

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
EN 181: 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
EN 281: 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 320: Sport Skills		3	Every	ES 335: Organization and Administration		3	Spring
ES 328: Health Related Fitness & Nutrition		3	Fall	ES 409: Biomechanics		3	Spring
ES 410: Physiology of Exercise II (Co-enroll w/ES 411)		3	Fall	ES 418: Principles of Strength Training (Co-enroll w/ES 419)		3	Spring
ES 411: Physiology of Exercise II Lab (Co-enroll w/ES 410)		1	Fall	ES 419: Principles of Strength Training Lab (Co-enroll w/ES 418)		1	Spring
IN 350: Global Studies		3	Every	ES 440 Sport Nutrition		3	Spring
Elective		3	Every	International Cultures/Structures or Language Option		3-4	Every
Semester Total		13		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 426: Principles of Personal Training		3	Fall	ES 471: Internship in Exercise Science		12-15	Every
ES 427: Principles of Personal Training Lab		1	Fall				
Elective		3	Every				
Elective		3	Every				
Elective		3	Every				
Elective		3	Every				
Semester Total		42		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 institutions must be approved by the register.
- Additional credits in science/quantitative reasoning need to be from at least two different departments in biology, chemistry, mathematics, or physics.

