



THE UNIVERSITY of
MISSISSIPPI

Bachelor of Science in Exercise Science

Freshman Orientation Advising Sheet

Recommended Courses (Minimum 16 hrs.)*

WRIT 101 -First Year Writing I / LIBA 102 -First Year Seminar	3 credits
HIS 101 - History of Europe 1648 / HIS 105 - The United States to 1877	3 credits
Math 121 - College Algebra / Math 123 - Trigonometry / 115 - Elementary Statistics	3 credits
PSY 201 - General Psychology	3 credits
CHEM 103 - Chemical Concepts (OR)	4 credits
CHEM 105 & CHEM 115 - General Chemistry I & Laboratory	3/1 credits
ES 100 - Introduction to Exercise Science	1 credit

Allied Health & PT/OT Students:

BISC 160/161 - Biological Sciences I/Lab	3/1 credits
<i>(Pre-requisites: 25 ACT- Math or minimum B letter grade in Math 123/125)</i>	
CHEM 105 & CHEM 115 - General Chemistry I & Laboratory	3/1 credits
<i>(Prerequisites: 25 ACT-Math or minimum B letter grade in Math 123/125)</i>	

Alternative Classes*

SOC 101 - Introductory to Sociology	3 credits
SPCH 102 - Fund. of Public Speaking / SPCH 105 - Business & Prof. Speech	3 credits
EDHE 105 - Freshman Experience	3 credits
ART/MUS/DANC/THEA**	3 credits
HUMANITIES **	3 credits

*Description of courses and requirements may be found at <http://catalog.olemiss.edu/courses>

**See University of Mississippi Undergraduate Advisor Handbook for list of courses