



**Health and Exercise Science – Strength & Conditioning Major – Bachelor of Science**

| <u>FIRST YEAR-SEMESTER #1</u>     | <u>FIRST YEAR- SEMESTER #2</u>     | <u>UNIVERSITY CORE</u>   |
|-----------------------------------|------------------------------------|--|
| FYE 101 First-Year Experience 1   | BIO 198 Human A&P II 4             | <b>COMMON GOOD</b>   |
| BIO 197 Human A&P I 4             | BIO 198A Human A&P II Lab 0        | CORE 115 Common Ground Code COR  |
| BIO 197A Human A&P I Lab 0        | COM 100/ENG 101 3                  | Justice & the Common Good Code JCG   |
| COM 100/ENG 101 3                 | CORE requirement 3                 | Ethics Code CE   |
| CORE 115 Common Ground 3          | HES 125 Int. Health & Sci Ex II 3  | Experiential Learning Code EXP   |
| HES 120 Int. Health & Sci Ex I 3  | HES 220 Found of Professionalism 1 | Core Capstone Code CCP   |
| SOC 103 Our Social World 3        | PSY 103 Intro to Psychology 3      | <b>HUMANITIES</b>  |
|                                   |                                    | Speech (COM 100) Code C  |
|                                   |                                    | Writing (ENG 101) Code C   |
|                                   |                                    | Literature (ENG) Code CL   |
|                                   |                                    | Art or Music Code CAM  |
|                                   |                                    | History Code CH  |
|                                   |                                    | Religious Studies Code CR  |
|                                   |                                    | Philosophy Code CP   |
|                                   |                                    | <b>SCIENCES</b>  |
|                                   |                                    | Biology/Chemistry/Physics + Lab Code CN  |
|                                   |                                    | Mathematics Code CMA   |
|                                   |                                    | SOC 103 Our Social World Code CS   |
|                                   |                                    | Choose one discipline:   |
|                                   |                                    | ECO 212 Microeconomics Code CEP  |
|                                   |                                    | PSY 103 Psychology Code CEP  |
| <u>SECOND YEAR-SEMESTER #1</u>    | <u>SECOND YEAR-SEMESTER #2</u>     | <u>NOTES</u>   |
| CHE 111 General Chemistry I 3     | ESC 202 Lifespan Motor Develop 3   | ^Prerequisites:  |
| CHE 111A General Chem I Lab 1     | ACT 260 Group Exercise 2           | Chemistry- College preparatory high school chemistry or the successful completion of a placement test. |
| CHE 111R Gen. Chem I Recitation 0 | HES 226 Human Nutrition 3          | Math- Three years of college preparatory high school mathematics including functions.                  |
| MTH 174 Statistics 3              | BIO 212 Musculoskeletal Review 2   |  |
| CORE requirement 3                | ESC 201 Function Kines & Assess 2  |  |
| CORE requirement 3                | ESC 201A Function Kines Lab 0      |  |
|                                   | CORE requirement 3                 |  |
|                                   |                                    | 120 credit hours minimum needed to graduate  |
| <u>THIRD YEAR-SEMESTER #1</u>     | <u>THIRD YEAR-SEMESTER #2</u>      |  |
| ESC 336 Sports Nutrition 3        | ESC 323 Prin. of Health Assess 4   |  |
| ESC 303 Exercise Physiology 4     | ESC 323A Prin. of Health Lab 0     |  |
| ESC 303A Exercise Phys Lab 0      | HES 327 Physiological Adapt 3      |  |
| ESC 311 Biomechanical Analysis 3  | HES 430 Research Design 3          |  |
| HES 332 Epidemiology of Phys 3    | HES 452 Senior Seminar 1           |  |
| Elective 3                        | CORE requirement 3                 |  |
|                                   | CORE requirement 3                 |  |
|                                   |                                    |  |
| <u>FOURTH YEAR-SEMESTER #1</u>    | <u>FOURTH YEAR-SEMESTER #2</u>     |  |
| ESC 422 Athletic Conditioning 4   | ESC 475 Ex Pro for Spec Pops 3     |  |
| ESC 422A Athletic Condition Lab 0 | CORE requirement 3                 |  |
| HES 396 Co-Op 0-3                 | CORE Capstone 3                    |  |
| CORE requirement 3                | Elective 3                         |  |
| Elective 3                        | Elective 3                         |  |
| Elective 3                        |                                    |  |
|                                   |                                    |  |