

# EXERCISE & SPORT SCIENCE, BACHELOR OF SCIENCE (B.S.)

## Admission Progression Criteria

A student majoring in Exercise and Sport Science must achieve a minimum grade of "C" in all major and supporting courses.

## Program Requirements

CIP Code: 26.0908

### Major

| Code  | Title   | Hours        |
|---|---|--------------|
| <b>University Graduation Requirements</b>   |   |              |
| General Education ( <a href="http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/">http://catalogs.eku.edu/undergraduate/general-academic-information/general-education-requirements/</a> ) |   | 36           |
| Foundations of Learning   |   |              |
| GSD 101   | Foundations of Learning   | 3            |
| Upper division courses (42 hrs. distributed throughout Major/Supporting/Gen Ed/Free Electives categories)   |   |              |
| <b>Major Requirements</b>   |   |              |
| <i>Core Courses</i>   |   |              |
| ESS 180   | Lifetime Wellness (Course revision submitted to change to 2 credits.) | 2            |
| ESS 180L  | Lifetime Wellness Lab   | 1            |
| 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 333   | Physiology of Recovery For Performance                                | 3            |
| ESS 407   | Strength and Conditioning Programming                                 | 3            |
| ESS 517   | Bioenergetics of Performance and Sports Nutrition                     | 3            |
| ESS 562   | Adapted Physical Activity and Special Populations Programming         | 3            |
| ATR 325   | Applied Palpation Anatomy for Healthcare Providers                    | 3            |
| ATR 325L  | Applied Palpation Anatomy for Healthcare Providers Lab                | 1            |
| BIO 208   | Human Anatomy and Physiology I  | 3            |
| BIO 208L  | Human Anatomy & Physio I Lab  | 1            |
| BIO 308   | Human Anatomy and Physiology II                                       | 3            |
| BIO 308L  | Human Anatomy and Physiology II Lab                                   | 1            |
| EMC 104   | Healthcare Basic Life Support   | 1            |
| NFA 201   | Essentials of Nutrition   | 3            |
| STA 215   | Introduction to Statistical Reasoning                                 | 3            |
| <b>Concentration Courses</b>  |   | <b>18-33</b> |
| Health Optimization and Performance Management  |   |              |
| Pre-Physical Therapy  |   |              |
| Pre-Athletic Training   |   |              |

*Free Electives*

|                                    |            |
|------------------------------------|------------|
| Choose 6-8 hours of free electives | 6-8        |
| <b>Total Hours</b>                 | <b>120</b> |

## Health Optimization and Performance Management Concentration

| Code                         | Title   | Hours     |
|------------------------------|---|-----------|
| <b>Concentration Courses</b> |   |           |
| ESS 190                      | Wellness Experience:____  | 3         |
| or ESS 390                   | Lifetime Activity Series:____                                     |           |
| ESS 202                      | Foundations of Exercise Physiology and Performance                | 3         |
| ESS 303                      | Fitness Management & Marketing                                    | 3         |
| ESS 303L                     | Fitness Management and Marketing Lab                              | 1         |
| ESS 370                      | Fitness Programming I   | 3         |
| ESS 410                      | Fitness Programming II  | 3         |
| ESS 423                      | Psychology of Coaching  | 3         |
| ESS 433                      | Adult Physical Fitness Programs                                   | 2         |
| ESS 472                      | Internship: Physical Fitness and Wellness Management <sup>1</sup> | 6         |
| <b>Total Hours</b>           |   | <b>27</b> |

## Pre-Physical Therapy Concentration

| Code                                  | Title  | Hours     |
|---------------------------------------|--|-----------|
| <b>Concentration Courses</b>          |  |           |
| ATR 330                               | Foundations of Orthopedic Evaluation   | 3         |
| ATR 335                               | Foundations of Musculoskeletal Pathophysiology   | 3         |
| ATR 340                               | Foundations of Rehabilitation  | 2         |
| ATR 340L                              | Foundations of Rehabilitation Lab  | 1         |
| ATR 430                               | Foundations of Clinical Practice   | 3         |
| HSA 200                               | Medical Terminology  | 3         |
| <i>Supporting Course Requirements</i> |  |           |
| BIO 111 & 111L                        | Cell and Molecular Biology and Cell and Molecular Biology Lab (Element 4) <sup>G</sup> |           |
| BIO 112 & 112L                        | Ecology and Evolution and Ecology and Evolution Lab                                    | 4         |
| CHE 111 & 111L                        | General Chemistry and General Chemistry Lab I (Element 4) <sup>G</sup>                 |           |
| CHE 112 & 112L                        | General Chemistry II and General Chemistry Lab   | 4         |
| MAT 120                               | Trigonometry (or higher) <sup>G</sup>  |           |
| PHY 131                               | College Physics I  | 5         |
| PHY 132                               | College Physics II   | 5         |
| PSY 200                               | Introduction to Psychology (Element 5B) <sup>G</sup>                                   |           |
| <b>Total Hours</b>                    |  | <b>33</b> |

## Pre-Athletic Training Concentration

| Code                         | Title  | Hours |
|------------------------------|--|-------|
| <b>Concentration Courses</b> |  |       |
| ATR 330                      | Foundations of Orthopedic Evaluation           | 3     |
| ATR 335                      | Foundations of Musculoskeletal Pathophysiology | 3     |
| ATR 340                      | Foundations of Rehabilitation                  | 2     |
| ATR 340L                     | Foundations of Rehabilitation Lab              | 1     |
| ATR 430                      | Foundations of Clinical Practice               | 3     |
| EMC 110                      | Emergency Medical Technician                   | 5     |

|                                       |   |           |
|---------------------------------------|---|-----------|
| HSA 200                               | Medical Terminology   | 3         |
| <i>Supporting Course Requirements</i> |   |           |
| BIO 111<br>& 111L                     | Cell and Molecular Biology<br>and Cell and Molecular Biology Lab (Element 4) <sup>G</sup> |           |
| or BIO 112<br>& 112L                  | Ecology and Evolution<br>and Ecology and Evolution Lab                                    |           |
| CHE 111<br>& 111L                     | General Chemistry<br>and General Chemistry Lab I (Element 4) <sup>G</sup>                 |           |
| MAT 120                               | Trigonometry (or higher (Element 2)) <sup>G</sup>   |           |
| PHY 131                               | College Physics I   | 5         |
| PSY 200                               | Introduction to Psychology (Element 5B) <sup>G</sup>                                      |           |
| <b>Total Hours</b>                    |   | <b>25</b> |

G Course also satisfies a General Education element.

Additional courses may be required outside of the Core, Concentration and Supporting courses to meet requirements of some post-baccalaureate professional programs.