

Sample Degree Plan ESS-Exercise Science Pre-Professional Track (with the Individualized Option *)	
Fall I (16 Credits) BIO 105 Gen Bio (GE05) ENG 110 College Writing 1 (GE01) Any MTH, 150 or higher (GE02) HPR 105 Creating a Healthy Active Life GE09) Art GE (GE08)	Spring I (16 Credits) CHM 103 Gen Chem (GE05) CST 110 Communicating Effectively (GE01) STAT 145 Elem Stats (GE02) FYS 100 (GE00) ESS 100 Physical Activities – select a topic of interest
Fall II (14 Credits) CHM 104 Gen Chem II BIO 312 Human Anatomy & Physiology I ESS 201 First Aid, Safety & CPR ** World History (GE04) ESS 100 Physical Activities – select a topic of interest	Spring II (15 Credits) BIO 313 Human Anatomy & Physiology II ESS 207 Human Motor Behavior International/Multicultural Studies (GE04) 300/400 Level, 4 credits any Dept. ESS 100 Physical Activities – select a topic of interest
We strongly recommend that students apply for program admission during their sophomore year	
Fall III (16 Credits) PHY 103 Fundamental Physics 1 (GE05) ESS 281 Care and Prevention of Athletic Injuries ESS 302 Exercise Physiology Minority Cultures (GE03) PSY Course *** ESS 100 Physical Activities – select a topic of interest	Spring III (15 Credits) PHY 104 Fundamental Physics II ESS 303 Biomechanics ESS 328 Field Experience in ES CHE 220 Med Terminology SOC Course (GE06) *** ESS 100 Physical Activities – select a topic of interest
Fall IV (16 Credits) ESS 368 Strength and Conditioning ESS 383 Clinical Pathology ESS 323 Nutrition and Sport Arts Gen Ed (GE08) 300/400 Level, 4 credits any Dept. (not from ESS) ESS 100 Physical Activities – select a topic of interest	Spring IV (12 Credits) ESS 446 Current Research and Trends Any BIO or MIC course 300/400 Level, 3 credits any Dept Humanistic Studies (GE07)

* ESS-ES Pre-Professional Track Majors are required to complete a 2nd major, minor, or the Individualized Option. The above plan utilizes the Individualized Option. Please see the UWL Undergraduate Catalog for more details about majors, minors, and the Science and Health Individualized Option.

** 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).

*** The following General Education courses may apply to the Any PSY, Any SOC Requirement

- Any PSY requirement - PSY 100 (GE06), PSY 282 (GE04), PSY 285 (GE03), PSY 318 (GE03)
- Any SOC requirement - SOC 110 (GE06), SOC 120 (GE06), SOC 202 (GE04), SOC 225 (GE03)

Note: The above sequence is only a suggestion and is one of many ways a student may take courses in the Pre-Professional 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. Finally, students may require extra 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.