

# Exercise and Sport Science Major - Graduation MAP

## Exercise Science Emphasis

This is a suggested Major Academic Plan (MAP). Meet with an academic advisor to create a specific plan that best fits your academic needs. Remember, taking an average of 15 credit hours per semester facilitates timely graduation.



**WEBER STATE**  
UNIVERSITY

2017-18 Catalog Year

NAME: \_\_\_\_\_

<input checked="" type="checkbox"/>	Course	Credit Hour	Semester Offered	Milestones & Notes
<b>Freshman (Semester 1)</b>				
	<b>Composition</b> *ENGL 1010, Introduction to Writing	3	ALL	<ul style="list-style-type: none"> <li>*ENGL and MATH placement is determined by your ACT, Developmental MATH Challenge, or Accuplacer exam scores.</li> <li>Remember that courses numbering below 1000 do NOT count toward your 120 total credit requirement.</li> <li>Meet with your advisor before registration for the next semester.</li> </ul>
	<b>American Institution</b> Rec:: POLS 1100, American National Government	3	ALL	
	<b>Humanities</b> Rec:: COMM HU 1020 Public Speaking or 2110 Intrnsl/Small Group Comm	3	ALL	
	<b>Social Science</b> Req: HLTH SS 1030, Healthy Lifestyles	3	ALL	
	<b>Computer &amp; Information Literacy</b> Parts A, B & C Rec: WEB 1700	3	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Freshman (Semester 2)</b>				
	<b>Physical Science</b> Rec:: Chemistry or Physics, (Grad School Pre-Req)	5	ALL	<ul style="list-style-type: none"> <li>All Gen Ed Core classes require a C or better, any passing grade is acceptable for Breadth area courses UNLESS they are also meeting a major requirement.</li> <li>Only one grade below a C is allowed in ANY major courses.</li> <li>Meet with your advisor before registration for the next semester.</li> </ul>
	<b>Composition</b> ENGL 2010, Intermediate College Writing	3	ALL	
	<b>Computer &amp; Information Literacy</b> Part D (Rec: LIBS 1704)	1	ALL	
	<b>Creative Art</b> Rec: ART 1030, Art for the Non-Art Major	3	ALL	
	<b>Life Science</b> Req: NUTR LS 1020 Science & Application of Human Nutrition	3	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Freshman (Optional)</b>				
<b>Sophomore (Semester 3)</b>				
	ESS 2200, Exploring Exercise Science Professions	2	ALL	<ul style="list-style-type: none"> <li>A minor is NOT required for this major, but may be considered to fulfill the electives for BS credit hour requirement.</li> <li>Meet with your advisor before registration for the next semester.</li> </ul>
	<b>Life Science</b> Req: HTHS LS 1110 Integrated Human Anatomy & Physiology I w/lab	4	ALL	
	<b>Social Science</b> Rec:: PSY 1010 Introductory Psychology	3	ALL	
	<b>Humanities/Diversity or Creative Arts/Diversity</b> Rec:: DANC 1010, Introduction to Dance or ANTH 1040 Language & Culture	3	ALL	
	ELECTIVE for degree credit hour requirement (may need to take MATH 1010)	3-4	FALL & SPR	
	<b>Total Semester Credits</b>	<b>15-16</b>		
<b>Sophomore (Semester 4)</b>				
	<b>Quantitative Literacy</b> *MATH QL 1050 College Algebra or MATH QL 1080 Pre-Calculus	4 or 5	ALL	<ul style="list-style-type: none"> <li>Following this plan will allow for completion of an AS degree in General Studies at the end of the Sophomore year (Semester 4).</li> <li>Meet with your advisor before registering for next semester.</li> </ul>
	ESS 2300 Fitness Assessment/Exercise Prescription	3	FALL & SPR	
	ESS Required Elective (College option: HPHP or ATN)	3		
	HTHS 1111 Integrated Human Anatomy & Physiology II w/lab	4		
	ELECTIVE for degree credit hour requirement (if MATH 1050)	1	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Sophomore (Optional)</b>				

# Exercise and Sport Science Major - Graduation MAP

## Exercise Science Emphasis

Continued – Junior & Senior years



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<input checked="" type="checkbox"/>	Course	Credit Hours	Semester Offered	Milestones & Notes
<b>Junior (Semester 5)</b>				
	AT 2300, Emergency Response	3	ALL	• Meet with your advisor before registering for next semester.
	ESS 3450 Structural Kinesiology	3	ALL	
	ESS Required Elective (College option: HPHP or ATN)	3	ALL	
	ESS Required Elective (ANY: College or Professional)	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Junior (Semester 6)</b>				
	ESS 3510 Exercise Physiology	3	FALL & SPR	
	ESS Required Elective (College option: HPHP or ATN)	3	FALL & SPR	
	ESS Required Elective (ANY: College or Professional)	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Junior (Optional)</b>				
<b>Senior (Semester 7)</b>				
	ESS 3500 Biomechanics	3	FALL & SPR	• Meet with your advisor before registering for next semester.
	ESS 3600 Measurement and Statistics in Exercise Science	3	FALL & SPR	
	ESS Required Elective (College option: HPHP or ATN)	3	FALL & SPR	
	ESS Required Elective (ANY: College or Professional)	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Senior (Semester 8)</b>				
	ESS 4370 Clinical Exercise Physiology	3	FALL & SPR	• Double check total credit hours to make sure you total 120 credits! AND, Upper Division credit hour minimum – 40 credits. • Meet with your advisor early to discuss Graduation Application and other graduation plans/events.
	ESS 4990 Senior Seminar	1	FALL & SPR	
	ESS Required Elective (ANY: College or Professional)	3	ALL	
	ELECTIVE for BS credit hour requirement	2	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	<b>Total Semester Credits</b>	<b>15</b>		
<b>Senior (Optional)</b>				
	<b>Total Semester Credits</b>			
	<b>Total Upper Division (3000 &amp; 4000 level) minimum</b>	<b>40</b>		
	<b>Total Bachelor Degree Credits - minimum</b>	<b>120</b>		

Gen Ed Breadth Requirements (do not duplicate departments)

<input type="checkbox"/> HU	<input type="checkbox"/> CA	<input type="checkbox"/> HU or CA
<input type="checkbox"/> SS	<input type="checkbox"/> SS	
<input type="checkbox"/> PS	<input type="checkbox"/> LS	<input type="checkbox"/> PS or LS
<input type="checkbox"/> DV (Double dip with breadth course)		

**Notes:**

**Avoid mis-advisement!** Consult your academic advisor ([weber.edu/advisors](http://weber.edu/advisors)), the WSU catalog ([weber.edu/catalog](http://weber.edu/catalog)), and your CatTracks degree evaluation (log in to your eWeber Student Portal).  
Revised: 05/2017.SaJ