

2009-2010 Catalog

Name: _____ ID # _____ Date: _____

Exercise and Sport Science Major: 48 units

Core	30 units		Tr/CU	Grade	Transfer course approved
Bio 246	Human Anatomy	4	_____	_____	_____
Bio 247	Human Physiology	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 Division Chair approved.
(Approval forms are available from your Transfer Advisor in SCC-B)**
