

# Exercise and Sport Science Major: Exercise Science Pre-Professional Track - Bachelor of Science

## Major requirements

(College of Science and Health)

## Admission to program

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

- To be considered for admission to the exercise and sport science major: exercise science pre-professional track, the student must have completed at least 30 semester credits, including general education credits and two pre-admission courses (BIO 105 or MIC 100 and HPR 105) with a grade of at least "C" in each of these courses and a cumulative GPA of at least 3.00.
- 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 3.00 or higher;
  - Grade of "C" or better in BIO 105 or MIC 100;
  - Grade of "C" or better in HPR 105;
  - Fitness evaluation;
  - Two professional job shadows (pre-approved by the student's ESS Academic Advisor);
  - Extra-curricular experiences related to the emphasis; and
  - Narrative statement content and technical writing quality.

## Retention and advancement

Once admitted, a 3.00 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 3.00 will be placed on probation for one semester. Failure to achieve a 3.00 GPA (cumulative and major) by the end of the probation semester will result in ineligibility to continue in the program.

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

## Curriculum

(57-60 credits for the pre-professional track)

## Pre-professional track courses:

### 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 446	Current Research and Trends in Exercise Science	3
<b>Total Credits</b>		<b>27</b>

Code	Title	Credits
<b>Required courses (12-14 credits)</b>		
ESS 317	Medical Terminology and Documentation	1-3
or CHE 220	Medical Terminology for Health Education	
or RTH 355	Medical Language and Digital Competencies for Allied Health Professionals	
ESS 383	Clinical Pathology for Exercise Science	3
BIO 312	Human Anatomy and Physiology I	4
BIO 313	Human Anatomy and Physiology II	4
<b>CSH college curriculum (12-13 credits)</b>		
CHM 104	General Chemistry II	5
PHY 104	Fundamental Physics II	4
Select a BIO or MIC course <sup>1</sup>		3-4
<b>Psychology (3 credits)</b>		
Select one of the following:		3
PSY 100	General Psychology	
PSY 212	Lifespan Development	
Any 3 credits of PSY course work transferred from another institution		
<b>Select any 3 credit sociology course</b>		<b>3</b>
<b>Total Credits</b>		<b>30-33</b>

<sup>1</sup> Not including BIO 105, BIO 312, or BIO 313

**Students must complete at least 40 credits in the 300/400-level range. It is recommended that students who need additional 300/400-level credits take the following:**

Code	Title	Credits
ESS 368	Strength Training Techniques and Programs	3

## General education requirements

Students who select the exercise and sport science-exercise science pre-professional track major are required to take HPR 105, BIO 105, CHM 103, STAT 145, a second math course at the 150 level or higher or CS 101 or CS 120; and PHY 103. 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, 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/>)
- College core (p. 2)
- Baccalaureate degree requirements (p. 2)

## College of Science and Health (CSH) Bachelor of Science core requirements

B.S. and B.A. students graduating from the College of Science and Health are required to take two natural laboratory science courses selected from the general education laboratory science category (GE 05) and/or from BIO 203, BIO 304, BIO 210, CHM 104, GEO 221, GEO 222, PHY 104 or PHY 204, and they either must take two mathematics courses or one math course and one computer science course from the math/logical systems category of the general education requirements (GE 02). One of the two science courses must be from a department outside of the student's major department.

**Note:** Math courses can be pairs, i.e. 150 and 151; MTH/CS majors can use two science courses from same department.

**For the Bachelor of Science degree**, in addition to all other College of Science and Health core requirements, students from non-exempted programs<sup>1</sup> must complete one of the following options. It is recommended that courses are selected in consultation with students' academic advisor.

1. Complete a second major; or
2. Complete a minor outside the major; or
3. Complete two certificates outside the major with at least 12 combined credits at the 300/400 level; or
4. Complete an individualized option, consisting of 18 credits
  - a. At least 12 credits must be earned at the 300/400 level outside the major department.
  - b. The remaining six credits should come from
    - i. 100 level or higher courses outside the major (General education courses may apply provided they are not being used to fulfill minimum general education requirements.); or
    - ii. 300/400 level courses inside major not being used to fulfill major requirements.
  - c. Internship credits may not count toward the individualized option.

<sup>1</sup> The list of exempted CSH programs is below.

## 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.
4. Earn a minimum of 120 semester credits with at least a 2.00 cumulative GPA.<sup>1,2</sup>
5. At least 40 credits must be earned in 300/400 level courses. Transfer courses earned or transferred at the 300/400 level apply to this requirement.
6. Complete major and minor requirements with at least a 2.00 GPA<sup>1,2</sup> 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.

<sup>1</sup> 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.

<sup>2</sup> 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>) 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. Refer to the general education requirements (<http://catalog.uwlax.edu/undergraduate/generaleducation/>) for more specific details.

At least 40 credits of the 120 credits required must be earned at the 300/400-level.

**Note:** New students and transfer students with less than 12 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 in planning their academic career. Actual degree plans may differ.*

**Year 1**

Fall	Credits Spring	Credits
BIO 105 (Gen Ed Natural Lab Science)	4 CHM 103 (Gen Ed Natural Lab Science)	5
ENG 110 or 112 (Gen Ed Literacy-Written)	3 CST 110 (Gen Ed Literacy-Oral)	3
HPR 105 (Gen Ed Health & Well-Being)	3 ESS 100 (Select a topic of interest)	1
MTH 150 (Gen Ed Math)	4 ESS 201 <sup>1</sup>	1
Gen Ed Arts	2-3 STAT 145 (Gen Ed Math)	4
Meet with faculty advisor to discuss requirements for admission to the ESS-Exercise Science program.	FYS 100 (Gen Ed First-Year Seminar)	3
	<b>16</b>	<b>17</b>

**Year 2**

Fall	Credits Spring	Credits
BIO 312	4 ESS 100	1
CHM 104	5 BIO 313	4
Gen Ed Humanistic Studies	3 ESS 100	1
Gen Ed World History	3 ESS 281	2
Apply for admission to ESS-Exercise Science program—see WINGS advisement report and ESS-Exercise Science website for details.	Any BIO or MIC Course <sup>2,3</sup>	3
	ESS 207	3
	<b>15</b>	<b>14</b>

**Year 3**

Fall	Credits Spring	Credits
ESS 100	1 ESS 317, CHE 220, or RTH 355	1-3
ESS 303	3 ESS 323	3
PHY 103 (Gen Ed Natural Lab Science)	4 ESS 328	3
PSY 100 (Gen Ed Self & Society) <sup>4</sup>	3 PHY 104	4
ESS 302	3 Gen Ed Minority Cultures	3
University Elective 300/400 level <sup>5</sup>	3 University Elective 300/400 level <sup>5</sup>	3
	<b>17</b>	<b>17</b>

**Year 4**

Fall	Credits Spring	Credits
ESS 100	1 ESS 100	1
Gen Ed Arts	2-3 ESS 446	3

Gen Ed Global Studies	3 ESS 383	3
University Elective 300/400 level <sup>5</sup>	3 University Elective <sup>5</sup>	3
University Elective 300/400 level <sup>5</sup>	3 University Elective <sup>5</sup>	2
	<b>12</b>	<b>12</b>

**Total Credits: 120**

- 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.
- Excluding BIO 105, BIO 312, and BIO 313.
- Many pre-health graduate programs require an additional life science with a lab course beyond BIO 105, BIO 312, and BIO 313. It is recommended that students research the prerequisites for admission to the pre-health programs of interest to them. Regardless, any BIO/ MIC course (three credits minimum) satisfies this requirement.
- PSY 100 is recommended and satisfies the Gen Ed Self & Society requirement. Any three credit PSY course satisfies the PSY requirement in the ESS-exercise science pre-professional major.
- The most efficient way to satisfy the CSH college core upper level course requirement is to choose the individualized program option. With that option, BIO 312, BIO 313, and RTH 355 apply, along with 1 additional credit of 300/400-level coursework from any department. Students who select CHE 220 instead of RTH 355 need 4 additional credits of 300/400-level coursework. It is recommended that students who need additional 300/400 level credits consider taking ESS 368 Strength Training Techniques and Programs (3 cr.). See CSH BS Core Requirements (<http://catalog.uwlax.edu/undergraduate/scienceandhealth/#Core>) for information on completing the individualized option. 300/400 requirements for graduation may be impacted.