

Exercise and Sport Science Major - Graduation MAP

Fitness Professional 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.



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2020-2021 Catalog Year NAME: _____

<input checked="" type="checkbox"/>	Course	Credit Hour	Semester Offered	Milestones & Notes
Freshman (Semester 1)				
	Composition *ENGL 1010, Introduction to Writing	3	ALL	<ul style="list-style-type: none"> *ENGL and MATH placement is determined by your ACT, Developmental MATH Challenge, or Accuplacer exam scores. Remember that courses numbering below 1000 do NOT count toward your 120 total credit requirement. Meet with your advisor before registration for the next semester.
	American Institution Recommend: POLS 1100, American Nat'l Government	3	ALL	
	Humanities Recommend:: COMM HU 1020 Public Speaking or COMM HU 2110 Interpersonal/Small Group Communication	3	ALL	
	Social Science HLTH SS 1030, Healthy Lifestyles	3	ALL	
	Life Science NUTR LS 1020 Science & Application of Human Nutrition	3	ALL	
	Total Semester Credits	15		
Freshman (Semester 2)				
	Physical Science CHEM PS 1010, Introduction to Chemistry	3	ALL	<ul style="list-style-type: none"> 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. Only one grade below a C is allowed in ANY major courses. Meet with your advisor before registration for the next semester.
	Composition ENGL 2010, Intermediate College Writing	3	ALL	
	Computer & Information Literacy part D (Recommend: LIBS 1704)	1	ALL	
	Creative Art Recommend: ART CA 1030, Art for the Non-Art Major)	3	ALL	
	NUTR 2320 , Food Values, Diet Design & Health	3	ALL	
	ESS 2200, Exploring Exercise Science Professions	2	FALL & SPR	
	Total Semester Credits	15		
Freshman (Optional)				
Sophomore (Semester 3)				
	ESS 2300 Fitness Assessment/Exercise Prescription	3	ALL	<ul style="list-style-type: none"> A minor is NOT required for this major, but may be considered to fulfill the electives for BS credit hour requirement. Meet with your advisor before registration for the next semester.
	Life Science HTHS LS 1110 Integrated Human Anatomy & Physiology I w/lab or ZOOL 2100 Human Anatomy w/lab	4	ALL	
	Social Science (Recommend: PEP 2700 Sociohistorical Aspects of Sport)	3	ALL	
	Humanities/Diversity or Creative Art/Diversity Recommend:: DANC CA/DV 1010, Introduction to Dance	3	ALL	
	PE Skill Development course (select from the approved list for your major)	1	ALL	
	ELECTIVE for BS credit hour requirement	1	ALL	
	Total Semester Credits	15		
Sophomore (Semester 4)				
	Quantitative Literacy *MATH QL 1050, College Algebra	4	ALL	<ul style="list-style-type: none"> Following this plan will allow for completion of an AS degree in General Studies at the end of the Sophomore year (Semester 4). Meet with your advisor before registering for next semester.
	AT 2300, Emergency Response	3	FALL & SPR	
	PE Skill Development course (select from the approved list for your major)	1	ALL	
	HTHS 1111 Integrated Human Anatomy & Physiology II w/lab or ZOOL LS 2200 Human Physiology	4	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	Total Semester Credits	15		
Sophomore (Optional)				

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Continued – Junior & Senior years



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<input checked="" type="checkbox"/>	Course	Credit Hours	Semester Offered	Milestones & Notes
Junior (Semester 5)				
	PS 3203 Customer Service Techniques or PS 3563 Principle Sales Supervision	3	ALL	<ul style="list-style-type: none"> • Meet with your advisor before registering for next semester.
	HLTH 3000 Foundations of Health Promotion	3	ALL	
	ESS 3450 Structural Kinesiology	3	ALL	
	PEP 3280 Methods of Teaching Strength & Conditioning	3	ALL	
	ESS 2890 Cooperative Work Experience (optional)	1	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	Total Semester Credits	15-16		
Junior (Semester 6)				
	ESS 3600 Measurement and Statistics in Exercise Science	3	FALL & SPR	<ul style="list-style-type: none"> • Meet with your advisor before registering for next semester. • If you are applying for Graduate school – most applications can be submitted soon and entrance exams must be taken!
	ESS 3510 Exercise Physiology	3	FALL & SPR	
	NUTR 3020 Sport Nutrition or 4420 Nutrition & Fitness	3	FALL & SPR	
	HLTH 3200 Methods of Health Education	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	Total Semester Credits	15		
Junior (Optional)				
Senior (Semester 7)				
	ESS 3500 Biomechanics	3	FALL & SPR	<ul style="list-style-type: none"> • Meet with your advisor before registering for next semester.
	ESS 4370 Clinical Exercise Physiology	3	FALL & SPR	
	ESS 4890 Cooperative Work Experience	3	FALL & SPR	
	ELECTIVE for BS credit hour requirement	2	ALL	
	ELECTIVE for BS credit hour requirement	1	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	Total Semester Credits	15		
Senior (Semester 8)				
	ESS 4890 Cooperative Work Experience	3	FALL & SPR	<ul style="list-style-type: none"> • 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	
	ELECTIVE for BS credit hour requirement	2	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	Total Semester Credits	15		
Senior (Optional)				
	Total Semester Credits			
	Total Upper Division (3000 & 4000 level) minimum	40		
	Total Bachelor Degree Credits - minimum	120		

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: The ESN Department policy is that all students should be in touch with an advisor each semester. Matthew Smith, the ESN Academic Advisor can be contacted by e-mail at MatthewSmith20@weber.edu to schedule an appointment and answer general questions.

Avoid mis-advisement! Consult your academic advisor (weber.edu/advisors), the WSU catalog (weber.edu/catalog), and your CatTracks degree evaluation (log in to your eWeber Student Portal).

Revised: 03/2020 MS