

NOTES

Exercise Science

1. Arts and Humanities Electives: Please use the General Education requirement lists in the Undergraduate Catalog to choose courses.
2. Proficiency in at least four activities. Proficiency: passing an activity course with a minimum grade of “C” or participation in an intercollegiate varsity sport. See advisor.
3. Earn a grade of “C” or better in BCMB 230, all Exercise Science courses and professional electives.
4. Cultures and Civilizations: Please use the General Education requirement lists in the Undergraduate Catalog to choose courses.
5. Social Science Elective: Please use the General Education requirement lists in the Undergraduate Catalog to choose courses.
6. Professional electives must be passed with a grade of “C” or better. Please see additional sheet for partial list of professional electives.
7. Exercise Science majors have the opportunity to participate in the college’s Service Learning Honors Program. For eligibility and requirements, see the 2009-10 Undergraduate Catalog.

Progression Standards

Criteria for progression into the program

Students should apply for progression into their major after completing Exercise Science 100, Chemistry 120, and Physics 221. A minimum GPA of 2.5 and 45 semester hours are required. Students must be admitted to the major prior to the completion of 75 hours, including UT credits and transfer credits. Students who follow the recommended science and math course sequencing would be eligible to enter the major at the end of the first semester sophomore year.

Criteria for progression into the major:

1. Cumulative GPA of 2.5/4.0 or greater after the completion of at least 45 semester hours.
2. Grade of “C” or better in the following courses:
All Exercise Science courses
All professional electives
BCMB 230
**Please note that the grade of “C” or better applies to both courses taken before or after progression into the major.
3. Students must maintain a minimum GPA of 2.5 to remain in good academic standing once admitted to the major. Students who drop below the minimum for two semesters will be advised by letter that they have been dropped from the major.
4. Students must have a minimum cumulative GPA of 2.5 to be able to register for, and complete all 400-level exercise science courses.

For graduation, students must earn a “C” or better in BCMB 230, all Exercise Science and professional elective courses.

Pre-Approved Professional Elective Courses for Exercise Science Majors

Key: (#) = Number of Credits course is worth [xxx] = Prerequisites for the Course CI = Consent of Instructor

Notes:

- **All professional electives must be passed with a minimum grade of “C”.**
- Courses listed here are the pre-approved Exercise Science Professional Electives. Some on the list may still need to be petitioned—i.e. a petition must be filled out by you and your faculty advisor asking for the course to count.
- Other courses not listed here may be petitioned to count as Exercise Science Professional Electives with approval of your assigned ES faculty advisor. Check with your advisor prior to taking the course, if at possible.
- Courses on this list can only be used as Professional Electives if they are not being used to meet other major or general education requirements. Classes do not “double count.”

Exercise Science Courses:

- **Exercise Science 260** Exercise Science Practicum (1)
 - **Exercise Science 426** Exercise Science Practicum II (1-6) [ES 260 or CI]
- (The preceding two courses cannot count for ES required courses and ES professional electives.)
- **Exercise Science 370** Aging and Physical Activity (3)
 - **Exercise Science 440** Strength and Conditioning Programs (3) [ES 332, BCMB 230, PE 252, progression to the major, 2.5 GPA]
 - **Exercise Science 490** Exercise Physiology/ Fitness Internship (12-15) [ES 414, 422, 426, 480, progression to major and CI]
 - **Exercise Science 493** Directed Independent Study (1-3) [minimum GPA 2.5]
 - **Exercise Science 497** Honors Research Project (3-6) [senior standing]

Other Courses in the Dept of Exercise, Sport, & Leisure Studies:

- **Sport Studies 231** Introduction to Sport Psychology (3)
- **Sport Studies 335** Socio-cultural Foundations of Sport and Leisure (3)
- **Sport Studies 336** Social Issues in Sport (3)
- **Sport Studies 490** Psychology of Coaching (3)

Courses in Other Departments:

- **Anthropology 480** Human Osteology (4) [110 or CI]
- **Any course** from the **BCMB** department
- **Biology 101-102** Humankind in the Biotic World (4,4)
- **Biology 130-140** Biodiversity/ Organization and Function of the Cell (4,4) [140-Prereq: Bio 130, Chem 120; coreq: Chem 130]
- **Chemistry 350, 360 & 369** Organic Chemistry I and II, Organic Lab (3, 3, 2) [Chem 120-130 or 138] (360 & 369 must be taken together—co-requisites)
- **Chemistry 358, 368 & 369** Honors Organic I & I (3, 3 & 2) [Chem 120-130 or 138] (Chem 368 & 369 must be taken together—co-requisites)
- **Child & Family Studies 210** Human Development (3)
- **Classics 273** Medical & Scientific Terminology (3)
- **Communication Studies 425** Interpersonal Health Communication (3)
- **Computer Science 100** Introduction to Computers and Computing (4)
- **Ecology & Evolutionary Biology 240** Human Anatomy (4) [Biology 130 or Biology 101-102]
- **Educational Psychology 460** Self-Management in the Helping Professions (3)
- **Health 300** Health Education, Promotion and Behavior (3)
- **Health 330** Wellness for Health Professionals (3)
- **Health 425** Women’s Health (3) (same as Women’s Studies 425)
- **Health 435** Substance Use and Abuse (3)
- **Health 465** Aging and Health (3)

NOTE: Health 110, Personal Health and Wellness **cannot** be used as a professional elective.

- **Microbiology 210** General Microbiology (3)
- **Nursing 351** Pharmacology I (3) [Chemistry 120-130, 6 hrs. of anatomy & physiology]
- **Nutrition 302** Life Span Nutrition (3) [Nutrition 100, BCMB 230]
- **Philosophy 243** Business Ethics (3)
- **Philosophy 246** Bioethics (3) (same as Religious Studies 246)
- **Psychology 210** Biological Basis of Behavior (3) [Psych 110 or 117 or CI]
- **Psychology 220** Behavior and Experience: Humanistic Psychology (3) [Psych 110 or 117]
- **Psychology 310** Learning and Thinking (3) [Psych 110 or 117]
- **Psychology 300** Child Psychology [Psych 110]
- **Psychology 320** Motivation [Psych 110]
- **Psychology 330** Abnormal Psychology (3) [Psych 110 or 117]
- **Psychology 360** Social Psychology (3) [Psych 110 or 117]
- **Psychology 382** Contemporary Topics in Psychology (3)
- **Psychology 400** Cognitive Psychology: Language and Symbolic Processes (3) [Psych 110 or 117; Minimum student level = junior]
- **Psychology 410** Sensory Processes and Perception (3) [Psych 110 or 117; Minimum student level = junior]
- **Psychology 430** Health Psychology (3) [Psych 110 or 117; Minimum student level = junior]
- **Psychology 431** Psychology of Adjustment (3)
- **Psychology 434** Psychology of Gender (3). (*Same as Women's Studies 434.*) [Psych 110 or 117; Minimum student level = junior]
- **Psychology 435** Multicultural Psychology (3) [Psych 110]
- **Psychology 440** Organizational Psychology (3) (*Same as Management 440.*) [Psych 110 or 117; Minimum student level = junior]
- **Psychology 461** Physiological Psychology (3) [Psych 110]
- **Psychology 470** Theories of Personality (3) [Psych 110 or 117; Minimum student level = junior]
- **Psychology 475** Adolescent Development (3) [Psych 110 or 117; Minimum student level = junior]
- **Psychology 480** Theories of Learning (3) [Psych 110 or 117; Minimum student level = junior]
- **Psychology 482** Topics in Psychology (3) [Psych 110 or 117; Minimum student level = junior]
- **Psychology 496** Senior Seminar: Great Ideas in Psychology (3) [Psych 110 or 117; Minimum student level = senior]
- **Public Health 300** Introduction to Public Health (3)
- **Public Health 305** Disease Epidemiology, Prevention, and Control (3) [BCMB 230]

Business Minor Courses:

- **Accounting 200** Foundations of Accounting (3)
- **Economics 201** Introductory Economics: A Survey Course (4) (if not used as a Social Science elective)
- **Statistics 201** Introduction to Statistics (3) (if Math 115 is taken to fulfill Stats requirement for major) [Pre: Math 125; Co: BA 201]
- **Business Administration 201** Business Functions (4) [Co: Stats 201]
- **Marketing 300** Marketing & Supply Chain Management (3) [BA 201]
- **Management 300** Organizational Management (3) [BA 201]
- **Finance 300** Fundamentals of Finance (3) [BA 201]