

Suggested Academic Plan: **Exercise Science - Strength and Conditioning Track**

March 2024

<b>FALL I</b>	<b>January Term</b>	<b>SPRING I</b>
HES 261 Applied Human Anatomy w/lab (4)		BIO 116 Intro to Human Physiology w/lab (4)
HES 100 Lifetime Health & Wellness (1)		HES 264 Kinesiology & Biomechanics (4) NWNL
PAID 111		PAID 112
		HES 100 Lifetime Health & Wellness (1) if not taken in the fall
<b>FALL II</b>	<b>J-term II</b>	<b>SPRING II</b>
HES 126 Human Performance Nutrition (4)	HES 380 Internship	HES 324 Fitness Assessment (4)
HES 343 Motor Learning (4)		HES 340 Exercise Techniques (4)
HES 323 Principles of Strength Training & Conditioning (4)		

**IMPORTANT ITEMS FOR AN INCOMING STUDENT TO UNDERSTAND ABOUT THIS MAJOR:**

The above sequence is only a suggestion and is one of many ways a student may take courses in the Exercise Science major. Students should be prepared to alter the sequence of the above courses to respond to course conflicts or other academic, personal, or professional requirements.

First year students should try to complete HES 100 during the fall semester.

**Prerequisites:**

- Prior to a student taking BIO 116 the student must complete HES 261 (or BIO 115 if they started in the nursing major). Students declaring the ES major should be enrolled in HES 261 in the fall of their first year. If the HES 261 course is closed, please contact the HES faculty chair to request to be enrolled.
- Prior to a student taking HES 264 the student must complete HES 261 (or BIO 115 if they started in the nursing major)
- Prior to a student taking HES 323 the student must complete HES 264
- Prior to a student taking HES 340 the student must complete HES 264

Note on Closed Course: If the HES 261 course is closed please contact the chair of HES to request to be enrolled. The student will be unable to take BIO 116 or HES 264 in the spring if the prerequisite of HES 261 or BIO 115 has not been completed.