



Exercise Science (BS), MAE Physical Education Track

Semester 1

- TRU 120: First Year Seminar (3 cr)
- ES 190: WE/Introduction to Exercise Science (3 cr)
- MATH 186: Pre-Calculus (4 cr)
- ES 202: Strength & Conditioning Anatomy (1 cr)
- HIST XXXX: __ (__ cr), **OR** POL 101: Constitutional Government (1 cr) (*Missouri Statute*)
- Elementary Foreign Language I (3 cr)

Semester 3

- ES 224: Research Methods & Data Interpretation (3 cr)
- CHEM 100: Chemistry for Contemporary Living (4 cr)
- STAT 190: Basic Statistics (3 cr)
- ES 236: Rhythmic Movement & Dance (3 cr)
- ES 282: First Aid & Injury Care (3 cr)

Semester 5

- ES 345: WE/Exercise Physiology (3 cr)
- ES 366: Outdoor Recreational & Fitness Activities (3 cr)
- ED 393: Clinical Experiences in Teaching (3 cr)
- ED 394: Experiences in Classroom Teaching (1 cr)
- BIOL 325: Human Physiology (4 cr)
- Dialogues Curriculum course (3 cr)

Semester 7

- ES 369: Physical Activity for Individuals with Disability (3 cr)
- ES 445: Assessment & Prescription (3 cr)
- ES 445L: Assessment & Prescription Lab (1 cr)
- COMM 170: Public Speaking (3 cr), **OR** COMM 252: Interpersonal Communication (3 cr), **OR** COMM 276: Oral Advocacy and Debate (3 cr)
- Dialogues Curriculum course (3 cr)
- Dialogues Curriculum course (3 cr)

Semester 2

- ES 195: Instructional Strategies in P.E. & Health (3 cr)
- BIOL 100: Biology (4 cr)
- ES 245: Nutrition for Health, Fitness, and Sport (3 cr)
- ENG 190: Writing as Critical Thinking (3 cr)
- Elementary Foreign Language II (3 cr)

Semester 4

- ED 388: Exploratory Field Experiences (1 cr)
- ED 389: Foundations of Education (3 cr)
- ES 344: Lifespan Motor Development (3 cr)
- ES 235: Fundamental Movement & Tumbling (3 cr)
- PSYC 166: General Psychology (3 cr)
- HLTH 198: Personal Health & Fitness (2 cr)
- HLTH 198L: Personal Fitness Lab (1 cr)

Semester 6

- ES 342: Biomechanics with Lab (4 cr)
- ES 364: Prevention & Treatment of Activity and Sport Injuries (3 cr)
- BIOL 365L: Human Anatomy Lab (1 cr)
- BIOL 365: Human Anatomy (3 cr)
- JINS 3XX: WE/_____ (3 cr)
- Dialogues Curriculum course (3 cr)

Semester 8

- ES 363: Health & Wellness Psychology (3 cr)
- ES 368: Lifetime Fitness & Conditioning Activities (3 cr)
- ES 498: WE/Capstone in Exercise Science (3 cr)
- ES 530G: Methods of Teaching Team Games (3 cr)
- Dialogues Curriculum course (3 cr)

GRAD - Summer, Semester 1

- ED 601G: Measurement and Evaluation (3 cr)
- ED 603G: Content Area Academic Literacy (3 cr)
- ED 605G: Psychology of Exceptional Children (3 cr)

GRAD - Fall, Semester 2

- ES 507G: Psychology of Sport and Injury Rehabilitation (3 cr)
- ES 531G: Methods of Teaching Individual and Dual Games (3 cr)
- ES 608G: Management of Instruction: Exercise Science (Physical Education/Health Pedagogy) (3 cr)
- ED 593: Psychological Foundations of Education (3 cr)

GRAD - Spring, Semester 3

ED 607G: Applied Educational Psychology (3 cr)

ED 609G: Teaching Internship (3-9 cr)

ES 650G: Research in Health and Exercise Science (MAE) (3 cr)

NOTES:

- **Undergraduate, Semester 7:** Apply to Graduate **and** Apply to MAE Program
- **Undergraduate, Semester 8:** Take Senior Test – ACSM EP-C
- **Graduate, Semester 2:** Take MOCA K-12 Physical Education & Health Exams
- WE = Writing Enhanced course
- If you have not completed the Civics Exam, we recommend doing so in your **first year**.
- Truman students are required to complete a [Portfolio](#) to graduate. We recommend starting to compile your work for the Portfolio sooner than later.
- Students must complete their Application to Graduate **the semester prior to graduating**. Apply to graduate through TruView.
- Graduating seniors need to complete their seniors test and questionnaire. We recommend reviewing the [Assessment & Testing page](#) to plan accordingly.
- **The Dialogues curriculum** requires a certain number of courses/credit hours in the following Perspectives: Social, Arts and Humanities, STEM, Communications, and Statistics. The exact number of courses a student will be required to take during their undergraduate career varies individually according to the credit transferred in.

Department Chair: Please contact the [Center for Academic Excellence](#) with any updates to the plan above. Rev. 7-31-24