Howard Payne University Exercise and Sport Science Degree Bachelor of Science Degree - Personal Trainer 2015-2016

GENERAL EDUCATION REQUIREMENT

Dept.	Number	Cr.		Grade	Dept.	Number	Cr.	
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

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

ESS CORE "C" or better grade Required ESS

ESS Personal Trainer Area of Interest

Dept.	Number	Cr.		Grade	Dept.	Number	Cr.	
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					
	Total	26						Total:

Minor Outside ESS (optional) 18 hours.

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

Electives

Dept.	Number	Cr.	Approved Substitution	Grade	Dept.	Number	Cr.	Approved Substitution

Total:









