

MILLIKIN UNIVERSITY COLLEGE OF PROFESSIONAL STUDIES: SCHOOL OF EXERCISE SCIENCE & SPORT

Exercise Science Major

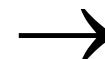
(Need to maintain a minimum GPA of 2.5)

Semester #1	Term: _____	Hours	Spring/Fall/Every	Semester #2	Term: _____	Hours	Spring/Fall/Every
IN 140: University Seminar		3	Every	ES 206: Foundations & Theory of Health Behavior & Fitness		3	Spring
EN 181: University Writing (C or better)		3	Every	PS 130: Intro to Psych or SO 100: Intro to Sociology		3	Every
CH 114: Fundamentals of Chemistry/Lab		4	Every	CO 230: Public & Professional Speaking		3	Every
ES 130: Prevention & Treatment of Athletic Injuries		3	Every	Creative Arts Requirement		3	Every
ES 160: Personal and Community Health		3	Every	Elective		3	Every
Semester Total		16		Semester Total		15	
Cumulative Total		16		Cumulative Total		31	
Semester #3	Term: _____	Hours	Spring/Fall/Every	Semester #4	Term: _____	Hours	Spring/Fall/Every
Humanities in the U.S.		3	Every	Social Sciences		3	Every
BI 204 or BI 206: Anatomy & Physiology w/lab		4	Fall	ES 335: Organization & Administration		3	Spring
EN 281: Writing in the Disciplines (C or better)		3	Every	ES 305: Physiology of Exercise I (Co-enroll w/ES 306)		3	Spring
ES 325: Growth and Motor Development		3	Fall	ES 306: Physiology of Exercise I Lab (Co-enroll w/ES 305)		1	Spring
MA 130: Elementary Probability and Stats OR		3	Every	ES 310: Kinesiology		3	Every
PS 201: Statistical Methods (Quant Reas - has prereq)*				International Cultures/Structures or Language Option		3/4	Every
Semester Total		16		Semester Total		16/17	
Cumulative Total		47		Cumulative Total		63/64	
Semester #5	Term: _____	Hours	Spring/Fall/Every	Semester #6	Term: _____	Hours	Spring/Fall/Every
ES 328: Health Related Fitness & Nutrition		3	Fall	BI 207: Anatomy & Physiology II- class and lab		4	Spring
ES 410: Physiology of Exercise II (Co-enroll w/ES 411)		3	Fall	ES 409: Biomechanics		3	Spring
ES 411: Physiology of Exercise II Lab (Co-enroll w/ES 410)		1	Fall	ES 418: Principles of Strength Training (Co-enroll w/ES 419)		3	Spring
Global Studies		3	Every	ES 419: Principles of Strength Training Lab (Co-enroll w/ES 418)		1	Spring
International Cultures/Structures or Language Option		3/4	Every	ES 440: Sport Nutrition		3	Spring
Elective		3	Every	Elective		3	Every
Semester Total		16/17		Semester Total		17	
Cumulative Total		79/81		Cumulative Total		96/98	
Semester #7	Term: _____	Hours	Spring/Fall/Every	Semester #8	Term: _____	Hours	Spring/Fall/Every
ES 320: Sport Skills		3	Every	ES 471: Internship in Exercise Science		12-15	Every
ES 426: Principles of Personal Training		3	Fall				
ES 427: Principles of Personal Training Lab		1	Fall				
Elective		3	Every				
Elective		2	Every				
Semester Total		12		Semester Total		12-15	
Cumulative Total		108/110		Cumulative Total		Min 120	

NOTES:

- All Exercise Science students must complete an approved Cardiopulmonary Resuscitation (CPR) course within their last 3 semesters - American Red Cross or American Heart Association courses are acceptable as long as you complete the adult, infant, and child CPR components (including obstructed airway).
- University graduation requirements = 120 credits or more, University 300 level or higher requirements = 39 credits or more.
- For financial aid eligibility, students must be enrolled in 12-15 credits.
- The schedule above provides a template. Schedules will vary by student.
- Courses through other institutions must be approved by the Registrar.

*In order to take **PS 201**, students need to have passed either MA 097, have an ACT score ≥ 22 , SAT score ≥ 540 , OR a math placement score of 2.



Student Name: _____

GPA	Fall _____	Spring _____	Fall _____	Spring _____	Fall _____	Spring _____	Fall _____	Spring _____
Major								
Cumulative								
Academic Alerts/ Accolades								

Quantitative Reasoning (QR): The course sequences below are based on the Math ACT/SAT score. Students can also take the math placement test in the Math Department to progress more quickly through this process if the test is passed.

Math ACT/SAT Score	COURSE SEQUENCE
21/539 or below	MA 097 (Pre-QR) _____
22-24/540-589	MA 110 or BI 240 (Satisfies QR but has a math prerequisite) _____
22/590 and above	All MA courses numbered 115, 130 or 140 _____ (Satisfies QR but has a math prerequisite)
<p>Approved QR course(s) listed below: (Satisfies QR with no Math Prerequisite)</p> <p>*QR 101 _____ PS/SO 201 _____ PH 213 _____ MT 111 and MT 112 _____ TH 453 _____</p> <p>* Does not count towards the distribution requirement for the Bachelor of Science degree and does not serve as a prerequisite to any mathematics course.</p>	

Additional Comments: