

# EXERCISE & SPORT SCIENCE, BACHELOR OF SCIENCE WITH A CONCENTRATION IN PRE#ATHLETIC TRAINING (B.S.)

## Program Requirements

CIP Code: 31.0505

### Summary Checklist for General Education

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

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

## Major

Code	Title	Hours
<b>University Graduation Requirements</b>		
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)		
<b>Major Requirements</b>		
<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.		
<b>Concentrations</b>		
Students must select one of the following Concentrations:		
Physical Fitness & Wellness Management		
Pre-Athletic Training		22
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		
Pre-Athletic Training		16-17
Pre-Physical Therapy		
<i>Free Electives</i>		
Physical Fitness & Wellness Management		
Pre-Athletic Training <sup>1</sup>		18-19
Pre-Physical Therapy <sup>1</sup>		
<b>Total Hours</b>		<b>120</b>

1

3 hours of free electives must be at or above the 300 level

## Concentration

Code	Title	Hours
<b>Concentration Courses</b>		
ATR 325	Applied Palpation Anatomy for Healthcare Providers	3
ATR 325L	Applied Palpation Anatomy for Healthcare Providers Lab	1
ATR 330	Foundations of Orthopedic Evaluation	3
ATR 340 & 340L	Foundations of Rehabilitation and Foundations of Rehabilitation Lab	3

ATR 430	Foundations of Clinical Practice	3
HSA 200	Medical Terminology	3
ESS 407	Strength and Conditioning Programming	3
ESS 517	Bioenergetics of Performance and Sports Nutrition	3
<i>Supporting Course Requirements</i>		
Choose from one of the following:		
BIO 111	Cell and Molecular Biology (Element 4) <sup>G</sup>	
BIO 112	Ecology and Evolution (Element 4) <sup>G</sup>	
CHE 111 & 111L	General Chemistry and General Chemistry Lab I (Element 4) <sup>G</sup>	4
CHE 112 & 112L	General Chemistry II and General Chemistry Lab	4
EMC 104	Healthcare Basic Life Support	1
MAT 120	Trigonometry (or higher)	3
PHY 131	College Physics I	5
PSY 200	Introduction to Psychology (Element 5B) <sup>G</sup>	3
STA 215 or STA 270	Introduction to Statistical Reasoning (Element 2) <sup>G</sup> Applied Statistics	3
<b>Total Hours</b>		<b>45</b>

**G**

Course also satisfies a General Education element. Hours are included within the 36 hours in General Education.

For students interested in Pre-Athletic Training/Pre-Physical Therapy, additional courses may be required outside of the Core, Concentration and Supporting courses to meet requirements of some post-baccalaureate professional programs.