

<b>4-Year Plan ES-Fitness Track</b>	
<p><b>Fall I (16-17 cr.)</b>            BIO 103 Intro Biol or BIO 105 General Biol or MIC 100 Microbes and Society            HPR 105 Creating a Health Active Lifestyle            ESS 100 Physical Activities—select a topic of interest            ENG 110 College Writing I            Arts Gen Ed—ART 102, ESS 104, MUS 105, THA 110, etc.            Minority Culture Gen Ed—EFN 205, ERS 100, SOC 225, WGS 100, etc.            OR UWL 100 First Year Seminar</p>	<p><b>Spring I (15 cr.)</b>            ESS 100 Physical Activities            ESS 201 First Aid, Safety and CPR            ESS 205 Human Anatomy and Physiology for Exercise Science I (BIO 312 and 313 may be used as substitutes for ESS 205 and 206)            CST 110 Public Oral Communication            Gen Ed Math course—MTH 145 Elem Stats or MTH 150 College Algebra recommended            HIS 101 The Global Past or 102 Global Transition and Change</p>
<p><b>Fall II (17 cr.)</b>            ESS 100 Physical Activities            ESS 206 Human Anatomy and Physiology for Exercise Science II (BIO 312 and 313 may be used as substitutes for ESS 205 and 206)            ESS 207 Motor Behavior            ESS 281 Care and Prevention of Athletic Injuries            Internat'l Gen Ed #2            ENG 200-206 (Literature)            Arts Gen Ed—2<sup>nd</sup> course</p>	<p><b>Spring II (13 cr.)</b>            ESS 100 Physical Activities            ESS 302 Exercise Physiology            ESS 368 Strength and Conditioning Techniques and Programs (Both Semesters)            CST 260 Professional Comm or ENG 307 Wrt for Mgt, Public Rltn, &amp; Prof            ECO 110 Microeconomics</p>
<p><b>Fall III (15 cr.)</b>            ESS 100 Physical Activities            ESS 303 Biomechanics            ESS 309 Strength Training Clinical            ESS 323 Nutrition and Sport            ESS 344 Intro to Fitness Assessment            ESS 355 Methods of Exercise Leadership</p>	<p><b>Spring III (15-16 cr.)</b>            ESS 100 Physical Activities            ESS 320 Field Experience in Exercise Science            ESS 403 Adv. Str. Training Apps. &amp; Techniques            ESS 443 Fitness Across the Lifespan            MKT 309 Principles of Marketing (note ECO 110 prerequisite)            Math/Logical Systems/Language Category Gen Ed. Course</p>
<p><b>Fall IV (9 cr.)</b>            ESS 411 Str. &amp; Cond. Educator Training            ESS 447 Administration of Fitness and Sport            ESS 446 Current Research and Trends in Exercise Science            ESS 449 Seminar in Fitness/Sport Management</p>	<p><b>Spring IV (12 cr.)</b>            ESS 450 Internship in Fitness</p>

Note: The above sequence is only a suggestion and is one of many ways a student may take courses in the Fitness Track. Students should be prepared to alter the sequence of the above courses to respond to course conflicts or other academic, personal, or professional requirements. The above listing includes 39 of the 48 required GE credits needed to graduate (9 additional credits must be obtained).