

Sample Degree Plan, ESS - Exercise Science Fitness Track	
Fall I (16-17 cr.) BIO 100, MIC 100 or BIO 105 (GE05) HPR 105 Creating a Health Active Lifestyle (GE09) ESS 100 Physical Activities – select a topic of interest ENG 110 College Writing I (GE01) Arts (GE08) FYS 100 First Year Seminar (GE00)	Spring I (15 cr.) ESS 100 Physical Activities – select a topic of interest ESS 201 First Aid, Safety and CPR (or *credit by exam option- see below) 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 (GE01) Math/Logical Systems and Modern Languages (GE02) HIS 110 World History (GE04)
Fall II (14-15 cr.) ESS 100 Physical Activities – select a topic of interest 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 International and Multicultural Studies (GE04) Arts (GE08)	Spring II (16 cr.) ESS 100 Physical Activities – select a topic of interest ESS 302 Exercise Physiology ESS 368 Strength and Conditioning Techniques and Programs CST 260 Professional Comm or ENG 307 Wrt for Mgt, Public Rltn, & Prof ECO 110 Microeconomics (GE06) Minority Culture (GE03)
We strongly recommend that students apply for program admission during their sophomore year	
Fall III (15 cr.) ESS 100 Physical Activities – select a topic of interest ESS 303 Biomechanics ESS 309 Strength and Conditioning Methods ESS 323 Nutrition and Sport ESS 344 Intro to Fitness Assessment ESS 355 Methods of Exercise Leadership	Spring III (15-16 cr.) ESS 100 Physical Activities – select a topic of interest ESS 328 Field Experience in Exercise Science ESS 403 Adv. Str. Training Apps. & Techniques ESS 443 Fitness Across the Lifespan MKT 309 Principles of Marketing (note ECO 110 prerequisite) Math/Logical Systems and Modern Languages (GE02)
Fall IV (13+ cr.) ESS 100 Physical Activities—select a topic of interest ESS 411 Str. & Cond. Educator Training ESS 446 Current Research and Trends in Exercise Science ESS 447 Administration of Fitness and Sport ESS 449 Seminar in Fitness/Sport Management Humanistic Studies (GE07) Additional credits as needed**	Spring IV (12 cr.) ESS 450 Internship in Fitness

* The ESS 201 Credit by Exam option is open to students who hold a current and valid certification as an Emergency Medical Technician (EMT), American Red Cross or American Heart Association adult and pediatric First Aid/CPR/AED, or American Red Cross Lifeguard certification. Contact Guy Herling in the CSH Dean's Office for more information (gherling@uwlax.edu).

** Students may require additional credits to reach the minimum graduation requirement of 120. These extra credits can come from electives, courses for a minor or second major, courses needed for graduate school admission, or courses of personal interest to the student.

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.