

Section I: Action

The Department of Exercise and Sport Science (ESS) at the University of Utah proposes that the following emphasis areas be entered on the Exercise and Sport Science Bachelor of Science:

Exercise Science
Exercise Physiology
Fitness Leadership

Students enter the ESS program in their sophomore year with approximately 30 credit hours. During the first year in the program, students are encouraged to begin their Math and Science foundation (either MATH 1040/Statistics or MATH 1050 & 1060 Algebra & Trigonometry and BIOL/CHEM/PHYS courses depending on emphasis). In addition all ESS students take a series of ESS core courses: ESS 2500 Exploration of Movement Sciences, ESS 3091 Physiology of Fitness, ESS 3092 Kinesiology, ESS 3093 Biomechanics, ESS 2600 Sport and American Society and ESS 3340 Sport Psychology. With this fundamental knowledge of Exercise and Movement, students then enter an emphasis that prepares them for either graduate school or entrance into a career field.

Each emphasis program of study is included in the Appendix.

Section II: The Need

A designated emphasis area listed on a transcript would bring recognition to that particular area of study. This would be important when students apply for either graduate school or employment, as having the specific emphasis designation like "Exercise Physiology" would make it easier to determine the professional area of study, knowledge and expertise of the student.

Section III: Institutional Impact

There will be no impact to the department or college of the institution.

Section IV: Finances:

There will be no financial impact to the department or college of the institution.

Exercise Science
Academic Program Completion Requirements

MATH 1040/1070 Introduction to Statistics or a Statistic Course approved by dept. advisor	3
BIOL 2325 Anatomy (Rec. Pre-req. BIOL 1210)	4
ESS 2500 Exploration of Movement Sciences (Pre-req or co-req. MATH 1040)	3
ESS 2600 or 2601 Sport and American Society	3
ESS 3091 or 3094 Physiology of Fitness (Pre-req. BIOL 2325 & ESS 2500)	3
ESS 3092 Kinesiology (Pre-req. BIOL 2325 & ESS 2500)	3
ESS 3093 or 3096 Biomechanics (Pre-req. ESS 2500 & ESS 3092)	3
ESS 3340 or 3341 Sport Psychology	3
ESS 3550 Motor Learning (Pre-req. ESS 2500)	3
ESS 3551 Application of Human Motor Development Across the Life Span (Pre-req. ESS 2500)	3
ESS 3670 Ex.: Health & Cultural Prospect. (Pre-Req. ESS 3091/3094)	3
ESS 4670 Aging & Exercise (Pre-Req. ESS 3091/3094)	3
ESS 4900 Promoting Physical Activity in the Community (Pre-req. ESS 3551, 3670, 4670, & HEDU 4250)	5
HEDU 1950 Emergency First Aid	4
HEDU 4250 Facilitating Healthy Behavior	3
<i>Exercise Science Required ESS Elective Hours (12 Hrs.) 6 out of 12 credit hours must be taken in the ESS department</i>	

Exercise Physiology

Academic Program Completion Plan

MATH 1050 College Algebra (Pre-req. MATH 1010 or ACT 23)	4
MATH 1060 Trigonometry	3
BIOL 2325 Anatomy (Pre-req. BIOL 1210)	4
BIOL 2420 Human Physiology (Pre-req. BIOL 1210)	4
ESS 2500 Exploration of Movement Sciences (Pre-req. or co-req. MATH 1040 or MATH 1210)	3
ESS 2600 or 2601 Sport and American Society	3
ESS 3092 Kinesiology (Pre-req. BIOL 2325 & ESS 2500)	3
ESS 3094 Honors Exercise Physiology (Pre-req. BIOL 2420)	3
ESS 3093 or 3096 Biomechanics (Pre-req. ESS 2500, ESS 3092, or MATH 1060 & PHYS 2010 for pre-req for 3096)	3
ESS 3340 or 3341 Sport Psychology	3
ESS 3550 Motor Learning (Pre-req. ESS 2500)	3
ESS 3551 Application of Human Motor Development Across the Life Span (Pre-req. ESS 2500)	3
ESS 3670 Ex.: Health and Cultural Perspective (Pre-req. ESS 3094)	3
ESS 4301 Exercise Physiology Lab (pre-req. or co-req. 3094)	3
ESS 4670 Aging and Exercise (Pre-req. ESS 3094)	3
ESS 4900 Promoting Physical Activity in the Community (Pre-req. ESS 3551, 3670, 4670 & HEDU 4250)	5
HEDU 4250 Facilitating Healthy Behavior	3
CHEM 1210 and CHEM 1215	5
CHEM 1220 and CHEM 1225	5
CHEM 2310 and CHEM 2315	5
CHEM 2320 and CHEM 2325	5
PHYS 2010	4
PHYS 2020	4

*** GPA REQUIREMENTS: 3.0 throughout program

Academic Program Completion Plan
 Exercise and Sport Science - **Emphasis: Fitness Leadership**

MATH 1040 Introduction to Statistics or a Statistic Course approved by dept. advisor	3
BIOL 2325 Anatomy (Rec. Pre-req. BIOL 1210)	4
ESS 2500 Exploration of Movement Sciences (Pre-req or co-req. MATH 1040 or a Statistics Course)	3
ESS 2600 or 2601 Sport & American Society	3
ESS 3091 or 3094 Physiology of Fitness (Pre-req. MATH 1040 & BIOL 2325)	3
ESS 3092 Kinesiology (Pre-req. BIOL 2325 & ESS 2500)	3
ESS 3340 or 3341 Sport Psychology	3
ESS 3551 Application of Human Motor Development Across the Lifespan (Pre-req. ESS 2500)	3
ESS 3670 Ex. Health & Cultural Perspective (Pre-req. ESS 3091)	3
ESS 4464 Group Fitness Instructor	3
ESS 4465 Exercise Programming: Assessment and Delivery (Pre-req. ESS 3091 and ESS 4464)	5
ESS 4670 Aging & Exercise (Pre-req. ESS 3091)	3
ESS 4800 Practicum (Pre-req. ESS 4465 and ESS 4464)	4
ESS 4810 Internship (Pre-req. ESS 4800)	6
HEDU 1950 Emergency First Aid	4
HEDU 4250 Facilitating Health Behavior	3
NUTR 5360 Weight Management (Pre-req. NUTR 1020)	3
<i>FL Required Elective Hours (6 Hrs.)</i> <i>3 out of 6 credit hours must be taken in the ESS Dept.</i>	
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2.	