

EXERCISE & SPORT SCIENCE, BACHELOR OF SCIENCE WITH A CONCENTRATION IN PHYSICAL FITNESS & WELLNESS MANAGEMENT (B.S.)

Program Requirements

CIP Code: 26.0908

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		
<i>Core Courses</i>		
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		
Students must select one of the following Concentrations:		
Physical Fitness & Wellness Management		30-32
Pre-Athletic Training		
Pre-Physical Therapy		
<i>Supporting Course Requirements</i>		
All Concentrations:		
BIO 307	Human Anatomy and Physiology I	3
BIO 308	Human Anatomy and Physiology II	3
NFA 201	Essentials of Nutrition	3
Physical Fitness & Wellness Management		7
Pre-Athletic Training		
Pre-Physical Therapy		
<i>Free Electives</i>		
Physical Fitness & Wellness Management		18-20
Pre-Athletic Training ¹		
Pre-Physical Therapy ¹		
Total Hours		120
1		
3 hours of free electives must be at or above the 300 level		
Concentration		
Code	Title	Hours
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 517	Bioenergetics of Performance and Sports Nutrition	3
ESS 190 & ESS 390	Wellness Experience:____ and Lifetime Activity Series:____	5
ESS 241	Introduction to Swimming	1
ESS 313 or ESS 340	Lifeguard Training Water Safety Instructor	3
<i>Supporting Course Requirements</i>		
EMC 104	Healthcare Basic Life Support	1
HEA 305	Chronic Disease & PublicHealth	3
HEA 320	Introduction to Behavior Change	3
HEA 380	Mental Health Promotion	3
Current first aid & CPR certification at time of graduation		
Total Hours		43

1

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