

## 2011-2012 Catalog

Name: \_\_\_\_\_ ID # \_\_\_\_\_ Date: \_\_\_\_\_

### Exercise and Sport Science Major      **48 units** Coaching Emphasis

#### **Core:    30 units**

			<b>Tr/CU</b>	<b>Grade</b>	<b>Transfer course approved</b>
Bio 246	Human Anatomy & Physiology I	4	_____	_____	_____
Bio 247	Human Anatomy & Physiology II	4	_____	_____	_____
ESS 110	CPR/First Aid	1	_____	_____	_____
ESS 304	Motor Learning and Development	3	_____	_____	_____
ESS 320	Hist/Social/Cultural Foundations	3	_____	_____	_____
ESS 350	Sport Law	3	_____	_____	_____
ESS 365	Sport Psychology	3	_____	_____	_____
ESS 406	Physiology of Exercise	3	_____	_____	_____
ESS 407	Kinesiology	3	_____	_____	_____
ESS 410	Measurement/Evaluation of Exercise	3	_____	_____	_____

#### **Coaching:    18 units**

ESS 222	Organization and Management of Sport	3	_____	_____	_____
ESS 225	Principles/ Weight Training & Cross Trng	3	_____	_____	_____
ESS 306	Sports Nutrition	3	_____	_____	_____
ESS 308	Care and Prevention of Injuries	3	_____	_____	_____
ESS 360	Principles of Coaching	3	_____	_____	_____
ESS 394	Coaching Practicum	3	_____	_____	_____

**Note: All transfer courses applicable to a major must be approved by the appropriate department. Substitution forms are available in the Academic Advising Office.**