

## CLINICAL EXERCISE SCIENCE TRACK

### HEALTH & EXERCISE SCIENCE CORE COURSES (22 Credits)

Course Title	Prerequisites	Credits
ACT 160: Fundamentals of Personal Fitness	None	1
CED 220: Foundations of Professionalism	None	1
HES 150: Foundations of Health and Exercise Science	None	3
HES 121: First Aid & Basic Life Support for Healthcare Providers	None	1
HES 224: Psychology of Human Performance <b><u>OR</u></b> PSY 220: Health Psychology	PSY 103 or PSY 103H	3
HES 226: Human Nutrition	ENG 101 & MTH 099 or above	3
HES 332: Epidemiology of Physical Activity and Health	ENG 101 & MTH 174	3
HES 327: Physiological Adaptations and Management of Stress	BIO 131 or BIO 198	3
HES 430: Research Design	HES 332 or ESC 303/303A, MTH 174, Senior Status	3
HES 394: Cooperative Education (0 credits) <b><u>OR</u></b> HES 396: Cooperative Education (1-3 credits) <i>Counts as EXP credit(s) in Core Curriculum</i>	Junior Status & CED 220	0-3
HES 452: Senior Seminar	Co-requisite HES 394 or HES 396	1

### CLINICAL EXERCISE SCIENCE COURSES (40 Credits)

Course Title	Prerequisites	Credits
BIO 130: Medical Terminology	None	2
BIO 198: Human Anatomy & Physiology for the Health Sciences II <b><u>&amp;</u></b> BIO 198A: Human Anatomy & Physiology for the Health Sciences II Lab	BIO 197 with a grade of "C" or better	4
BIO 301: Pathophysiology	BIO 197-198	4
CHE 111: General Chemistry I <b><u>&amp;</u></b> CHE 111A: General Chemistry I Lab	MTH 099 (Corequisite) or MTH Placement 4 or Higher	4
ESC 202: Lifespan Motor Development and Control	HES 150 & BIO 197	3
ESC 303: Exercise Physiology <b><u>&amp;</u></b> ESC 303A: Exercise Physiology Lab	BIO 131 or BIO 198	4
ESC 311: Biomechanical Analysis of Human Movement	BIO 131 or BIO 197	3
ESC 323: Principles of Health Assessment and Exercise Prescription <b><u>&amp;</u></b> ESC 323A: Principles of Health Assessment and Exercise Prescription Lab	ESC 303/303A	4
ESC 475: Exercise Programming for Special Populations	ESC 323/323A	3
HLT 100: Pathways to the Health Professions	None	2
HLT 230: Health Promotion and Health Systems	ENG 101	3
PHY 201: General Physics I <b><u>&amp;</u></b> PHY 201A: General Physics I Lab	MTH 185 or equivalent or MTH Placement 5	4

### ELECTIVES TO REACH 120 CREDITS (9-12 CREDITS)

Course Title	Credits	Course Title	Credits