

General  
#Recommended 4-Year Sequence for  
Exercise Science Majors  
2007-2008

**Freshman Year**

<u>Fall</u>		<u>Spring</u>	
Truman Week Program	1.0	Elementary Functions Requirement (cont'd)	*0.0 - 2.0
Elementary Functions Requirement	*0.0 - 3.0	COMM 170 Public Speaking	*0.0 - 3.0
<u>Mode of Inquiry</u>	3.0	<b>ES 192 Micrcomputer Applications</b>	<b>2.0</b>
<b>BIOL 107 Introductory Biology I w/Lab (Life Science Mode)</b>	<b>4.0</b>	<b>ES 232 Sport Management (WE)</b>	<b>3.0</b>
ENG 190 Writing as Critical Thinking	3.0	<b>HLTH 150 Nutrition in Health &amp; Wellness</b>	<b>3.0</b>
<b>ES 190 Foundations of Exercise Science</b>	<b>3.0</b>	<b>STAT 190 Basic Statistics</b>	<b>3.0</b>
<b>Semester Total 14.0 - 17.0</b>		<b>Semester Total 10.0 - 16.0</b>	

**Sophomore Year**

<u>Fall</u>		<u>Spring</u>	
Foreign Language (I) Requirement	3.0	Foreign Language (II) Requirement	*0.0 - 3.0
~ <b>ES 247 Data Interpretation in Exercise Science</b>	<b>2.0</b>	<u>Mode of Inquiry</u>	3.0
<b>ES 270 Research Methods in Exercise Science</b>	<b>2.0</b>	~ <b>BIOL 325 Human Physiology</b>	<b>4.0</b>
<b>HLTH 195 Lifetime Health &amp; Fitness (Personal Well-Being)</b>	<b>*0.0 - 1.5</b>	~ <b>ES 334 Physiological Assessment</b>	<b>3.0</b>
<b>HLTH 196 Lifetime Physical Activity (Personal Well-Being)</b>	<b>*0.0 - 0.5</b>	<b>Intercultural Perspective Requirement*</b>	<b>3.0</b>
<b>MATH 192, 194, or 198 (Mathematical Mode)</b>	<b>3.0 - 5.0</b>		
Missouri Statute Requirement	1.0 - 3.0		
<b>Semester Total 11.0 - 17.0</b>		<b>Semester Total 13.5 - 16.0</b>	

**Junior Year**

<u>Fall</u>		<u>Spring</u>	
<b>BIOL 365 Human Anatomy</b>	<b>3.0</b>	Interdisciplinary Writing Enhanced Junior Seminar (JINS)	3.0
<b>BIOL 365 Human Anatomy Lab</b>	<b>1.0</b>	<u>Mode of Inquiry</u>	3.0 - 5.0
~ <b>ES 342 Concepts of Biomechanics</b>	<b>3.0</b>	~ <b>ES 343 Motor Learning and Control</b>	<b>2.0</b>
<b>PSYC 166 General Psychology (Social Scientific Mode)</b>	<b>3.0</b>	~ <b>ES 343 Motor Learning and Control Lab (WE)</b>	<b>1.0</b>
<b>Pattern Course</b>	<b>3.0</b>	~ <b>ES 345 Intro to Exercise Physiology w/ Lab</b>	<b>3.0</b>
		<b>Pattern Course</b>	<b>3.0</b>
<b>Semester Total 13.0</b>		<b>Semester Total 15.0 - 17.0</b>	
<u>Summer</u>			
~ <b>ES 370 Field Experience in Exercise Science***</b>	<b>4.0</b>		
<b>Semester Total 4.0</b>			

**Senior Year**

<u>Fall</u>		<u>Spring</u>	
~ <b>ES 344 Lifespan Motor Development</b>	<b>3.0</b>	<u>Mode of Inquiry</u>	3.0
~ <b>ES 450 Senior Seminar</b>	<b>1.0</b>	~ <b>ES 431 Injury Care of Active People</b>	<b>2.0</b>
<b>ES 45X Applied Movement Analysis Course</b>	<b>1.0</b>	<b>ES 456 Concepts of Aquatics</b>	<b>1.0</b>
~ <b>ES 502 Social Problems (WE) or ~ES 503 Ex. &amp; Sport Psych (WE)*</b>	<b>3.0</b>	<b>ES 45X Applied Movement Analysis Course</b>	<b>1.0</b>
<b>Pattern Course</b>	<b>3.0</b>	<b>Pattern Course</b>	<b>3.0</b>
<b>Pattern Course</b>	<b>3.0</b>	<b>Pattern Course</b>	<b>3.0</b>
		□ <i>Take HFI (Senior Test)</i>	
<b>Semester Total 14.0</b>		<b>Semester Total 13.0</b>	

~ Indicates a course with prerequisite(s). See catalog or prerequisite list. Required support, B.S., Major, and pattern courses are listed in **bold**. Underlined courses represent courses offered "fall only", "spring only", or "summer only".

# This document reflects the **general recommended** 4-year sequencing of courses for the Exercise Science major. The number of pattern courses may vary (20-36 hours) according to pattern being followed. Please see list of pre-requisites, restrictions, and offerings for optimal placement. Special 4-year sequences have been developed for the **Pre-Medicine**, **Pre-Physical Therapy**, and **Physical Education/Health/Coaching** patterns. Please note that courses fulfilling **Mode Requirements** may be taken during any semester, unless listed as a prerequisite for another course in the major or pattern.

\*\*\* ES 370 Field Experience is **not** required for students following the **Physical Education/Health/Coaching** pattern. For all other patterns, attendance at two mandatory meetings during the fall and spring prior to the summer semester planned, and other prerequisites are required before enrolling in the ES 370 internship. See <http://hes.truman.edu/fieldexp.asp> for details.

**Important Reminders!**

**\*ELEMENTARY FUNCTIONS REQUIREMENT: (0-5)**

Satisfactory completion of a higher level Math course in the Mathematical Mode of Inquiry automatically fulfills this requirement. Otherwise, take MATH 186 (or) MATH 156 & 157.

**\*7/8 MODE REQUIREMENT (22-26)**

Students are required to complete 7 of the following 8 Modes of Inquiry. All Exercise Science majors are **required** to complete the 3 modes in **bold** with the **indicated Required Support** courses

**Life Science Mode (BIOL 107 Introductory Biology I) (4)**

Physical Science Mode (4-5)\*\*

\*\*CHEM 120 is required for Exercise Physiology, Pre-Physical Therapy, Pre-Medicine, and Pre-Physician's Assistant patterns. PHYS 195 is required for Biomechanics pattern.

Historical Mode(3)\*\*

**Social Scientific Mode (PSYC 166 General Psychology) (3)**

Philosophical/Religious Mode (3)

Aesthetic: Fine Arts Mode (3)

Aesthetic: Literature Mode (3)

**Mathematical Mode (MATH 192, 194, or 198) (3-5)\*\***

\*\*MATH 198 is required for the Pre-Medicine and Biomechanics patterns and strongly recommended for Pre-Physical Therapy pattern. All other patterns may choose from MATH 192, 194, or 198.

**\*COMM 170 PUBLIC SPEAKING**

Test-out information available at <http://rcp.truman.edu/speechtestout.htm>

**\*PERSONAL WELL-BEING REQUIREMENT**

Students who earn varsity sport credit may use this credit in place of HLTH 196 (activity only)

**\*INTERCULTURAL PERSPECTIVE REQUIREMENT**

SOAN 190 is required for Psycho-Social Aspect of Sport pattern, and strongly recommended for Physical Ed/Health/Coaching pattern.

**\*FOREIGN LANGUAGE: (3-6)**

Successfully complete the first year of a single foreign language, or demonstrate elementary proficiency as determined by a proficiency examination, or successfully complete an intermediate or higher level foreign language course.

**\*MISSOURI STATUE REQUIREMENT: (1-3)**

POL 161 is required for Physical Education/Health/Coaching pattern. HIST 298 or POL 101 is recommended for all other patterns.

**\*WRITING ENHANCED (WE) REQUIREMENTS**

ES 343 and ES 502/503 will fulfill the Writing Enhanced Requirements for Exercise Science majors.

**\*ES 232**

ES 232 is not required for Pre-Medicine pattern.

**\*ES 502/503**

ES 502 is required for Sport & Rec. Mgmt pattern. Both ES 502 and ES 503 are required for Psycho-Social pattern.