

**2010-2011 Catalog**

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

**Exercise and Sport Science Major:      48 units**

<b>Core</b>	<b>30 units</b>		<b>Tr/CU</b>	<b>Grade</b>	<b>Transfer course approved</b>
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	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	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 Division Chair approved.  
(Approval forms are available from your Transfer Advisor in SCC-B)**

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