

## B.S.E.S. – Bachelor of Science in Exercise Science

Minimum Total Hours for Degree: 124

**Description:** The B.S.E.S. degree program is designed for students entering allied health and fitness professions. With the degree, careers as health and fitness directors within private, municipal, corporate, and hospital-based fitness and health promotion centers are available. Students completing the B.S. degree often continue their education in exercise science, physical therapy, cardiac rehabilitation, and other health-related graduate programs.

**Degree Requirements:** The degree consists of 34-38 hours of general education courses, 30 hours of additional support courses for Exercise Science, 34 hours of professional Exercise Science core courses, 9 hours of professional electives, and general electives to bring the total minimum number of hours to 124.

**General Education Requirements:** The general education courses that the School of Applied Sciences requires for all B.S. degree programs are listed below.

|                                   | Hours | To be selected from:  | Hours: 34-38 |
|-----------------------------------|-------|---|--------------|
| First Year Composition            | 6     | Either Writ 100, 101 or Hon 101 and either Writ 102, Hon 102, or Liba 102   |              |
| English Literature Survey         | 3     | Eng 221, 222, 223, 224, 225, <b>OR</b> 226  |              |
| Fine Art                          | 3     | Chosen from: Art History 101, 102, 201, or 202; Liba 130; Music 101, 102, 103, 104, or 105; Dance 200 or Theatre 201 or 202   |              |
| Additional Fine Art or Humanities | 3     | Chosen from: African American studies (AAS); Classics (CLC); Gender Studies (G St); History (HIS); Philosophy (PHIL); Religion (REL); Southern Studies (SST); Literature; Modern Languages, or of any of the fine arts listed above |              |
| Introduction to Sociology         | 3     | Soc 101   |              |
| Introduction to Psychology        | 3     | Psy 201   |              |
| Mathematics                       | 3-6   | Math 121 & Math 123 or Math 125 or Math 261   |              |
| Statistics                        | 3     | Math 115, Econ 230, Bus 230, Psy 202, or CSD 202;   |              |
| Human Biology w/ Lab              | 4     | Bisc 206 (Minimum grade of C- is required)  |              |
| Additional Science w/ Lab         | 3-4   | Chem 103 or Chem 105/115  |              |

### Additional Support Courses:

| Course                              | Hours | Course Title  | Hours: 30 |
|-------------------------------------|-------|---|-----------|
| Writ 250                            | 3     | Advanced Composition  |           |
| History                             | 6     | Any history course  |           |
| BISC 102/103 <b>OR</b> BISC 160/161 | 4     | BISC 102: Inquiry into Life Human Biology & BISC 103: Lab Inquiry into Life Human Biology <b>OR</b> BISC 160: Biological Sciences 1: BISC 161 Lab Biological Sciences                                   |           |
| BISC 207                            | 4     | Human Anatomy and Physiology II (Minimum grade of C- required)  |           |
| PHYS 211/221 or PHYS 213/223        | 4     | PHYS 211: Physics for Science & Engineering I & PHYS 221: Lab Physics for Science & Engineering I <b>OR</b> PHYS 213: General Physics I & PHYS 223: Laboratory Physics I (Minimum grade of C- required) |           |
| SPCH 102 or 105                     | 3     | SPCH 102: Fundamentals of Public Speaking <b>OR</b> SPCH 105: Business and Professional Speech  |           |
| HP 191                              | 3     | Personal & Community Health   |           |
| HP 203                              | 3     | First Aid & CPR   |           |

**Course Requirements for Major:** A major in Exercise Science for the B.S. degree consists of 43 hours in the professional core and 9 hours of professional electives. A minimum GPA of 2.50 is required in core courses.

| Course                 | Hours   | Course Title  | Hours: 43 |
|------------------------|---------|---|-----------|
| ES 100                 | 1       | Introduction to Exercise Science  |           |
| ES 338                 | 3       | Motor Learning and Control  |           |
| ES 346/347             | 4       | Kinesiology/Lab (Minimum grade of C required)   |           |
| ES 350                 | 3       | Research Methods in HERSM   |           |
| ES 351                 | 3       | Measurements and Statistics in Exercise Science   |           |
| ES 348 & 349           | 4       | Physiology of Exercise/Lab  |           |
| ES 391                 | 3       | Trends and Topics in Exercise Science   |           |
| ES 440                 | 3       | Behavioral Aspects of Exercise  |           |
| ES 446                 | 3       | Biomechanics of Human Movement  |           |
| ES 456 & 457           | 4       | Exercise Testing and Prescription/Lab   |           |
| ES 473 <b>OR</b> 493   | 3 or 12 | ES 473: Practicum <b>OR</b> ES 493: Internship  |           |
| Professional Electives | 9       | Chosen from: ES 402, 344, 394, 396, 490; NHM 311, HP 303, 312, or ES 471/MGMT 371/PRM 471 |           |

**College Requirements:** At least 124 semester hours with passing grades must be completed for any School of Applied Sciences degree. At least one-third of the hours (42 hours) applied toward a degree must be at or above the 300-level. Each senior must apply for a degree by returning a completed Letter of Intent to Graduate Form to the dean's office by the appropriate deadline. Refer to School of Applied Sciences **BSes Degree Requirements** section in this catalog for all School rules associated with the B.S. degree.

**University Graduation Requirements:** An overall 2.0 GPA is required on all work attempted at UM, all college work attempted at any institution of higher learning (UM and transfer work), and all coursework submitted toward the degree. At least 25% of the hours required for an undergraduate degree must be taken in residence, with at least 15 of the last 21 credit hours completed at UM. In addition, at least 30 semester hours of residence credit must be taken in the school or college recommending the degree. The limit on the acceptance of credit from a junior or community college is one-half the total requirements for graduation in a given curriculum.

Refer to the **Undergraduate Academic Regulations** section in this catalog for all university rules associated with degree requirements.

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award baccalaureate, masters, certificates, specialists, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or online at [www.sacscoc.org](http://www.sacscoc.org) for questions about the accreditation.