**MILLIKIN UNIVERSITY COLLEGE OF PROFESSIONAL STUDIES: SCHOOL OF EXERCISE SCIENCE & SPORT**

**Exercise Science Major**

**(Need to maintain a minimum GPA of 2.5)**

| **Semester #1** **Term: _____** | **Hours** | **Spring/Fall/Every** | **Semester #2** **Term: _____** | **Hours** | **Spring/Fall/Every** |
|---|---|---|---|---|---|
| IN 140: University Seminar | 3 | Every | ES 206: Foundations & Theory of Health Behavior & Fitness | 3 | Spring |
| IN 180: University Writing | 3 | Every | CH 203/205: Essentials of Organic Chemistry/Lab | 4 | Every |
| CH 114: Fundamentals of Chemistry/Lab | 4 | Every | CO 200: Public Speaking | 3 | Every |
| ES 130: Prevention & Treatment of Athletic Injuries | 3 | Every | **PS 130: Intro to Psych OR** SO 100: Intro to Sociology | 3 | Every |
| ES 160: Personal and Community Health | 3 | Every | Creative Arts Requirement | 3 | Every |
| Semester Total | **16** | | Semester Total | **16** | |
| **Cumulative Total** | **16** | | **Cumulative Total** | **32** | |
| **Semester #3** **Term: _____** | **Hours** | **Spring/Fall/Every** | **Semester #4** **Term: _____** | **Hours** | **Spring/Fall/Every** |
| IN 250: US Cultures | 3 | Every | IN 251: US Structures | 3 | Every |
| BI 204 or **BI 206**: Anatomy & Physiology w/lab | 4 | Fall | BI 207: Anatomy & Physiology II- class and lab | 4 | Spring |
| IN 280: Writing in the Disciplines | 3 | Every | ES 305: Physiology of Exercise I (Co-enroll w/ES 306) | 3 | Spring |
| ES 325: Growth and Motor Development | 3 | Fall | ES 306: Physiology of Exercise I Lab (Co-enroll w/ES 305) | 1 | Spring |
| MA 130: Elementary Probability and Stats **OR** **PS 201: Statistical Methods (Quantative Reasoning)** | 3 | Every | ES 310: Kinesiology | 3 | Every |
| | | | International Cultures/Structures or Language Option | 3-4 | Every |
| Semester Total | **16** | | Semester Total | **17-18** | |
| **Cumulative Total** | **48** | | **Cumulative Total** | **65-66** | |
| **Semester #5** **Term: _____** | **Hours** | **Spring/Fall/Every** | **Semester #6** **Term: _____** | **Hours** | **Spring/Fall/Every** |
| ES 328: Health Related Fitness & Nutrition | 3 | Fall | ES 409: Biomechanics | 3 | Spring |
| ES 335: Organization and Administration | 3 | Fall | ES 418: Principles of Strength Training (Co-enroll w/ES 419) | 3 | Spring |
| ES 352: Practicum in Group Fitness | 3 | Fall | ES 419: Principles of Strength Training Lab (Co-enroll w/ES 418) | 1 | Spring |
| ES 410: Physiology of Exercise II (Co-enroll w/ES 411) | 3 | Fall | ES 440 Sport Nutrition | 3 | Spring |
| ES 411: Physiology of Exercise II Lab (Co-enroll w/ES 410) | 1 | Fall | International Cultures/Structures or Language Option | 3-4 | Every |
| IN 350: Global Studies | 3 | Every | Elective | 3 | Every |
| Semester Total | **16** | | Semester Total | **16-17** | |
| **Cumulative Total** | **81-82** | | **Cumulative Total** | **97-99** | |
| **Semester #7** **Term: _____** | **Hours** | **Spring/Fall/Every** | **Semester #8** **Term: _____** | **Hours** | **Spring/Fall/Every** |
| ES 320: Sport Skills | 3 | Every | ES 471: Internship in Exercise Science | 12-15 | Every |
| ES 426: Principles of Personal Training | 3 | Fall | | | |
| ES 427: Principles of Personal Training Lab | 1 | Fall | | | |
| Elective | 3 | Every | | | |
| Elective | 3 | Every | | | |
| Elective | 3 | Every | | | |
| Semester Total | **16** | | Semester Total | **12-15** | |
| **Cumulative Total** | **113-115** | | **Cumulative Total** | **124+** | |

**NOTES:**

- Choose classes in **bold** if considering going into the MSAT program. In order to take **PS201**, students need to have passed MA 098 with a P, have an ACT of 22 or more, SAT of 540 or more, or a placement exam score of 3.
- All Exercise Science students must complete an approved Cardiopulmonary Resuscitation (CPR) course within their last 3 semesters - American Red Cross or American Heart Association courses are acceptable as long as you complete the adult, infant, and child CPR components (including obstructed airway).
- University Graduation Requirements = 120 credits or more, University 300 level or higher Requirements = 39 credits or more
- For financial aid eligibility, students must be enrolled in 12-15 credits.
- The schedule above provides a template. Schedules will vary by student. Summer courses may be taken at Millikin or another institution. Courses through other institututions must be approved by the register.
- Addtional credits in science/quantitative reasoning need to be from at least two different departments in biology, chemistry, mathematics, or physics.

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**2022-2023**

**Student Name:** _____

| GPA | Fall _____ | Spring _____ | Fall _____ | Spring _____ | Fall _____ | Spring _____ | Fall _____ | Spring _____ |
|---|---|---|---|---|---|---|---|---|
| Major | | | | | | | | |
| Cumulative | | | | | | | | |
| Academic Alerts/ Accolades | | | | | | | | |

**Quantitative Reasoning (QR)**: The course sequences below are based on the Math ACT/SAT score. Students can also take the math placement test in the Math Department to progress more quickly through this process if the test is passed.

| Math ACT/SAT Score | COURSE SEQUENCE |
|---|---|
| 21/539 or below | MA 098 (Pre-QR) _____ |
| 22-24/540-589 | MA 110 or BI 240 (Satisfies QR but has a math prerequisite) _____ |
| 22/590 and above | All MA courses numbered 115, 130 or 140 _____ (Satisfies QR but has a math prerequisite) |

**Approved QR course(s) listed below:**
(Satisfies QR with no Math Prerequisite)

*IN 102 _____
PS/SO 201 _____
PH 213 _____
MT 111 and MT 112 _____
TH 453 _____

* Does not count towards the distribution requirement for the Bachelor of Science degree and does not serve as a prerequisite to any mathematics course.

**Additional Comments:**