		15	

FIRST-YEAR SPRING

Course	Prerequisites	Hrs	Notes
HEI 102: Advise, Inspire, Mentoring Program	HEI 101	0	Required of all first-year students.
COM 100: Oral Communication		3	
HSC 150: Medical Terminology		2	Freshman and Sophomores, Open to ATR, HHP, HSC, SPO majors, others by permission.
BIO 122 Intro to Human A&P II	BIO 121, grade of C- or better.	4	Open to Exercise Science, Health and Human Performance, Sport Management and Health Science Majors or by instructor permission.
MTH 119: Statistics I	Placement or C- or better in MTH 090	3	Mathematics Placement Assessment score determines placement in MTH courses and eligibility for non-MTH Quantitative Literacy (Q) courses.
General Education/Honors Support Courses		3	
Total Credits		15	

SECOND-YEAR FALL

Course	Prerequisites	Hrs	Notes
ESS 101: Emergency Care	SPO, EXC & HSC Majors	1	
ESS 212: Group Exercise Leadership	ESS 102	2	
General Education/Honors Support Courses		12	Consider completing the Foreign Language Requirement : Students not in the Honors Program must complete a foreign language to the 102-level or equivalent. Placement is based on the Foreign Language Assessment and some students may need to begin at the 101-level.
Total Credits		15	

SECOND-YEAR SPRING

Course	Prerequisites	Hrs	Notes
ATR 213: Anatomy for Ortho. Assessment	BIO 121 or BIO 123	2	
ESS 306: Nutrition I		3	Restricted to ATR, HSC, EXC and SPO majors ONLY
ESS 211: History of Sport & Fitness		2	
General Education/Honors Support Courses		8	
Total Credits		15	

THIRD-YEAR FALL

Course	Prerequisites	Hrs	Notes
ESS 307: Nutrition II	ESS 306	2	
ESS 311: Exercise Testing & Prescription	ESS 102, ATR 213	4	
ESS 313: Measurement of Human Performance		3	
General Education/Honors Support Courses		7	
Total Credits		15	

THIRD-YEAR SPRING

Course	Prerequisites	Hrs	Notes
ESS 312: Exercise Prescription for Special Populations	ESS 311	3	
ATR 389: Strength & Conditioning	ATR 213	3	
ESS 391: Professional Practice in Exercise Science	Junior Status, Exercise Science majors Only	1	
ESS 350: Practicum OR ESS 370: Internship	Junior Standing or higher, Department Approval	1-15	Consult with Faculty Advisor for the appropriate number of credit hours
General Education/Honors Support Courses			
Total Credits		15	

FOURTH-YEAR FALL

Course	Prerequisites	Hrs	Notes
HSC 477: Kinesiology	ATR 213, BIO 121 and BIO 122 or BIO 123 and BIO 363	3	
ESS 491: Capstone	ESS 391; Senior status.	2	
General Education/Honors Support Courses		10	
Total Credits		15	

FOURTH-YEAR SPRING

Course	Prerequisites	Hrs	Notes
HSC 487: Exercise Physiology	BIO 121 and BIO 122 or BIO 123 and BIO 363, Senior Status	3	
General Education/Honors Support Courses		12	
Total Credits		15	

PROGRAM PICK LIST: ELECTIVES

Suggested Electives

- ESS 240: Community Health
- PSY 212: Sport Psychology
- ESS 317: Early Movement Experience