

B.S.E.S. – Bachelor of Science in Exercise Science

Minimum Total Hours for Degree: 124

Description: The B.S.E.S. degree program is designed for students entering allied health and fitness professions. With the degree, careers as health and fitness directors within private, municipal, corporate, and hospital- based fitness and health promotion centers are available. Students completing the B.S. degree often continue their education in exercise science, physical therapy, cardiac rehabilitation, and other health- related graduate programs.

Degree Requirements: The degree consists of 34-38 hours of general education courses, 20 hours of additional support courses for Exercise Science, 34 hours of professional Exercise Science core courses, 9 hours of professional electives, and general electives to bring the total minimum number of hours to 124.

General Education Requirements: The general education courses that the School of Applied Sciences requires for all B.S. degree programs are listed below.

Course Area	Hours	To be selected from:	Hours: 34-38
First Year Composition	6	Either Writ 100, 101 or Hon 101 and either Writ 102, Hon 102, or Liba 102	
English Literature Survey	3	Eng 221, 222, 223, 224, 225, OR 226	
Fine Art	3	Chosen from: Art History 101, 102, 201, or 202; Liba 130; Music 101, 102, 103, 104, or 105; Dance 200 or Theatre 201 or 202	
Additional Fine Art or Humanities	3	Chosen from: African American studies (AAS); Classics (CLC) ; Gender Studies (G St); History (HIS); Philosophy (PHIL); Religion (REL); Southern Studies (SST); Literature; Modern Languages, or of any of the fine arts listed above	
Introduction to Sociology	3	Soc 101	
Introduction to Psychology	3	Psy 201	
Mathematics	3-6	Math 121 & Math 123 or Math 125 or Math 261	
Statistics	3	Math 115, Econ 230, Bus 230, Psy 202, or CSD 202; ES students can use ES 351 to fulfill this requirement	
Human Biology w/ Lab	4	Bisc 206 (Minimum grade of C required)	
Additional Science w/ Lab	3-4	Chem 103 or Chem 105/115	

Additional Support Courses:

Course	Hours	Course Title	Hours: 20
Writ 250	3	Advanced Composition	
History	6	Any history course	
Bisc 207	4	Human Anatomy and Physiology II (Minimum grade of C required)	
Phys 211/221 or Phys 213/223	4	Phys 211: Physics for Science & Engineering I & Phys 221: Lab Physics for Science & Engineering I OR Phys 213: General Physics I & Phys 223: Laboratory Physics I (Minimum grade of C required)	
Spch 102 or 105	3	Spch 102: Fundamentals of Public Speaking OR Spch 105: Business and Professional Speech	

Course Requirements for Major: A major in Exercise Science for the B.S. degree consists of 43 hours in the professional core and 9 hours of professional electives. A minimum GPA of 2.50 is required in core courses.

Course	Hours	Course Title	Hours: 43
HP 191	3	Personal & Community Health	
HP 203	3	First Aid & CPR	
ES 100	1	Introduction to Exercise Science	
ES 338	3	Motor Learning and Control	
ES 346	3	Kinesiology (Minimum grade of C required)	
ES 348 & 349	4	Physiology of Exercise/Lab	
ES 391	3	Trends and Topics in Exercise Science	
ES 440	3	Behavioral Aspects of Exercise	
ES 446 & 447	4	Biomechanics of Human Movement/Lab	
ES 456 & 457	4	Exercise Testing and Prescription/Lab	
ES 473 OR 493	3 or 12	ES 473: Practicum OR ES 493: Internship	
Professional Electives	9	Chosen from: ES 402, 344, 394, 396, 490; NHM 311, HP 303, 312, or ES 471/MGMT 371/PRM 471	

College Requirements: At least 124 semester hours with passing grades must be completed for any School of Applied Sciences degree. At least one-third of the hours (42 hours) applied toward a degree must be at or above the 300-level. Each senior must apply for a degree by returning a completed Letter of Intent to Graduate Form to the dean's office by the appropriate deadline. Refer to School of Applied Sciences **BSES Degree Requirements** section in this catalog for all School rules associated with the B.S. degree.

University Graduation Requirements: An overall 2.0 GPA is required on all work attempted at UM, all college work attempted at any institution of higher learning (UM and transfer work), and all coursework submitted toward the degree. At least 25% of the hours required for an undergraduate degree must be taken in residence, with at least 15 of the last 21 credit hours completed at UM. In addition, at least 30 semester hours of residence credit must be taken in the school or college recommending the degree. The limit on the acceptance of credit from a junior or community college is one-half the total requirements for graduation in a given curriculum. Refer to the **Undergraduate Academic Regulations** section in this catalog for all university rules associated with degree requirements.

