## SPORTS PERFORMANCE AND ACTIVE AGING TRACK

HEALTH & EXERCISE SCIENCE CORE COURSES (22 Credits)
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		CE CORE COURSE		
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 <u><i>OR</i></u> 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) <u><b>OR</b></u> 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
SPORTS PERFORMANC	CE AND ACT	FIVE AGING COU	RSES (37 Credits)	
Course Title			Prerequisites	Credits
ACT 260: Group Exercise Instruction	ACT 160 & BIO 197	2		
BIO 198: Human Anatomy & Physiology for th BIO 198A: Human Anatomy & Physiology for	BIO 197 with a grade of "C" or better	4		
CHE 111: General Chemistry I <u>&amp;</u> CHE 111A: General Chemistry I Lab			MTH 099 (Co-requisite) or	4
			MTH Placement 4 or Higher	4
ESC 202: Lifespan Motor Development and Co	ntrol		MTH Placement 4 or Higher HES 150 & BIO 197	4
		siology Lab		
ESC 202: Lifespan Motor Development and Co	xercise Phy	siology Lab	HES 150 & BIO 197	3
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology <u>&amp;</u> ESC 303A: E	xercise Phy lovement Exercise Pr	escription <u>&amp;</u>	HES 150 & BIO 197 BIO 131 or BIO 198	3 4
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology <u>&amp;</u> ESC 303A: E ESC 311: Biomechanical Analysis of Human M ESC 323: Principles of Health Assessment and	xercise Phy lovement Exercise Pr	escription <u>&amp;</u>	HES 150 & BIO 197 BIO 131 or BIO 198 BIO 131 or BIO 197	3 4 3
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology <u>&amp;</u> ESC 303A: E ESC 311: Biomechanical Analysis of Human M ESC 323: Principles of Health Assessment and ESC 323A: Principles of Health Assessment and	xercise Phy lovement Exercise Pr d Exercise l	escription <u>&amp;</u> Prescription Lab	HES 150 & BIO 197 BIO 131 or BIO 198 BIO 131 or BIO 197 ESC 303/303A	3 4 3 4
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology <u>&amp;</u> ESC 303A: E ESC 311: Biomechanical Analysis of Human M ESC 323: Principles of Health Assessment and ESC 323A: Principles of Health Assessment and ESC 336: Sports Nutrition	xercise Phy lovement Exercise Pr d Exercise l ce <u>&amp;</u> ESC 4	escription <u>&amp;</u> Prescription Lab	HES 150 & BIO 197         BIO 131 or BIO 198         BIO 131 or BIO 197         ESC 303/303A         HES 226	3 4 3 4 3
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology & ESC 303A: E ESC 311: Biomechanical Analysis of Human M ESC 323: Principles of Health Assessment and ESC 323A: Principles of Health Assessment and ESC 336: Sports Nutrition ESC 422: Athletic Conditioning and Performance	xercise Phy lovement Exercise Pr d Exercise l ce <u>&amp;</u> ESC 4	escription <u>&amp;</u> Prescription Lab	HES 150 & BIO 197         BIO 131 or BIO 198         BIO 131 or BIO 197         ESC 303/303A         HES 226         ESC 303/303A & ESC 311	3 4 3 4 3 4
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology <u>&amp;</u> ESC 303A: E ESC 311: Biomechanical Analysis of Human M ESC 323: Principles of Health Assessment and ESC 323A: Principles of Health Assessment and ESC 336: Sports Nutrition ESC 422: Athletic Conditioning and Performance ESC 475: Exercise Programming for Special Po	xercise Phy lovement Exercise Pr d Exercise I ce <u>&amp;</u> ESC 4 opulations	escription <u>&amp;</u> Prescription Lab	HES 150 & BIO 197         BIO 131 or BIO 198         BIO 131 or BIO 197         ESC 303/303A         HES 226         ESC 303/303A & ESC 311         ESC 323/323A         HES 332	3 4 3 4 3 4 3
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology & ESC 303A: E ESC 311: Biomechanical Analysis of Human M ESC 323: Principles of Health Assessment and ESC 323A: Principles of Health Assessment and ESC 336: Sports Nutrition ESC 422: Athletic Conditioning and Performance ESC 475: Exercise Programming for Special Po HES 404: Health, Physical Activity, and Aging	xercise Phy lovement Exercise Pr d Exercise I ce <u>&amp;</u> ESC 4 opulations	escription <u>&amp;</u> Prescription Lab	HES 150 & BIO 197         BIO 131 or BIO 198         BIO 131 or BIO 197         ESC 303/303A         HES 226         ESC 303/303A & ESC 311         ESC 323/323A         HES 332	3 4 3 4 3 4 3
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology & ESC 303A: E ESC 311: Biomechanical Analysis of Human M ESC 323: Principles of Health Assessment and ESC 323A: Principles of Health Assessment and ESC 336: Sports Nutrition ESC 422: Athletic Conditioning and Performanc ESC 475: Exercise Programming for Special Po HES 404: Health, Physical Activity, and Aging ELECTIVES TO R	xercise Phy lovement Exercise Pr d Exercise I ce <u>&amp;</u> ESC 4 opulations EACH 120	escription <u>&amp;</u> Prescription Lab	HES 150 & BIO 197         BIO 131 or BIO 198         BIO 131 or BIO 197         ESC 303/303A         HES 226         ESC 303/303A & ESC 311         ESC 323/323A         HES 332	3 4 3 4 3 4 3 3
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology & ESC 303A: E ESC 311: Biomechanical Analysis of Human M ESC 323: Principles of Health Assessment and ESC 323A: Principles of Health Assessment and ESC 336: Sports Nutrition ESC 422: Athletic Conditioning and Performanc ESC 475: Exercise Programming for Special Po HES 404: Health, Physical Activity, and Aging ELECTIVES TO R	xercise Phy lovement Exercise Pr d Exercise I ce <u>&amp;</u> ESC 4 opulations EACH 120	escription <u>&amp;</u> Prescription Lab	HES 150 & BIO 197         BIO 131 or BIO 198         BIO 131 or BIO 197         ESC 303/303A         HES 226         ESC 303/303A & ESC 311         ESC 323/323A         HES 332	3 4 3 4 3 4 3 3
ESC 202: Lifespan Motor Development and Co ESC 303: Exercise Physiology & ESC 303A: E ESC 311: Biomechanical Analysis of Human M ESC 323: Principles of Health Assessment and ESC 323A: Principles of Health Assessment and ESC 336: Sports Nutrition ESC 422: Athletic Conditioning and Performanc ESC 475: Exercise Programming for Special Po HES 404: Health, Physical Activity, and Aging ELECTIVES TO R	xercise Phy lovement Exercise Pr d Exercise I ce <u>&amp;</u> ESC 4 opulations EACH 120	escription <u>&amp;</u> Prescription Lab	HES 150 & BIO 197         BIO 131 or BIO 198         BIO 131 or BIO 197         ESC 303/303A         HES 226         ESC 303/303A & ESC 311         ESC 323/323A         HES 332	3 4 3 4 3 4 3 3