

Four-Year Degree Plan for Major in Human Performance/Exercise and Recreation Leadership Concentration

Note that this is a sample four-year plan. There are other course sequences that will allow a student to graduate within four years as long as prerequisite courses are taken in the proper sequence. This sample plan does not guarantee course availability, and adjustments to students' plans may be necessary if they are unable to take specific courses during specific semesters. Students who are placed into lower level AWR, MAT or other prerequisite courses will need to adjust their four-year plans accordingly. Similarly, students who bring in Advanced Placement, Dual Enrollment or transfer credit for courses will need to adjust their four-year plans. A minimum of a 2.0 GPA both overall and in the major is required for graduation. In addition to major requirements, all components of the Baccalaureate Experience must be completed in order to successfully graduate. A student must earn a minimum of 124 credit hours to qualify for the Bachelor of Science degree in Human Performance/Exercise and Recreation Leadership Concentration.

First (Freshman) Year - Fall Semester

	Humanities / Fine Arts or Social Science (Bacc. Exp.)	4
ESC 110	Introduction to Exercise Science and Sport Studies	2
HSC 100	Personal and Family Health	3
ESC 105	Biokinetics and Conditioning	2
AWR 101	Writing and Inquiry	4
BAC 101	First-Year Seminar I	1
	or	
HON 101	Pathways to Honors 1	1
		Subtotal: 16

First (Freshman) Year - Spring Semester

ESC 280	Adult Fitness	3
MAT 160	College Algebra	4
HSC 220	Functional Anatomy	3
	Chemical/Physical Science	4
BAC 102	First-Year Seminar II	1
	or	
HON 102	Pathways to Honors 2	1
		Subtotal: 15

MAT 160 or higher

Second (Sophomore) Year - Fall Semester

	Biological Science (Bacc. Exp.)	3
	Humanities / Fine Arts or Social Science (Bacc. Exp.)	4
ESC 150	Comprehensive First Aid/CPR/AED	2
PSY 200	General Psychology	4
HSC 203	Nutrition	3
		Subtotal: 16

Second (Sophomore) Year - Spring Semester

AWR 201	Writing and Research	4
	Humanities / Fine Arts or Social Science (Bacc. Exp.)	4
	Humanities/Fine Arts or Social Science (Bacc. Exp.)	4
ESC 372	Principles of Exercise Leadership	2
HSC 203	Nutrition	3
		Subtotal: 17

Third (Junior) Year - Fall Semester

ESC 270	Prevention and Care of Sports Injuries	3
ESC 330	Human Development and Motor Learning	3
	Humanities/Fine Arts or Social Science (Bacc. Exp.)	4
	General Elective	4
	ESC Professional Activity Course	2
		Subtotal: 16

Third (Junior) Year - Spring Semester

ESC 312	Dance/Rhythmics	3
ESC 340	Applied Kinesiology	3
ESC 380	Exercise Testing and Prescription	3
ESC 151	Swimming	1
	ESC Professional Activity Course	2
	General Elective	4
		Subtotal: 16

Fourth (Senior) Year - Fall Semester

ESC 400	Physical Education and Fitness for Special Populations	3
ESC 411	Recreation Leadership and Administration	2
ESC 450	Tests and Measurement	3
ESC 491	Senior Seminar in Exercise Science	3
	General Elective	4
		Subtotal: 15

Fourth (Senior) Year - Spring Semester

SPM 412	Principles of Administration for Sport and Physical Education	3
ESC 460	Physiology of Exercise	3
ESC 480	Internship in Adult Fitness Programs	2-12
	General Elective	6
		Subtotal: 14-24

Subtotal: 124-134

ESC 480 Internship in Adult Fitness Programs is highly recommended for the adult fitness concentration. To intern, a student must have achieved the following: a minimum 2.0 GPA in the major and overall; senior academic standing; departmental approval; completion of all prerequisite courses. Proof of current CPR certification is required, and individual liability insurance may be required.

Students interested in registering for ESC 480 should contact their adviser for requirements and information concerning the internship.