## **Howard Payne University Exercise and Sport Science Degree**

Bachelor of Science Degree - Personal Trainer 2014-2015

## **GENERAL EDUCATION REQUIREMENT**

Dept.	Number	Cr.		Grade	Dept.	Number	Cr.		Grade
GEN	1101	1	University Seminar		GOV	2311	3	American Government	
ENG	1311	3	English Comp I		SocSci		3	Approved List	
ENG	1312	3	English Comp II		ESS	1100	1	Principles of Per. Fit. & Well.	
ENG	23	3	English Literature		ESS	3130	1	Individual and Dual Act.	
BIB	1303	3	Intro. To the Old Test.		ESS	3140	1	Lifetime Rec. Act.	
BIB	1304	3	Intro. To the New Test		GEN	4100	1	Senior Seminar	
MAT	1351	3	College Algebra						
SCI		4	Approved List						
COM	1310	3	Fundamentals of Human Com.						
Fine Arts		3	Approved List						
HIS		3	Approved List						
								Total	42

**Additional BS- ESS Requirements** 

**Additional Requirements** 

BIO	1410	4	Human Biology				2	CIS/Math/Science	
BIO	2489	4	Anatomy and Phy I	4 hrs					
BIO	2499	4	Anatomy and Phy II						
MAT	2342	3	Intro to Prob. & Stat.						
CIS	1339	3	Intro to CIS		=	=		Total	12

ESS CORE "C" or better grade Required ESS Personal Trainer Area of Interest

Dept.	Number	Cr.		Grade	Dept.	Number	Cr.		Grade
ESS	1301	3	Foundations of PE		ESS		4	Activity Courses (App List)	
ESS	2110	1	Fitness Activities		ESS	3110	1	Grp Fitness Instructor Practicum	
ESS	2259	2	Nutrition for Comp. Ath.		ESS	3209	2	Grp Fitness Instructor Theory	
ESS	3303	3	Kinesiology		ESS	4234	2	Presc in Ex - Practicum	
ESS	3304	3	Exercise Physiology		ESS	4333	3	Presc in Ex Theory	
ESS	3325	3	Lifespan Motor Devel.		ESS	2000+	2	ESS Electives	
ESS	3306	3	Psychology of Exercise		ESS	4180	1	Internship	
ESS	4305	3	Test and Measures						
ESS	4206	2	Issues in ESS						
ESS	4331	3	Program Leadership						

Minor Outside ESS (optional) 18 hours.

26

Total

Dept.	Number	Cr.	Approved Substitution	Grade	Dept.	Number	Cr.	Approved Substitution	Grade
								Total:	18

**Electives** 

	Dept.	Number	Cr.	Approved Substitution	Grade	Dept.	Number	Cr.	Approved Substitution	Grade
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Total: 11

Total:

15