

# MARIAN UNIVERSITY

— Indianapolis —®

**2018-19 Exercise Science  
Sample Four Year Plan**

Freshman Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
General Education	FYS110	3	General Education	ENG112	3
General Education	COM 101	3	General Education	GST/PSY/SOC	3
General Education	PHL130	3	General Education	THL105	3
General Education	ECN/HIS/POL	3	Major	BIO225	5
Major	ESS120	3	Major	ESS270	3
<b>Semester Hours 15</b>			<b>Semester Hours 17</b>		
<b>Cumulative Hours 15</b>			<b>Cumulative Hours 32</b>		
Sophomore Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
General Education	Foreign Language	4	General Education	HUM210	3
Major	CHE151	4	General Education	Second THL	3
Major	BIO226	5	Major/General Education	Statistics	3
Major	ESS351	3	Major	ESS352	3
			Major	ESS435	3
<b>Semester Hours 16</b>			<b>Semester Hours 15</b>		
<b>Cumulative Hours 48</b>			<b>Cumulative Hours 63</b>		
Junior Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major	ESS340	3	Major	ESS375	3
Major	BIO226 or 334	5	Major	Elective	3
Minor/Elective/GDC		3	Major	Elective	3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
			Minor/Elective/GDC		3
<b>Semester Hours 17</b>			<b>Semester Hours 18</b>		
<b>Cumulative Hours 80</b>			<b>Cumulative Hours 98</b>		
Senior Year					
Fall Semester			Spring Semester		
Requirement Category	Course	Credit Hours	Requirement Category	Course	Credit Hours
Major	ESS490	3	Major	ESS390	2
Major	ESS360	3	Major	Elective	3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		3
Minor/Elective/GDC		3	Minor/Elective/GDC		4
<b>Semester Hours 15</b>			<b>Semester Hours 15</b>		
<b>Cumulative Hours 113</b>			<b>Cumulative Hours 128</b>		

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.

## 2018-19 Exercise Science Checklist

Name _____
Student ID _____
Date _____

### 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** \_\_\_\_\_

### EXERCISE SCIENCE MAJOR REQUIREMENTS (60 credits)

- \_\_\_ BIO225 Human Anatomy 5
- \_\_\_ CHE151 General Chemistry I 4
- \_\_\_ ESS120 Biophysical Values of Activity 3
- \_\_\_ ESS270 Nutritional Principles for Sport & Exercise 3
- \_\_\_ ESS/PSY340 Sport Psychology 3
- \_\_\_ ESS351 Kinesiology 3
- \_\_\_ ESS352 Physiology of Exercise 3
- \_\_\_ ESS360 Internship 3
- \_\_\_ ESS375 Scientific Prin. of Strength & Conditioning 3
- \_\_\_ ESS390 Certification Guided Review 3
- \_\_\_ ESS435 Fitness Testing & Exercise Prescription 3
- \_\_\_ ESS490 Senior Seminar 3

#### One of:

- \_\_\_ BIO 226 General Human Physiology 5
- \_\_\_ BIO 334 Human Medical Physiology 5

#### One of:

- \_\_\_ BIO 205 Biostatistics 4
- \_\_\_ ESS 420 Tests and Measurements in Phys.Education 3
- \_\_\_ PSY 205 Statistical Methods 3

#### Additional 9-10 credits in courses from BIO, CHE, ESS, MAT, PHY or PSY:

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**Total Earned Major Hours** \_\_\_\_\_

**TOTAL OVERALL EARNED HOURS** \_\_\_\_\_