

School of Applied Sciences, University of Mississippi  
**BACHELOR OF SCIENCE IN EXERCISE SCIENCE**  
 2015-2016 Catalog Requirements

Name \_\_\_\_\_

**Applied Sciences Core Curriculum (37-38 hrs.)**

Required Course	Course(s) Used to fulfill requirement	Number of Hrs.
WRIT 100 or WRIT 101 or HON 101		3
WRIT 102, LIBA 102 or HON 102		3
ENGL 250: Applied Writing		3
Literature		3
Fine Arts		3
Humanities or Fine Arts		3
SOC 101: Intro to Sociology		3
PSY 201: Intro to Psychology ( <b>"C" required</b> )		3
Math 121: College Algebra or more advanced *ES majors must take (Math 121 and Math 123) or Math 125 or Math 261 to fulfill this requirement		3
Statistics Course *ES 351 can be used by BSES majors to satisfy the stats requirement		3
Human Biology w/lab *ES majors must take BISC 206 to fulfill this requirement ( <b>"C" required</b> )		4
Additional Science w/lab *ES majors must take CHEM 103 or 105/115 to fulfill this requirement *Pre-Requisites to CHEM 105: [Minimum ACT mathematics score of 25 (SAT 580), or B minimum in Chem 103, or B minimum in Math 125 or higher, or B minimum in Math 121 and Math 123]		3-4

ID # \_\_\_\_\_

**Additional Support Courses for Exercise Science Majors (17 hrs.)**

Required Course	Course(s) Used to fulfill requirement	Number of Hrs.
History		3
History		3
BISC 207 ( <b>"C" required</b> )		4
PHYS 211/221 OR 213/223 ( <b>"C" required</b> )		4
Speech 102 or 105		3

**9 hours of Professional Studies Electives (to be selected from: ES 402, ES 344, ES 394, ES 396, NHM 311, HP 303, ES 490, ES 471/MGMT 371/PRM 471, or HP 312)—List courses completed below**

	<b>3 hrs.</b>
	<b>3 hrs.</b>
	<b>3 hrs.</b>

Date entered Program \_\_\_\_\_

**General Electives @26 credit hours (to bring total number of hours to 124)**

	<b>Hours</b>

**Professional Exercise Science Core (34 hrs.)-- (minimum GPA of 2.5 required)**

**NOTE: The courses below are all required courses. A student opting to take ES 493 instead of ES 473 will end up with 43 hours in this block, the extra nine hours of which may be used toward general electives.**

Course Number	# Hrs.	Final Grade	Grade Pts.
HP 191: Personal & Community Health	3		
HP 203: First Aid and CPR	3		
ES 100: Intro. to Exercise Science	1		
ES 338: Motor Learning and Control	3		
ES 346: Kinesiology (" <b>C</b> " required)	3		
ES 348/349: Physiology of Exercise/Laboratory	3/1		
ES 391: Trends and Topics in Exercise Science	3		
ES 440: Behavioral Aspects of Exercise	3		
ES 446/447: Biomechanics of Human Movement/Laboratory	3/1		
ES 456/457: Exercise Testing and Prescription/Laboratory	3/1		
ES 473: Practicum or ES 493: Internship (completion of all ES core and 9 hours of professional studies)	3 or 12		

### **ADDITIONAL REQUIREMENTS FOR GRADUATION**

**In addition to the course requirements listed on the degree checklist, the following requirements for graduation apply to all Applied Sciences degree programs:**

- Minimum of 124 credit hours needed for degree (developmental studies courses and repeated courses do not count toward the total number of credit hours).
- At least one-third of the credit hours required for degree must be taken at the 300 level or above (42 hours)
- Minimum GPA of 2.0 in cumulative residence course work (UM courses only), as well as, in overall cumulative GPA (includes transfer work)
- No more than half of the credit hours for degree can be from a junior or community college (62 hours)
- At least 25% of course work must be taken from The University of Mississippi (31 hours)

**Additional GPA requirements for professional course work:**

Exercise Science	Minimum GPA of 2.5 in ES core
Park & Recreation Management	Minimum GPA of 2.5 in PRM core

#### **Prerequisites/Co-requisites for ES Courses:**

**ES 346-** "C" in BISC 206

**ES 348-** "C" in BISC 206 & 207; CHEM 103, or CHEM 105/115; Co-requisite: ES 349.

**ES 349-** Co-requisite: ES 348. Students dropping ES 348 must also drop ES 349.

**ES 440-** "C" in Psy 201

**ES 446-** PHYS from required list; ES 346. Co-requisite: ES 447.

**ES 447-** Co-requisite: ES 446. Students dropping ES 446 must also drop ES 447.

**ES 456-** MATH 121, ES 348

**ES 457-** Co-requisite is ES 456. Students dropping ES 456 must also drop ES 457.

**ES 473-** (Practicum requiring a total of 200 clock hours.) Senior rank; 2.5 GPA in ES core; completion of 23 hours in ES core; consent of advisor.

**ES 490-** Prerequisite is instructor's approval.

**ES 493-** (Full-time internship at a departmentally approved site.) Senior rank; 2.5 GPA in ES core; completion of all Exercise Science and Professional Studies courses; consent of instructor.