



MOUNT ST. JOSEPH
UNIVERSITY

Health and Exercise Science – Sports Performance/Active Aging Major – Bachelor of Science

FIRST YEAR-SEMESTER #1		FIRST YEAR- SEMESTER #2		UNIVERSITY CORE	
BIO 197 Human A&P I	4	BIO 198 Human A&P II	4	COMMON GOOD	
BIO 197A Human A&P I Lab	0	BIO 198A Human A&P II Lab	0	CORE 115 Common Ground	Code COR
HES 120 Int. Health & Sci Ex I	3	HES 125 Int. Health & Sci Ex II	3	Justice & the Common Good	Code JCG
SOC 103 Our Social World	3	PSY 103 Intro to Psychology	3	Ethics	Code CE
CORE 115 Common Ground	3	COM 100/ENG 101	3	Experiential Learning	Code EXP
COM 100/ENG 101	3	CORE requirement	3	Core Capstone	Code CCP
SECOND YEAR-SEMESTER #1		SECOND YEAR-SEMESTER #2		HUMANITIES	
CHE 111 General Chemistry I	3	ESC 202 Lifespan Motor Develop	3	Speech (COM 100)	Code C
CHE 111A General Chem I Lab	1	ACT 260 Group Exercise	2	Writing (ENG 101)	Code C
CHE 111R Gen. Chem I Recitation	0	HES 226 Human Nutrition	3	Literature (ENG)	Code CL
CED 220 Found of Professionalism	1	BIO 212 Musculoskeletal Review	2	Art or Music	Code CAM
MTH 174 Statistics	3	ESC 201 Function Kines & Assess	2	History	Code CH
CORE requirement	3	ESC 201A Function Kines Lab	0	Religious Studies	Code CR
CORE requirement	3	CORE requirement	3	Philosophy	Code CP
THIRD YEAR-SEMESTER #1		THIRD YEAR-SEMESTER #2		SCIENCES	
ESC 336 Sports Nutrition	3	ESC 323 Prin. of Health Assess	4	Biology/Chemistry/Physics + Lab	Code CN
ESC 303 Exercise Physiology	4	ESC 323A Prin. of Health Lab	0	Mathematics	Code CMA
ESC 303A Exercise Phys Lab	0	ESC 311 Biomechanical Analysis	3	SOC 103 Our Social World	Code CS
HES 332 Epidemiology of Phys	3	HES 327 Physiological Adapt	3	Choose one discipline:	
CORE requirement	3	CORE requirement	3	ECO 212 Microeconomics	Code CEP
Elective	3	CORE requirement	3	PSY 103 Psychology	Code CEP
FOURTH YEAR-SEMESTER #1		FOURTH YEAR-SEMESTER #2		NOTES	
ESC 422 Athletic Conditioning	4	CORE Capstone	3	^Prerequisites:	
ESC 422A Athletic Condition Lab	0	ESC 475 Ex Pro for Spec Pops	3	Chemistry- College preparatory high school chemistry or the successful completion of a placement test.	
HES 430 Research Design	3	CORE requirement	3	Math- Three years of college preparatory high school mathematics including functions.	
HES 452 Senior Seminar	1	Elective	3	120 credit hours minimum needed to graduate	
HES 394/396 Co-Op	1-3	Elective	3	***Curriculum Guide does not replace required advisement by a faculty member within the HES program***	
Elective	3				
Elective	3				