

**BACHELOR OF SCIENCE IN EDUCATION
MAJOR IN EXERCISE AND SPORT SCIENCE**

FRESHMAN AND SOPHOMORE PROGRAM

<u>Designation</u>	<u>Description</u>	<u>Semester Hrs.</u>
<i>I. University Core</i>		
A. Essential Skills (9 hrs.)		
ENGL 1101	English Composition I	3
ENGL 1102	English Composition II	3
MATH 1101*	Mathematical Modeling	<u>3</u>
		9
B. Institutional Options (4 hrs.): Suggested Courses:		
Elective	Courses in Information Processing & Microcomputers	4
C. Humanities/Fine Arts (6 hrs.): Suggested Courses:		
Electives	PHIL 1500 Logic & Critical Thinking	
	SPCM 1100 Introduction to Public Speaking	
	SPCM 1500 Introduction to Interpersonal Communication	6
D. Science, Mathematics, & Technology (10-11 hrs.)		
BIOL 1107, 1107L	Principles of Biology I	4
BIOL 1108, 1108L	Principles of Biology II (BIOL 1103, 1103L and BIOL 1104, 1104L will be accepted in lieu of BIOL 1107 and 1108)	4
MATH 1113	Precalculus	<u>3</u>
		11
E. Social Sciences (12 hrs.)		
HIST ²	American History or Western Civilization	3
POLS 1101 ³	American Government	3
PSYC 1101	Elementary Psychology	3
And any of the following:		
ECON 2105	Principles of Macroeconomics	3
ECON 2106	Principles of Microeconomics	
ANTH 1102 ⁴	Introduction to Anthropology	—
		12

*All students interested in premedicine, exercise physiology or biomechanics should take MATH 2200/2200L, Analytic Geometry and Calculus.

F.	Courses Related to the Program of Study (20 hrs.)		
	CHEM 1211-1211L**	Freshman Chemistry I	4
	CHEM 1212-1212L**	Freshman Chemistry II	4
	CBIO 2200-2200L**	Human Anatomy and Physiology I	4
	CBIO 2210-2210L**	Human Anatomy and Physiology II	4
	PHYS 1111-1111L ¹ **	Introductory Physics	<u>4</u>
			20
			62

¹Students planning to complete the option in pre-graduate study on Biomechanics should take PHYS 1211-1211L in place of 1111-1111L.

²Georgia and American History requirement must be satisfied by exam or History 2111 or 2112.

³Georgia Constitution and Federal Constitution Requirement must be satisfied by exam or POLS 1101.

⁴Option for meeting the environmental literacy requirement. One course from a list of courses at www.bulletin.uga.edu.

⁵The COE Cultural Diversity Requirements must be satisfied at the completion of 105 semester credit hours.

**Minimum grade of C required.

JUNIOR AND SENIOR PROGRAM

II. Exercise Science Core (Courses to be taken in residence - grade C or greater)

EXRS 2010	Introduction to Exercise Science	2
EXRS 3830	Measurement and Evaluation	3
EXRS 4300	Exercise Epidemiology	3
EXRS 4400	Exercise and Sport Psychology	3
EXRS 4200, 4200L	Biomechanics I	4
EXRS 4630, 4630L	Exercise Physiology I	4
EXRS 4640, 4640L	Scientific Principles of Conditioning and Fitness	4
		23

Courses Related to Areas of Emphasis (grade C or greater) **30**
(18 of these 30 credit hours needs to be 3000 level or above.)

Unrestricted Electives **5**

Basic Physical Education **1**

MINIMUM GRADUATION REQUIREMENT TOTAL **121**

RECOMMENDED COURSES RELATED TO CAREER OPTIONS

Program options were developed within the Exercise and Sport Science major to facilitate the advisement of students interested in various careers. Program options currently offered are as follows:

Fitness Specialist
 Athletic Training
 Pre-Physical Therapy
 Pre-Graduate Study in Biomechanics
 Pre-Graduate Study in Exercise and Sport Psychology
 Pre-Graduate Study in Exercise Physiology/Premedicine
 Pre-Graduate Study in Measurement

Courses listed under each option are not required but recommended for these career paths. The 30 hours related to career options must be selected from recommended or elective courses listed under one or more of the options. The courses selected for each option were selected to meet the University's 39 hour rule for upper level course work. The student is responsible for obtaining 39 hours of 3000 level courses or above if alternative course work is taken.

Fitness Specialist

FDNS 2100	Human Nutrition and Food	3
EXRS 4320	Exercise and Aging	3
EXRS 4690/L	Exercise Physiology II	4
HPRB 3020	Intro. to Health Promotion & Education	3
HPRB 4400	Health Promotion Program Development	4
EXRS 4310	Adult Fitness Programs	3
EXRS 3450*	Practicum in Fitness & Conditioning	2-6
EXRS 5450**	Internship in Exercise & Sport Science	<u>3-12</u>
Total		30

* A current first aid and CPR card is required prior to taking EXRS 3450 or 5450.

The 2 credit hours must be satisfied by taking additional practice or internship hours or an elective related to the program option.

** Internship can only be taken after all exercise core and 20 hours of required emphasis area course work has been satisfactorily completed.

Selected course work may be taken in lieu of internship experience.

Athletic Training

EXRS 2100	Introduction to Athletic Training	4
EXRS 2470	Practicum in Athletic Training	1
EXRS 3100	Recognition and Evaluation of Athletic Injuries I	3
EXRS 3110	Recognition and Evaluation of Athletic Injuries II	3
EXRS 3240	General Medical Conditions	3
EXRS 3910	Athletic Training Clinical I	1
EXRS 3920	Athletic Training Clinical II	1
EXRS 4100	Therapeutic Modalities in Athletic Training	3
EXRS 4110	Rehabilitation Techniques in Athletic Training	3
EXRS 4120	Administration of Athletic Training	3
EXRS 4130	Athletic Training Emergency Care	3
EXRS 4910	Athletic Training Clinical III	1
EXRS 4920	Athletic Training Clinical IV	1
FDNS 2100	Human Nutrition and Food	3
HPRB 1710	Health and Wellness	<u>3</u>
	Total	36

All the recommended courses listed above are required to sit for the NATA Board of Certification examination. Check with the academic advisor before selecting alternative courses.

Pre-Physical Therapy

PHYS 1112-1112L	Intro. Physics - Thermo, Elect., & Magnetism	4
CSCF 1210	Intro. to Computational Science	3
EXRS 4690-4690L	Exercise Physiology II	4
PSYC 3 _____	Upper Level Psychology Courses	6
EXRS 4320	Exercise and Aging	3
EXRS 3450	Practicum in Fitness & Conditioning	1
EXRS 3460	Practicum in Physical Therapy	1-3
ERSH 4200	Methods of Research	<u>3</u>
		25-28

Two to Five Hours of Electives At Any Level **3-5**

Total **30**

Pre-Graduate Study in Biomechanics

ENGR 2120	Engineering Statistics	3
ENGR 2130	Engineering Dynamics	3
ENGR 2140	Strength of Materials	3
ENGR 2170	Electrical Circuits	3
ENGR 3760	Biomechanics	3
EXRS 3480	Practicum in Exercise Science Research	<u>3</u>
		18

Twelve hours of electives at 3000 level or above **12**

Total 30

Pre-Graduate Study in Exercise and Sport Psychology

PSYC 2980	Research Design in Psychology	3
PSYC 2990	Research Analysis in Psychology	3
PSYC 4120	Sensation and Perception	4
PSYC 4130	Physiological and Comparative Psychology	4
PSYC 4210	Psychological Testing	4
PEDs 3750	Motor Behavior	<u>3</u>
		21

Nine hours of electives with 3 hours at 3000 level or above **9**

Total 30

Pre-Graduate Study in Exercise Physiology/Premedicine

PHYS 1112, 1112L	Intro. Physics - Electricity & Magnetism, Optics, Modern Physics	4
CHEM 2211, 2211L	Modern Organic Chemistry I	4
CHEM 2212, 2212L	Modern Organic Chemistry II	4
EXRS 4690, 4690L	Exercise Physiology II	4
BCMB 3100	Introductory Biochemistry and Molecular Biology	3
GENE 3200	Genetics	3
MIBO 3000	Intro Applied Microbiology	4
CBIO 3400	Cell Biology	3
EXRS 3480	Practicum in Exercise Science	<u>1</u>

Total 30

Pre-Graduate Study in Measurement

CSCI 1301 - 1301L	Introduction of Computing and Programming	4
STAT 4210	Statistical Methods	3
STAT 4220	Applied Experimental Design	3
MATH 2200-2200L	Analytic Geometry and Calculus	4
EXRS 4000	Special Problems in Exercise & Sport Science	3
ERSH 4200	Methods of Research	
		<u>3</u>
		20

Ten hours of electives with 6 hours at 3000 level or above. **10**

Total **30**