

## Exercise Science (BS) - Applied/ Athletic Training

### FALL - Semester 1

ES 190 (WE) Introduction to Exercise Science  
BIOL 100 Biology  
MATH 156 College Algebra  
TRU 1XX Self & Society  
TRU 1XX Symposium  
Missouri Statute (HIST 2100)

### FALL - Semester 3

ES 224 Research Methods & Data Interp  
Arts & Humanities Perspective  
STAT 190 Basic Statistics  
Foreign Language Elem I  
PSYC 166 (Social Perspective)

### FALL - Semester 5

ES 342/L Biomechanics  
BIOL 365 Human Anatomy w/ Lab  
JINS 3XX  
ES 250 Exercise Science Practicum I\*  
Concentration course (PHYS 100 if AT)

### FALL - Semester 7

ES Core Elective  
Arts & Humanities Perspective  
ES 445 Assessment and Presc I  
Concentration course

### SPRING - Semester 2

ES 245 Nutrition  
CHEM 100 Chemistry for Contemp Living (if AT)  
MATH 157 Plane Trigonometry  
COMM 170, COMM 252, or COMM 276  
ENG 190 Writing as Critical Thinking  
ES 202 Strength & Conditioning Anatomy

### SPRING - Semester 4

ES 345 Exercise Physiology  
BIOL 325 Human Physiology  
Foreign Language Elem II  
Concentration course  
Social Perspective

### SPRING - Semester 6

Arts & Humanities Perspective  
ES 344 Lifespan Motor Development OR  
ES 347 Motor Learning  
ES Core Elective  
Concentration course  
Social Perspective

### SPRING - Semester 8

ES 498 (WE) Capstone in Exercise Science  
\*\*Electives to Complete 120 total hours  
*Take Senior Test - ACSM EP-C*

### Notes:

ES 342/L, ES 345 and ES 347 - prerequisite is STAT 190 (or calculus) and ES 224

\*Note: ES 250 is offered fall, winter interim, spring and summer

\*\*Check if have achieved > 40 hrs upper level

\*\*Check if Dialogues requirements have been met, civics exam complete

\*\*\* Recommend getting intercultural requirement as part of other courses

See course pre-requisites at [catalog.truman.edu/](http://catalog.truman.edu/). For additional information visit [hes.truman.edu](http://hes.truman.edu).

You are encouraged to use these materials in conjunction with the Truman Catalog and Degree Works (available on TruView) as a guide in planning your progress toward completion of degree requirements. The Office of the Registrar is responsible for certifying completion of degree requirements based on requirements specified in the catalog.

**Department chair:** please contact the Center for Academic Excellence with any updates to the plan above.