

Exercise & Sports Science

Brigham Young University-Idaho 2006-2007

BS in Exercise Science - 480

No Double Counting of Major Courses

GENERAL EDUCATION REQUIREMENTS

sem/yr	plan		Reading and Writing:
<input type="checkbox"/>	<input type="checkbox"/>		Take 1, 3 Credit Course: ENG 111; 111C; 111H
<input type="checkbox"/>	<input type="checkbox"/>		Take 1, 3 Credit Course: ENG 311; 311C; 311H; 312; 312C; 313; 313C; 314; 315; 315C; 316; 316C; HIST 300
sem/yr	plan		Mathematics
<input type="checkbox"/>	<input type="checkbox"/>		Take 1, 3 Credit Course: Math 108; 108H; 110; 110H; 111(2); 112(4); 113; 119(4); 214; 221; 306
sem/yr	plan		Basic Skills
<input type="checkbox"/>	<input type="checkbox"/>		ESS 177 and 1 course any 100 level ESS course
sem/yr	plan		Arts
<input type="checkbox"/>	<input type="checkbox"/>		Take 1, 3 Credit Course: ART 101; 104; 160; 201; 202; Dance 101; HFED 140; HORT 230; HUM 101; 101H; 201; 201H; 202; 202H; MUSIC 100; 101; TA 115; 117 AND take this 0-1 credit course, FA 100
sem/yr	plan		Letters
<input type="checkbox"/>	<input type="checkbox"/>		Take 1, 3 Credit Course: CHIN 347; ENG 250; 250H; 251; 331; 332; 333; 334; 335; 351; 352; 353; 354; 362; 373; 373H; FR 202; GER 202; HON 200; 220; 221H; 222; LANG 202; PH 314; PHIL 110; 110H; 201; 201H; 202; 202H; 313; 313H; 314; 315; 315H; RUSS 340; 340H; SPAN 202; 302
sem/yr	plan		Biological Science
<input type="checkbox"/>	<input type="checkbox"/>		Take 4 Credits: BIO 100(3); 102(1) (Credits other than 4)
sem/yr	plan		Physical Science
<input type="checkbox"/>	<input type="checkbox"/>		Take 4 Credits: CHEM 105 (Credits other than 4)
sem/yr	plan		American Institutions
<input type="checkbox"/>	<input type="checkbox"/>		Take 1, 3 Credit Course: AMHER 170; 170H; ECON 111; 111H; HIST 120; 121; POLSC 110
sem/yr	plan		Social Science
<input type="checkbox"/>	<input type="checkbox"/>		Take 1, 3 Credit Course: ANTH101; 101H; CHILD 210; 210H; ECON 111; 111H; 112; 112H; ED 270; GEOG 120; HIST 201; 202; HON 201; PHIL 203; 203H; 204; 204H; POLSC 110; 170; PSYCH 111; 111H; 201; 201H; SOC 111; 111H; 112; 112H; 210
sem/yr	plan		Religion
<input type="checkbox"/>	<input type="checkbox"/>		Take 4 credits - Rel 121; 121H AND Rel 122; 122H OR Rel 221
<input type="checkbox"/>	<input type="checkbox"/>		Take 6 credits - Rel 211; 211H; 212; 212H; 301; 301H; 302; 302H; 324; 324H
<input type="checkbox"/>	<input type="checkbox"/>		Take 4 credits - Rel 100; 130; 215; 234; 235; 260; 261; 264; 333; 341; 341H; 342; 342H; 351; 352; 370; 431; 471; 475

MAJOR REQUIREMENTS

33 credits - take these courses:

sem/yr	plan	Course #	Credits	Course Title & Description
<input type="checkbox"/>	<input type="checkbox"/>	Bio 264	4	Human Anatomy & Physiology I <i>First part of a two semester course to prepare students for further study in the health and medical fields</i>
<input type="checkbox"/>	<input type="checkbox"/>	Bio 265	4	Human Anatomy & Physiology II <i>Second part of a two semester course to prepare students for further study in the health and medical fields</i>
<input type="checkbox"/>	<input type="checkbox"/>	Chem 106	4	General Chemistry <i>Second semester of the year long course dedicated to general chemistry</i>
<input type="checkbox"/>	<input type="checkbox"/>	HFEd 100	3	Essentials of Human Nutrition <i>Food oriented study of nutrition facts and principles as a basis for dietary choices</i>
<input type="checkbox"/>	<input type="checkbox"/>	HFEd 350	3	Sports Nutrition <i>Exploration into the nutritional recommendations for competitive and recreational sports</i>
<input type="checkbox"/>	<input type="checkbox"/>	HS 410	4	Health/Fitness Appraisal and Prescription <i>Methodologies and techniques for evaluation of health and fitness values</i>
<input type="checkbox"/>	<input type="checkbox"/>	Math 221	3	Principles of Statistics <i>Introduction to the principles of statistics and elementary probability</i>
<input type="checkbox"/>	<input type="checkbox"/>	ESS 320	2	Motor Development <i>To help students understand motor skills</i>
<input type="checkbox"/>	<input type="checkbox"/>	ESS 350	2	Evaluation & Administration <i>To familiarize student with a wide variety of administrative responsibilities with regard to physical education</i>
<input type="checkbox"/>	<input type="checkbox"/>	ESS 375	3	Exercise Physiology <i>Teaches a branch of physiology that deals with the functioning of the body during exercise</i>
<input type="checkbox"/>	<input type="checkbox"/>	ESS 375L	1	Exercise Physiology Lab <i>Introduce some of the fundamental laboratory techniques used for the field of exercise science</i>

3 credits - take 1 course:

sem/yr	plan	Course #	Credits	Course Title & Description
<input type="checkbox"/>	<input type="checkbox"/>	Ph 101	3	Fundamentals of Physics <i>Principles of classical and modern physics as they relate to current concepts of the physical environment</i>
<input type="checkbox"/>	<input type="checkbox"/>	Ph 115	4	Pre-Medical Professional Physics I <i>Designed to address the concepts and topics needed to prepare students for entrance into professional schools</i>
<input type="checkbox"/>	<input type="checkbox"/>	Ph 121	3	Principles of Physics I

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Classical Mechanics with emphasis on combining intuition and past experience with mathematics

1 credit - take 1 course:

sem/yr	plan	Course #	Credits	Course Title & Description
<input type="checkbox"/>	<input type="checkbox"/>	ESS 497	1	ES Seminar <i>A capstone course in which students learn how to develop a research project and oral presentation</i>
<input type="checkbox"/>	<input type="checkbox"/>	ESS 498	1-2	Internship <i>Students will complete a job related experience pertinent to exercise science such as cardiac rehabilitation, health club administration, human performance, etc.</i>

Take 9 credits (HS 349 & 349L must be taken together):

sem/yr	plan	Course #	Credits	Course Title & Description
<input type="checkbox"/>	<input type="checkbox"/>	Bio 211	4	Introduction to Biology II: Plant & Animal Morphology, Diversity & Ecology <i>Second semester of introduction to biology for majors and minors</i>
<input type="checkbox"/>	<input type="checkbox"/>	Bio 221	3	General Microbiology <i>Knowledge of the structure and function of the cell</i>
<input type="checkbox"/>	<input type="checkbox"/>	Bio 375	3	Genetics and Molecular Biology <i>An introduction to the transmission of heritable material in prokaryotes and eukaryotes</i>
<input type="checkbox"/>	<input type="checkbox"/>	Bio 376	3	Cell and Molecular Biology <i>Introduction to the principles, processes, and methodology of molecular and cell biology</i>
<input type="checkbox"/>	<input type="checkbox"/>	Bio 381	3-4	Pathophysiology <i>An application of basic principles of physiology to pathological conditions</i>
<input type="checkbox"/>	<input type="checkbox"/>	Bio 410	4	Immunology <i>Introductory course on the fundamental and clinical principles of immunology</i>
<input type="checkbox"/>	<input type="checkbox"/>	Bio 411	4	Medical Microbiology <i>Introduction to bacteriology, mycology, and virology</i>
<input type="checkbox"/>	<input type="checkbox"/>	Chem 351	4	Organic Chemistry <i>Introduction to organic chemistry including properties and reactions to organic compounds</i>
<input type="checkbox"/>	<input type="checkbox"/>	Chem 352	4	Organic Chemistry <i>Second half of Chem 351</i>
<input type="checkbox"/>	<input type="checkbox"/>	Chem 481	3	Biochemistry <i>Study of the structure, function, and metabolism of protein, carbohydrates, lipids, and nucleic acids</i>
<input type="checkbox"/>	<input type="checkbox"/>	ESS 347	2	Sports Conditioning <i>Explore the concepts, competencies, ideas, ideals and principles of endurance training and strength training</i>
<input type="checkbox"/>	<input type="checkbox"/>	HS 349	3	Sports Medicine <i>Recognition, evaluation, and care of athletic injuries</i>
<input type="checkbox"/>	<input type="checkbox"/>	HS 349L	1	Sports Medicine Lab <i>Therapeutic techniques in taping, bracing, skin care, nausea, and basic sports related illnesses</i>
<input type="checkbox"/>	<input type="checkbox"/>	HS 365	3	Kinesiology <i>Study of functional human anatomy with application of basic kinesiological principles</i>

45 Major Credits