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 PS 201: Statistical Methods (Quant Reas - has prereq)*	3	Every	ES 310: Kinesiology	3	Every
			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 institututions 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.

2024-2025

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)

Approved QR course(s) listed below:
(Satisfies QR with no Math Prerequisite)

*QR 101 _____
PS/SO 201 _____
PH 213 _____
MT 111 and MT 112 _____
TH 453 _____

* Does not count towards the distribution requirement for the Bachelor of Science degree and does not serve as a prerequisite to any mathematics course.

Additional Comments: