

Exercise and Sport Science Major: Exercise Science Fitness Track - Bachelor of Science (BS)

Major requirements

(College of Science and Health)

Admission to program

Admission to the ESS-exercise science emphasis is competitive and not all who apply may be accommodated.

1. To be considered for admission to the exercise and sport science major: exercise science emphasis, the student must have completed at least 30 semester credits, including general education credits and two pre-admission courses (BIO 100 or BIO 105 or MIC 100; HPR 105) with a grade of at least 'C' in each of these courses and a cumulative GPA of at least 2.75.
2. Applications for admission are accepted in the fall semester (deadline of October 1) and the spring semester (deadline of February 1). All candidates must meet academic requirements, physical fitness standards and professional and personal qualifications and be approved by the Exercise Science Advisory Committee. Consideration for selection is based on the following criteria:
 - a. Cumulative UWL GPA of 2.75 or higher;
 - b. Grade of 'C' or better in BIO 100 or BIO 105 or MIC 100;
 - c. Grade of 'C' or better in HPR 105;
 - d. Fitness evaluation;
 - e. Two professional job shadows (pre-approved by the student's ESS Academic Advisor);
 - f. Extra-curricular experiences related to the emphasis; and
 - g. Narrative statement content and technical writing quality.

Retention and advancement

1. Once admitted, a 2.75 GPA (cumulative and major) must be maintained and a 'C' grade or better must be earned in all required and elective major courses for retention in the program. Students whose GPA falls below 2.75 will be placed on probation for one semester. Failure to achieve a 2.75 GPA (cumulative and major) by the end of the probation semester will result in ineligibility to continue in the program.
2. To be admitted to ESS 450 Exercise and Sport Science Internship, students must achieve a 2.75 cumulative and major GPA and have successfully completed all program course work.

For complete details regarding application procedures, contact the Exercise Science Program Director in the Department of Exercise and Sport Science.

Curriculum

73 credits

Core courses:

(required for all ESS-exercise science emphasis students)

Code	Title	Credits
ESS 100	Physical Activities (6 credits, may include ESS 116)	6
ESS 201	Safety, First Aid and CPR	1
ESS 207	Human Motor Behavior	3
ESS 281	Prevention and Care of Athletic Injuries	2
ESS 302	Physiology of Exercise	3
ESS 303	Biomechanics	3
ESS 323	Nutrition and Sport	3
ESS 328	Field Experience in Exercise Science	3
ESS 368	Strength Training Techniques and Programs	3
ESS 446	Current Research and Trends in Exercise Science	3
Total Credits		30

Fitness track courses (43 credits):

Code	Title	Credits
Select one of the following:		6-8
ESS 205 & ESS 206	Human Anatomy and Physiology for Exercise Science I and Human Anatomy and Physiology for Exercise Science II	
BIO 312 & BIO 313	Human Anatomy and Physiology I and Human Anatomy and Physiology II	
ESS 309	Strength & Conditioning Methods	2
ESS 344	Introduction to Fitness Assessment	3
ESS 355	Methods of Exercise Leadership	3
ESS 403	Advanced Strength Training Applications and Techniques	2
ESS 411	Strength and Conditioning Educator Training	2
ESS 443	Fitness Across the Lifespan	3
ESS 447	Administration in Fitness and Sport	3
ESS 449	Seminar in Fitness/Sports Management	1
ESS 450	Exercise and Sport Science Internship	12
CST 260	Professional Communication	3
or ENG 307	Writing for Management, Public Relations and the Professions	
MKT 309	Principles of Marketing	3
Total Credits		43

General education requirements

Students who select the exercise and sport science: exercise science fitness track major are required to take HPR 105; BIO 100 or BIO 105 or MIC 100 (BIO 100 recommended). Additional general education courses must also be selected to complete all category requirements and to meet the university minimum requirement of 42 total credit hours in general education.

Degree requirements

All students must complete the general education, college core (waived for exercise and sport science: exercise science fitness track majors), major/minor, and university degree requirements in order to qualify for a degree. The easiest way to track all of these requirements is to refer

to the Advisement Report (AR) found in the Student Information System (WINGS) Student Center. All enrolled students have access to the AR.

- General education (<http://catalog.uwlax.edu/undergraduate/generaleducation/>)
- Baccalaureate degree requirements (p. 2)

Baccalaureate degree requirements

Candidates for the Bachelor of Arts or the Bachelor of Science degrees must accomplish the following:

1. Fulfill the general education requirements.
2. Complete at least one ethnic studies (diversity) course.
3. Complete the courses prescribed by the Undergraduate Curriculum Committee for the degree desired in the respective school or college. (No substitutions for graduation may be made in course requirements for a major or minor after the fourth week of the last semester of the senior year.)
4. Earn a minimum of 120 semester credits with at least a 2.00 cumulative GPA.^{1,2}
5. At least 40 credits must be earned in 300/400 level courses. Transfer courses earned at the 300/400 level apply to this requirement. Courses earned at the 100/200 level that transferred to UWL as 300/400 level courses **do not** apply to this requirement.
6. Complete major and minor requirements with at least a 2.00 GPA^{1, 2} in each major and minor (and concentration or emphasis, if selected).
7. A minimum of 30 semester credits in residence at UWL is required for graduation. (See undergraduate resident requirement (<http://catalog.uwlax.edu/undergraduate/academicpolicies/graduation/#undergraduate-residence-requirement>).)
8. Submit an application for graduation via the 'Apply for Graduation' link in the WINGS Student Center as soon as the student has registered for his or her final semester or summer term in residence. December and winter intersession graduates should apply by May 1. May and summer graduates should apply by December 1.

¹ Grade point average requirements for some programs will be considerably higher than 2.00. Re-entering students may be required to earn credits in excess of the 120 needed for graduation in any curriculum in order to replace credits earned in courses in which the content has changed substantially in recent years. Each case will be judged on its own merit.

² The grade point average recorded at the time the degree is awarded will not be affected by future enrollment.

No degree will be awarded unless all requirements are fulfilled and recorded within 30 days after the official ending date of each term.

Sample degree plan

Below is a sample degree plan that can be used as a guide to identify courses required to fulfill the major and other requirements needed for degree completion. A student's actual degree plan may differ depending on the course of study selected (second major, minor, etc.). Also, this sample plan assumes readiness for each course and/or major plan, and some courses may not be offered every term. Review the course descriptions or the class timetable (<http://www.uwlax.edu/Records/registration/>) for course offering information.

The sample degree plans represented in this catalog are intended for first-year students entering UWL in the fall term. Students should use the Advisement Report (AR) in WINGS (<https://wings.uwlax.edu/>)

<http://www.uwlax.edu/Records/registration/>) and work closely with their faculty advisor(s) and college dean's office to ensure declaration and completion of all requirements in a timely manner.

General Education Program

The general education curriculum (Gen Ed) is the common educational experience for all undergraduates at UWL. Sample degree plans include Gen Ed placeholders to ensure completion of the general education requirements. Courses may be rearranged to fit the needs or recommendations of the student's program of study. Gen Ed courses may be taken during winter term (January between the semesters) and summer to reduce the course load during regular terms (fall and spring). Students should consult with their advisor and/or the college academic services director in their college/school for assistance with course and schedule planning.

At least 40 credits of the 120 credits required must be earned at the 300/400-level. Refer to the general education requirements (<http://catalog.uwlax.edu/undergraduate/generaleducation/>) for more specific details.

Note: New students and transfer students with 15 or fewer credits earned are required to take FYS 100 First-Year Seminar (3 cr.) during one of their first two semesters at UWL.

This sample degree plan does not establish a contractual agreement. It identifies the minimum requirements a student must successfully complete, to qualify for a degree, in a format intended to assist the student plan their academic career. Actual degree plans may differ.

This major is exempt from the CSH College Core requirement.

Year 1		
Fall	Credits Spring	Credits
BIO 100, 105, or MIC 100 (Gen Ed Natural Lab Science) ¹	4 ESS 100	1
HPR 105 (Gen Ed Health & Well-Being)	3 ESS 201 ²	1
ESS 100 (Select a topic of interest)	1 ESS 205 ³	3
ENG 110 or 112 (Gen Ed Literacy-Written)	3 CST 110 (Gen Ed Literacy-Oral)	3
Gen Ed Arts	2-3 FYS 100 (Gen Ed First-Year Seminar)	3
Gen Ed Minority Cultures	3 Gen Ed Math	4
Meet with your faculty advisor to discuss the requirements for admission to the ESS-Exercise Science program.		
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Year 2		
Fall	Credits Spring	Credits
ESS 100	1 ESS 100	1
ESS 206 ³	3 ESS 302	3
ESS 207	3 ESS 368	3
ESS 281	2 CST 260 or ENG 307	3
Gen Ed Global Studies	3 ECO 110 (Gen Ed Self & Soc)	3
Gen Ed Humanistic Studies	3 Gen Ed World Hist	3
Gen Ed Arts	2-3	
Apply for admission to the ESS-Exercise Science program—see WINGS advisement report and Exercise Science website for details.		
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		16

Year 3

Fall	Credits Spring	Credits
ESS 100	1 ESS 100	1
ESS 303	3 ESS 328	3
ESS 309	2 ESS 403	2
ESS 323	3 ESS 443	3
ESS 344	3 MKT 309 (ECO 110 prerequisite)	3
ESS 355	3 Gen Ed Lang/ Logical Systems	3-4
	15	15

Year 4

Fall	Credits Spring	Credits
ESS 100	1 ESS 450	12
ESS 411	2	
ESS 447	3	
ESS 446	3	
ESS 449	1	
University Elective	4	
	14	12

Total Credits: 120

- ¹ BIO 100 or MIC 100 recommended.
- ² Students may earn credit by examination for ESS 201. Interested students should check with the ESS department and the CSH Dean's Office to make arrangements for taking the test.
- ³ BIO 312 and BIO 313 may be used as substitutes for ESS 205 and ESS 206.