

Exercise Science with Strength and Conditioning Concentration

College of Natural and Health Sciences

Credit Hours: 120 hours minimum Total - 73-78 credits for Major

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

Concentrations: Strength and Conditioning

UNIVERSITY OF WISCONSIN

PARKSIDE

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 of instructor	MJ	●	●		●		C-		
Gen Ed (NS): HESM 280 - Sports and Fitness Nutrition	3		MJ/ GE	●	●		●		C-		
Gen Ed (SS): Social and Behavioral Science	3	Recommend: PSYC 101	GE	●	●		●				
Gen Ed (DV): Humanities and Fine Arts	3	Select a course that meets Diversity Requirement	GE/ DV		●		●				

Total Credits: 13-14

First Year Credit Total 29-30

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	Gen Ed (SS): Social and Behavioral Science	MJ/GE	●	●		●		C-		
HESM 221: Applied Exercise Science	3	Prereq: Sophomore standing, HESM 210 or AHS 101	MJ	●	●	●	●		C-		
Gen Ed (SS): Social & Behavioral Science	3		GE		●	●	●	●			
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 (HU): Humanities & Fine Arts	3		GE		●	●	●	●			
Gen Ed (HU): Humanities & Fine Arts	3		GE		●	●	●	●			
XXXX - General Elective	3		EL		●	●	●	●			
Total Credits: 16											
Second Year Credit Total 29-31											

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	Fall	Winter	Spring	Summer	Min. Grade	Grade	Complete
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 & 106 or BIOS 300, and BIOS 341; MATH 111	MJ	●	●		●		C-		
MATH 103 or PSYC 250 - Psychological Statistics	3	Prereq: PSYC 101 and computaional skill	MJ	●	●		●	●	C-		
Foreign Language 103: Modern Language	4		FL		●		●	●			
Total Credits: 14											
Semester 2											
HESM 358 - Sport and Fitness Psychology	3	Prereq: Junior or Senior standing	MJ	●	●		●		C		
HESM 350 - Research Methods in Exercise Science	3	Prereq: PSYC 250 or MATH 103	MJ	●			●		C-		
HESM 498 - Fieldwork in Exercise Science	3	Prereq: Instructor 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, SS = Social and Behavioral Sciences Requirement,
 FL= Foreign Language Requirement, DV = Diversity Requirement

Fourth Year

Semester 1

Course	Credits	Course Notes	Category	Major GPA					Min. Grade	Grade	Complete
					Fall	Winter	Spring	Summer			
HESM 411: Exercise Science and Special Populations	3	Prereq: BIOS 105 & 106	MJ		●		●		C-		
HESM 410 - Fitness Assessment 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 300+ 400+ Level Elective	3		MJ	●	●		●		C-		
Gen Ed (HU): Humanities & Fine Arts	3		GE		●	●	●	●			

Total Credits: 16

Semester 2

HESM 425 - Program Design and Exercise Techniques	3	Prereq: HESM 415	MJ	●			●		C-		
HESM 430 - Fitness Program Management	4	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: Instructor consent	MJ	●	●	●	●	●	C-		

Total Credits: 13

Fourth Year Credit Total 29

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

Milestone Checklist

Year 1:	
Complete Skills requirement (MATH 111 and ENGL 101).	
Complete BIOS 105 or BIOS 300 and 341; and PSYC 101 and HESM 210 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 PSYC 250 or BIOS 210 and BIOS 106 or BIOS 341 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 an exercise science professional.	
Identify Year 3 fieldwork experience.	
Year 3:	
Maintain 2.75 GPA in major courses.	
Finish foreign language requirements.	
Complete HESM 345, 353 and 354.	
Submit Graduation Application.	
Join LinkedIn, Explore internships and graduate school options.	
Year 4:	
Complete remaining major and concentration courses.	
Maintain 2.75 GPA in major courses.	
Update RangerTrak profile and resume, develop a job search strategy and attend Senior Send Off.	

Graduation Requirements Summary:

Minimum Total Hours: 120 credits

Minimum Upper-Division Hours: 36 credits

Minimum Major hours: 78 credits

Minimum Major GPA: 2.75

Minimum Overall GPA: 2.0