

Name _____
Student ID _____
Date _____

**2018-19 Sport Performance
Sample Four Year Plan**

Freshman Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
General Education	FYS 110	3	General Education	ENG 112	3
General Education	COM 101	3	General Education	PHL 130	3
General Education	GST/PSY/SOC	3	General Education	ECN/HIS/POL	3
General Education	Foreign Language	4	General Education	Science with lab	4
Major	ESS 120	3	Major	ESS 170	3
Semester Hours 16		Cumulative Hours 16	Semester Hours 16		Cumulative Hours 32
Sophomore Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
General Education	THL 105	3	General Education	Second THL	3
General Education	HUM210	3	Major	ESS 265	3
Major	ESS 260	3	Major	ESS 270	3
Major/Gen. Ed.	Mathematics	3	Minor/Elective/GDC		3
Minor/Elective/GDC		4	Minor/Elective/GDC		4
Semester Hours 16		Cumulative Hours 48	Semester Hours 16		Cumulative Hours 64
Junior Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major	ESS 245	3	Major	ESS 250	3
Major	ESS 340	3	Major	ESS 352	3
Major	ESS 351	3	Major	ESS 360	3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
Minor/Elective/GDC		4	Minor/Elective/GDC		4
Semester Hours 16		Cumulative Hours 80	Semester Hours 16		Cumulative Hours 96
Senior Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major	ESS 490	3	Major	ESS 390	2
Major	ESS 375	3	Major	ESS 435	3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		4
Minor/Elective/GDC		4	Minor/Elective/GDC		4
Semester Hours 16		Cumulative Hours 112	Semester Hours 16		Cumulative Hours 128

A minimum 2.0 cumulative GPA and a minimum 2.0 major GPA are required for graduation, so monitor your GPA closely. This four-year plan is only a sample and will vary by student and course availability.

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GENERAL EDUCATION

I. Foundational Intellectual Skills (12-13 hours)

- ___ FYS110 First Year Seminar
- ___ ENG112 Writing, Research, Genre & Context
- ___ COM101 Public Speaking
- ___ Mathematics

II. Knowledge Acquisition (19-20 hours)

- ___ Science 1XX with lab
- ___ HUM210 Humanities Survey Course
- ___ PHL130 Human Nature & Person
- ___ Foreign Language

One course from each group A and B:

Group A

- ___ ECN200 Introductory Economics
- ___ HIS102 History of the Modern World
- ___ POL102 Introduction to American Politics

Group B

- ___ PSY101 General Psychology
- ___ PSY220 Human Growth and Development
- ___ GST200 Introduction to Gender Studies
- ___ SOC101 Introduction to Sociology
- ___ SOC175 Introduction to Anthropology

III. Faith, Ethics, and Foundation (6 hours)

- ___ THL105 Introduction to Theology
- ___ Second Approved THL

IV. Greater Depth Cluster

- a. Completion of a minor or second major outside school (or department if College of Arts & Sciences)
- b. Completion of an interdisciplinary minor or concentration outside the first major. See catalog for approved programs.
- c. Focus on a specific theme (cluster) outside the major. See catalog for cluster course areas

Total Earned General Education Hours _____

SPORT PERFORMANCE REQUIREMENTS (42 hours)

Core Courses

___	ESS 120 Biophysical Values of Activity	3
___	ESS 170 Fitness and Wellness	3
___	ESS 245 Theory of Athletic Development	3
___	ESS 250 Group Activities	3
___	ESS 260 Practicum in Sport Performance	3
___	ESS 265 Structural Anatomy	3
___	ESS 270 Nutritional Principles	3
___	ESS 340 Sport Psychology	3
___	ESS 350 Coaching and Personal Training	3
___	ESS 351 Kinesiology	3
___	ESS 352 Physiology of Exercise	3
___	ESS 375 Strength and Conditioning	3
___	ESS 435 Fitness Testing and Prescription	3
___	ESS 490 Senior Seminar	3

Strongly encouraged:

___	ESS 360 Internship	3-12
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Electives (19 credit hours from BUS, BIO, CHE, ESS, MAT, PHY, or PSY)

Total Earned Exercise Science Major Hours _____

Total Earned Additional Hours _____

TOTAL OVERALL EARNED HOURS _____