

2011-2012 Catalog

Name: _____ ID # _____ Date: _____

Exercise and Sport Science Major 48 units

Exercise Science Emphasis

Core: 30 units

			Tr/CU	Grade	Transfer course approved
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	Historical/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	_____	_____	_____

Exercise Science: 18 units

ESS 222	Organization and Management of Sport	3	_____	_____	_____
ESS 225	Prin./ Weight Training & Cross Training	3	_____	_____	_____
ESS 306	Sports Nutrition	3	_____	_____	_____
ESS 325	Advanced Personal Training	3	_____	_____	_____
ESS 358	Therapeutic Exercise	3	_____	_____	_____
ESS 393	Exercise Science 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.