

2008-2009 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 | 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)**
