

EXERCISE AND SPORT SCIENCE, BACHELOR OF SCIENCE (B.S.) AND MASTER OF SCIENCE (M.S.) ACCELERATED 3+2 DUAL DEGREE PROGRAM WITH A CONCENTRATION IN PHYSICAL FITNESS & WELLNESS MANAGEMENT

Students accepted to the B.S. in Exercise and Sport Science to M.S. in Exercise and Sport Science 3+2 accelerated dual degree program will complete the B.S. in ESS: Physical Fitness and Wellness Management concentration and the M.S. in ESS: Exercise and Wellness Concentration within 5 calendar years because 9 semester hours of graduate-level coursework will apply to both the undergraduate B.S. degree and the graduate M.S. degree. Only undergraduate students of proven academic ability will be considered for the program. Students should be aware that, in order to maintain their progress in the accelerated 3+2 program, careful coordination with their advisor is required.

Admission requirements for the graduate portion of the 3+2 programs adhere to the requirements for the M.S. Exercise and Sport Science – Exercise and Wellness Concentration in the Graduate Catalog. Students admitted into the program will remain coded as undergraduate until fulfilling their B.S. requirements. Students admitted into the 3+2 program must complete the B.S. in Exercise and Sport Science: Physical Fitness & Wellness Management Concentration degree with a minimum 3.0 GPA to be allowed to proceed on with graduate program coursework and then maintain a 3.0 GPA with graduate coursework to remain in the graduate courses. Students must fulfill all graduation requirements listed below. Students may apply to the Graduate School for admission to the 3+2 program in their junior or senior year.

Admissions Requirements:

You must satisfy all the following conditions:

1. Junior or Senior standing
2. Overall grade point average (GPA) of at least 3.0 at the time of admission to the 3+2 option
3. Approval from department and Graduate School (see the form at <http://gradschool.eku.edu/graduate-school-forms> (<http://gradschool.eku.edu/graduate-school-forms/>))
4. Must maintain an overall undergraduate and graduate grade point average (GPA) of at least 3.0 to continue in the 3+2 program.

Program Requirements:

CIP Code: 26.0908

Students in the 3+2 Accelerated Dual Degree Program must complete the listed BS in Exercise and Sport Science: Physical Fitness and Wellness Management requirements along with the requirements for the MS in Exercise and Sport Science: Exercise and Wellness concentration. Nine credit hours of graduate-level course work are applicable to the undergraduate degree.

Summary Checklist for General Education

Code	Title	Hours
Element 1		
A:	Written Communication (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-1/)	3
B:	Written Communication (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-1/)	3
C:	Oral Communication (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-1/)	3
Element 2		
	Quantitative Reasoning (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-2/)	3
Element 3		
A:	Arts (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-3/)	3
B:	Humanities (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-3/)	3
Element 4		
	Natural Sciences (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-4/)	6
Element 5		
A:	Historical Science (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-5/)	3
B:	Social Behavioral Science (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-5/)	3
Element 6		
	Diversity of Perspectives Experiences (http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/element-6/)	6
Total Hours		36

Students are expected to complete Elements 1 and 2 within their first 60 hours of college credit.

Major

Code	Title	Hours
University Graduation Requirements		
General Education		36
<i>Student Success Seminar</i>		
HSO 100	Student Success Seminar (waived for transfers with 30+ hrs.)	1
Upper division courses (42 hrs. distributed throughout Major/Supporting/Gen Ed/Free Electives categories)		
Major Requirements		

2 Exercise and Sport Science, Bachelor of Science (B.S.) and Master of Science (M.S.) Accelerated 3+2 Dual Degree Program with a Concentration in Physical Fitness & Wellness Management

Core Courses

ESS 212	Care and Prevention of Athletic and Exercise Injuries	3
ESS 315	Physical Fitness Concepts and Applications	3
ESS 320	Biomechanics	3
ESS 320L	Biomechanics Lab	1
ESS 325	Exercise Physiology	3
ESS 325L	Exercise Physiology Lab	1
ESS 562	Adapted Physical Activity and Special Populations Programming	3

Current CPR certification required at time of graduation. Students within all ESS concentrations will take these common "core" courses.

Concentrations

(each student in this accelerated dual degree program must complete the requirements for the Physical Fitness & Wellness Management concentration)

Students must select one of the following Concentrations:

Physical Fitness & Wellness Management	30-32
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Supporting Course Requirements

BIO 307	Human Anatomy and Physiology I	3
BIO 308	Human Anatomy and Physiology II	3
EMC 104	Healthcare Basic Life Support	1
ESS 812	Lifetime Fitness and Wellness	3
ESS 869	Org Behavior & Leadership in ESS	3
HEA 320	Introduction to Behavior Change	3
HEA 305	Chronic Disease & PublicHealth	3
or HEA 380	Mental Health Promotion	
NFA 201	Essentials of Nutrition	3

Free Electives

Choose from 12-14 hours of free electives	12-14
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Total Hours	120
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Concentration

Code	Title	Hours
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Concentration Courses		
ESS 303	Fitness Management & Marketing	3
ESS 407	Strength and Conditioning Programming	3
ESS 430	Fitness Program Risk Management & Administration	3
ESS 433	Adult Physical Fitness Programs	3
ESS 435	Group Leadership in Fitness & Sport	3
ESS 472	Internship: Physical Fitness and Wellness Management ¹	6
ESS 717	Bioenergetics of Performance and Sports Nutrition	3
ESS 190 & ESS 390	Wellness Experience:____ and Lifetime Activity Series:____	5
Choose from one of the following:		1-3
ESS 241	Introduction to Swimming	
ESS 313	Lifeguard Training	
ESS 340	Water Safety Instructor	

Total Hours	30-32
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Students must document fifty (50) hours of Fitness & Wellness Management related experiences prior to enrolling in ESS 472 Internship: Physical Fitness and Wellness Management.

M.S. Exercise and Sport Science: Exercise and Wellness Concentration Major Requirements

See M.S. in Exercise and Sport Science: Exercise and Wellness concentration (<http://catalogs.eku.edu/graduate/health-sciences/parks-rec-exercise-sport-science/exercise-sport-science-concentration-wellness-ms/#text>) (<http://catalogs.eku.edu/graduate/health-sciences/parks-rec-exercise-sport-science/exercise-sport-science-concentration-wellness-ms/#text>)page.