

Exercise Science with Fitness Management Concentration

College of Natural and Health Sciences

Credit Hours: 121 hours minimum Total - 73-78 credits for Major

Declaring the Major: Plan Declaration form may be submitted anytime to the department.

Concentrations: Fitness Management



First Year

Semester 1											
Course	Credits	Course Notes	Category	Major GPA	Fall	Winter	Spring	Summer	Min. Grade	Grade	Complete
ENGL 101 - Composition and Reading	3	Reading and Writing Requirement	SK		●		●		C-		
MATH 111 - College Algebra I	4	Computational Requirement	SK		●		●	●	C		
HESM 210 - Introduction to Health, Exercise Science and Sport Management OR AHS 101 - Introduction to Applied Health Sciences	3		MJ	●	●		●		C-		
Gen Ed (SS): HESM 270 - Lifetime Wellness	3		MJ/ GE	●	●		●	●	C-		
Gen Ed (HU): Humanities & Fine Arts	3		GE		●	●	●	●			
Total Credits: 16											
Semester 2											
BIOS 105 - Human Physiology and Anatomy I OR BIOS 300 - Human Functional Anatomy	5/4	Prereq: BIOS 101, 102, or consent or instructor	MJ	●	●		●		C-		
Gen Ed (NS): HESM 280 - Sports and Fitness Nutrition	3		MJ/ GE	●	●		●		C-		
Gen Ed (SS): Social and Behavioral Science	3		GE	●	●		●				
Gen Ed (DV): Humanities and Fine Arts	3	Select a course that meets Diversity Requirement	GE/ DV		●		●				
Total Credits: 14/15											
First Year Credit Total 30/31											

WINTERIM YEAR 1 - OPTIONAL: Consult with your advisor whether winterim is appropriate for you in your first year.

SUMMER YEAR 1 - OPTIONAL: Enrollment in Summer courses is recommended for students who end their first year with less than 30 credit hours.

SK= Skills Requirement, GE = General Education Requirement, MJ = Major Requirement, HU = Humanities and Fine Arts Requirement, NS = Natural Science Requirement, SS = Social and Behavioral Sciences Requirement, DV = Diversity Requirement

Second Year

Semester 1											
Course	Credits	Course Notes	Category	Major GPA	Fall	Winter	Spring	Summer	Min. Grade	Grade	Complete
BIOS 106 - Human Physiology and Anatomy II OR BIOS 341 - Mammalian Physiology	5/3	Prereq: BIOS 105 / BIOS 210	MJ	●	●		●		C-		
Gen Ed (NS): PHYS 101 - Principles of Physics	4	Prereq: Math Competency	MJ/ GE	●	●		●		C-		
Gen Ed (SS): BUS 100 - Introduction to Business	3		MJ/ GE		●	●	●	●	C-		
HESM 221: Applied Exercise Science	3	Prereq: Sophomore standing, HESM 210 or AHS 101	MJ		●	●	●	●	C-		

Total Credits: 15/13

Semester 2											
HESM 354 - Physiology of Exercise	4	Prereq: BIOS 105 & 106 or BIOS 300 & 341; MATH 111	MJ	●	●		●		C-		
HESM 306: Motor Learning	3	Prereq: Sophomore standing	MJ	●	●		●		C-		
Gen Ed (NS): Natural Science	3		GE		●	●	●	●			
Gen Ed (HU): Humanities & Fine Arts	3		GE		●	●	●	●			
ACCT 201 - Financial Accounting	3	Prereq: Math 111	MJ		●	●	●	●	C-		

Total Credits: 16

Second Year Credit Total 31/29

WINTERIM YEAR 2 - OPTIONAL: Enrollment in Winterim courses is strongly recommended for students who have accumulated less than 45 credits.
 SUMMER YEAR 2 - OPTIONAL: Enrollment in Summer courses is recommended for students who end their second year with less than 60 credit hours.

GE = General Education Requirement, MJ = Major Requirement, SS = Social and Behavioral Sciences Requirement
 HU = Humanities and Fine Arts Requirement, NS = Natural Science Requirement, EL = General Elective Requirement

Third Year

Semester 1

Course	Credits	Course Notes	Category	Major GPA					Min. Grade	Grade	Complete
					Fall	Winter	Spring	Summer			
HESM 345 - Prevention and Care of Athletic Injuries	3	Prereq: BIOS 105 & 106 or BIOS 300, and BIOS 341	MJ	●	●				C-		
HESM 353 - Biomechanics	4	Prereq: BIOS 105 & 300, MATH 111, PHYS 101 or 105	MJ	●	●		●		C-		
Foreign Language 103: Modern Language	4		FL		●		●	●			
HESM 362: Sports Marketing	3	Prereq: Sophomore standing	MJ		●	●	●	●	C-		

Total Credits: 14

Semester 2

HESM 300 - Legal Issues in Sport and Fitness Management	3	Prereq: Junior or Senior standing	MJ	●	●		●		C-		
HESM 358 - Sport Psychology	3	Prereq: Junior or Senior standing	MJ	●	●		●		C		
HESM 498 - Fieldwork in Exercise Science	3	Prereq: Instructors consent	MJ	●	●		●		C-		
Foreign Language 104: Modern Language	4		FL		●		●	●			
Gen Ed (NS): Natural Science	3		GE		●	●	●	●			

Total Credits: 16

Third Year Credit Total 30

WINTERIM YEAR 3 - OPTIONAL: Enrollment in Winterim courses is strongly recommended for students who have accumulated less than 75 credits.
 SUMMER YEAR 3 - OPTIONAL: Enrollment in Summer courses is recommended for students who end their third year with less than 90 credit hours.

GE = General Education Requirement, MJ = Major Requirement, FL= Foreign Language Requirement,
 SS = Social and Behavioral Sciences Requirement, EL = General Elective Requirement

Fourth Year

Semester 1											
Course	Credits	Course Notes	Category	Major GPA	Fall	Winter	Spring	Summer	Min. Grade	Grade	Complete
HESM 455 - Customer Sales and Service	3	Prereq: Junior or Senior standing	MJ	●	●	●	●	●	C-		
HESM 410 - Fitness and Prescription	3	Prereq: HESM 353, 354	MJ	●	●				C-		
HESM 415 - Scientific Principles of Strength and Conditioning	4	Prereq: HESM 353, 354	MJ	●	●				C-		
HESM 411: Exercise Science and Special Populations	3	Prereq: BIOS 105 & 106	MJ	●	●				C-		
XXXX: General Elective	3		EL		●	●	●	●			
Total Credits: 16											
Semester 2											
Gen Ed (HU): Humanities & Fine Arts	3		GE		●	●	●	●			
HESM 430 - Fitness Program Management	3	Prereq: HESM 353, 354 & 410	MJ	●			●		C-		
HESM 481 - Senior Seminar	3	Prereq: Junior or Senior standing	MJ	●			●		C-		
HESM 498 - Fieldwork in Exercise Science	3	Prereq: Accepted Exercise Science major with a minimum major GPA of 2.75. A minimum of 3 credits are required to be completed in the student's last semester of course work.	MJ	●	●	●	●	●	C-		
XXXX: General Elective	3		EL		●	●	●	●			
Total Credits: 15											
Fourth Year Credit Total 31											

WINTERIM YEAR 4 - OPTIONAL: Enrollment in Winterim courses is strongly recommended for students who have accumulated less than 105 credits.
 SUMMER YEAR 4 - OPTIONAL: Enrollment in Summer courses is recommended for students who end their fourth year with less than 120 credit hours.

GE = General Education Requirement, MJ = Major Requirement, HU = Humanities and Fine Arts Requirement, EL = Elective Requirement

Milestone Checklist

Year 1:	
Complete Skills requirement (MATH 111 and ENGL 101).	
Complete BIOS 105 and HESM 210 or BIOS 300 and 341; and PSYC 101 with a C or better.	
Declare major and concentration by submitting a plan declaration form.	
Create a CareerLocker account and create a resume using Resume Module.	
Year 2	
Complete BIOS 106 and HESM 354 with a C or better.	
Investigate and declare certificates or minors if interested.	
Maintain 2.75 GPA in major courses.	
Register for RangerTrak and create a career profile, shadow a fitness management professional.	
Identify Year 3 fieldwork experience.	
Year 3:	
Maintain 2.75 GPA in major courses.	
Finish foreign language requirements.	
Complete HESM 353 and 354.	
Submit Graduation Application.	
Join LinkedIn, Explore internships and graduate school options.	
Year 4:	
Complete all major and concentration requirements with a 2.75 GPA in all major courses.	
Update RangerTrak profile and resume, develop a job search strategy and attend Senior Send Off.	

Graduation Requirements Summary:

Minimum Total Hours: 121 credits

Minimum Upper-Division Hours: 36 credits

Minimum Major hours: 78 credits

Minimum Major GPA: 2.75

Minimum Overall GPA: 2.0