

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.



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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 National Government	3	ALL	
	Humanities Recommend:: COMM HU 1020 Public Speaking or COMM HU 2110 Interpersonal/Small Group Communication	3	ALL	
	Social Science Required: HLTH SS 1030, Healthy Lifestyles	3	ALL	
	Social Science Recommend:: PSY 1010 Introductory Psychology	3	ALL	
	Total Semester Credits	15		
Freshman (Semester 2)				
	Physical Science Recommend:: Chemistry or Physics, (Grad School Pre-Reqs)	5	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 (Rec: LIBS 1704)	1	ALL	
	Creative Art Recommend: ART 1030, Art for the Non-Art Major	3	ALL	
	Life Science Required: NUTR LS 1020 Science & Application of Human Nutrition	3	ALL	
	Total Semester Credits	15		
Sophomore (Semester 3)				
	ESS 2200, Exploring Exercise Science Professions	2	FALL & SPR	<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 Required: HTHS LS 1110 Integrated Human Anatomy & Physiology I w/lab or ZOOL 2100 Human Anatomy w/lab	4	ALL	
	ESS Required Elective (College option: HPER or ESN)	3	ALL	
	Humanities/Diversity or Creative Arts/Diversity Recommend:: DANC CA 1010, Introduction to Dance or ANTH HU 1040 Language & Culture	3	ALL	
	ELECTIVE for degree credit hour requirement (may need to take MATH 1010)	3-4	FALL & SPR	
	Total Semester Credits	15-16		
Sophomore (Semester 4)				
	Quantitative Literacy *MATH QL 1050 College Algebra or MATH QL 1080 Pre-Calculus	4 or 5	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.
	ESS 2300 Fitness Assessment/Exercise Prescription	3	FALL & SPR	
	ESS Required Elective (College option: HPER or ESN)	3	ALL	
	HTHS 1111 Integrated Human Anatomy & Physiology II w/lab or ZOOL LS 2200 Human Physiology	4	ALL	
	ELECTIVE for degree credit hour requirement (if MATH 1050)	1	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)				
	AT 2300, Emergency Response	3	ALL	<ul style="list-style-type: none"> • Meet with your advisor before registering for next semester.
	ESS 3450 Structural Kinesiology	3	ALL	
	ESS Required Elective (College option: HPER or ESN)	3	ALL	
	ESS Required Elective (ANY: College or Professional)	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	Total Semester Credits	15		
Junior (Semester 6)				
	ESS 3510 Exercise Physiology	3	FALL & SPR	<ul style="list-style-type: none"> • Although an Internship or Field Experience is not required, it is a good idea and can be used as a College elective option. • Meet with your advisor before registering for next semester.
	ESS Required Elective (College option: HPER or ESN)	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	
	Total Semester Credits	15		
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 3600 Measurement and Statistics in Exercise Science	3	FALL & SPR	
	ESS Required Elective (ANY: College or Professional)	3	FALL & SPR	
	ELECTIVE for BS credit hour requirement	3	ALL	
	ELECTIVE for BS credit hour requirement	3	ALL	
	Total Semester Credits	15		
Senior (Semester 8)				
	ESS 4370 Clinical Exercise Physiology	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	
	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	
	Total Semester Credits	15		
	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