



Exercise Science and Athletic Training 3+2

3 Bachelor of Science (B.S.) + 2 Master of Athletic Training (MAT)

FALL - Semester 1

ES 190 (WE): Introduction to Exercise Science
CHEM 100
MATH 186 Pre-Calculus
TRU 110 Self and Society
Arts and Humanities
Truman Symposium

FALL - Semester 3

ES 224 Research Methods and Interp.
Arts and Humanities Perspective
STAT 190 Basic Statistics
Foreign Language Elem I
BIOL 100

FALL - Semester 5

ES 347 Motor Learning (or ES 343 or ES344)
BIOL 365/365L Human Anatomy w/ Lab
ES 445 Assessment and Presc I
Social and Behavioral Perspective
ES Core Elective

Summer After 6th Semester

Students in this program will begin the MAT program and will complete all requirements, as all other MAT students do.

SPRING - Semester 2

ES 245 Nutrition
PHYS 100
Missouri Statute (POL 161 or POL 262)
COMM 170, COMM 252, or COMM 276
ENG 190 Writing as Critical Thinking
ES 202 Strength and Conditioning Anatomy

SPRING - Semester 4

ES 345 Exercise Physiology
ES 342/L Biomechanics
Foreign Language Elem II
ES Core Elective (ES 364)
PSYC 166 General Psychology

SPRING - Semester 6

Art and Humanities Perspective
BIOL 325 Human Physiology
ES 498 (WE) Capstone in Exercise Science
JINS 3XX
ES 250 Exercise Science Practicum

NOTES:

- This plan presumes the incoming student has no college credits earned at the time of matriculation.
- Credits applied from other sources will necessitate adjustments.
- Students who change their major in the first two years will easily be able to pursue other Truman degrees.
- Students who change their mind after 1 year of MAT will still qualify for ES degree, but must take ES senior test.

Perspectives

Plan for intercultural perspective with another Dialogues disciplinary perspective or JINS course.

ES Major Requirement

The ES senior test (the EP-C) is taken after the fourth year, the undergraduate degree is conferred at that time

***ES 250 is offered fall, winter interim, spring and summer.**

Must be fully admitted as an MAT student after three years.

Department chair: Please contact the Center for Academic Excellence with any updates to the plan

above. Rev. 5-3-23