

Degree: Bachelor of Science

Major: Exercise Science

2021-2022

Students requiring developmental course work based on low entrance exam scores (ACT, SAT, ASSET, COMPASS) may not be able to complete this program of study in eight (8) semesters. Students having completed college level courses prior to enrollment will be assisted by their advisor in making appropriate substitutions. A minimum of 120 credit hours, of which 45 hours must be upper division credit (3000-4000 level), is required for this degree (developmental courses are excluded). Mandatory state and institutional assessment exams will be required during your degree program.

Year 1				Year 1			
Fall Semester				Spring Semester			
Course No.	Course name	Hrs	Grade	Course No.	Course Name	Hrs	Grade
ENG 1003	Eng. Composition I	3		ENG 1013	Eng. Composition II	3	
COMS 1203	Oral Communication	3		BIO 2221	Human Anatomy and Physiology Lab II	1	
MATH 1023	College Algebra	3		BIO 2223	Human Anatomy and Physiology II	3	
HPES 1013	Intro to HPES	3		PE 1002	Concepts of Fitness	2	
BIO 2201	Human Anatomy and Physiology Lab I	1		ENG 2003, ENG 2013, or PHIL 1103	World Lit to 1600, World Lit since 1600, or Intro to Philosophy	3	
BIO 2203	Human Anatomy and Physiology I	3		HLTH 2513	Principles of Personal Health	3	
Total hours		16				15	

Year 2				Year 2			
Fall Semester				Spring Semester			
Course No.	Course name	Hrs	Grade	Course No.	Course Name	Hrs	Grade
ANTH 2233, ECON 2313, ECON 2333, GEOG 2613, HIST 1013, HIST 1023, CMAC 1003, POSC 1003 PSY 2013, or SOC 2213	Intro to Anthropology, Prin of Macroeconomics, Econ Issues & Concepts, Intro to Geography, World Civ to 1660, World Civ since 1660 Mass Communications, Intro to Politics, Intro to Psychology, or Intro to Sociology	3		ANTH 2233, ECON 2313, ECON 2333, GEOG 2613, HIST 1013, HIST 1023, CMAC 1003, POSC 1003 PSY 2013, or SOC 2213	Intro to Anthropology, Prin of Macroeconomics, Econ Issues & Concepts, Intro to Geography, World Civ to 1660, World Civ since 1660 Mass Communications, Intro to Politics, Intro to Psychology, or Intro to Sociology	3	
HIST 2763, HIST 2773, or POSC 2103	US History to 1876, US History since 1876, or Intro to US Government	3		ART 2503, MUS 2503, or THEA 2503	Fine Arts Visual, Fine Arts Musical, or Fine Arts Theater	3	
CHEM 1011	General Chemistry Lab I	1		HLTH 2523	First Aid and Safety	3	
CHEM 1013	General Chemistry I	3			Electives	6	
	Elective	3					
Total hours		13				15	

Year 3				Year 3			
Fall Semester				Spring Semester			
Course No.	Course name	Hrs	Grade	Course No.	Course Name	Hrs	Grade
ES 3543	Human Anatomy and Anatomic Fund of Motion	3		ES 3623	Techniques of Physiological Fitness Assessment	3	
ES 3553	Basic Physiology of Activity	3		ES 3633	Nutrition for Health, Sport, and Exercise	3	
ES 3653	Techniques of Aerobic Conditioning	3		ES 3713	Cardiovascular Physiology	3	
ES 3743	Research and Statistical Methods in Exercise Science	3		ES 4693	Techniques of Strength Training and Conditioning	3	
				PE 4843	Philosophy and Ethics	3	
Total hours		12				15	

Year 4				Year 4			
Fall Semester				Spring Semester			
Course No.	Course name	Hrs	Grade	Course No.	Course Name	Hrs	Grade
ES 4683	Exercise Prescription and Fitness Programming	3		ES 4673	Fitness Programming for Special Populations	3	
ES 4813	Applied Motor Learning	3		HLTH 4643	Health Promotion Implementation and Evaluation	3	
ES 4763	Kinesiology	3		ES 4843	Preinternship	3	
HLTH 4543	Drug Use and Abuse	3			Electives	4	
HLTH 4633	Health Promotion Assessment and Planning	3					
Total hours		15				13	

Year 4				Year 4			
Summer 1				Summer 2			
HPES 4893	Internship I	3		HPES 4893	Internship II	3	
Total hours		3				3	
Total degree hours	120						

Graduation requirements:

2.00 GPA at ASU

2.00 GPA Overall

Maximum of 31 credit hours via correspondence, extension, examination, PLA, Military or similar means; CLEP (30 hrs max)

45 JR/SR hours after completing 30 hours

120 Total credit hours

18 of last 24 hours must be ASU-J campus

Minimum of 57 hours from 4-year institutions

32 Resident hours if completing second degree and first degree was not from ASU-J

C or better in: ENG 1003, ENG 1013, CHEM 1013, CHEM 1011, MATH 1023, HPES 1013, BIO 2201, BIO 2203, BIO 2221, BIO 2223, and all Major Requirements (ES, HLTH, PE courses)