



OKLAHOMA CITY UNIVERSITY

Department of Exercise & Sport Science Bachelor of Science Degree in Exercise Science

Description of Exercise Science major. This 65-hour rigorous major is offered to prepare and educate students who wish to enter the field of exercise science. Students are exposed to a strong science background making them excellent candidates for employment opportunities in exercise related areas (cardiac rehabilitation), advanced graduate studies (motor behavior, exercise physiology, nutrition), and **professional schools (chiropractic, occupational therapy, physical therapy).**

Major: Exercise Science (ES)	HRS
Required Major Core Courses	24
ESS 1602 Introduction to Exercise and Sport Science	2
PSYCH 2303 Statistics	3
ESS 3213 Kinesiology and Biomechanics	3
ESS 3241 Kinesiology and Biomechanics Lab	1
ESS 3413 Physiology of Exercise	3
ESS 3441 Physiology of Exercise Lab	1
ESS 4303 Fitness Testing and Exercise Prescription	3
ESS 4341 Fitness Testing and Exercise Prescription Lab	1
ESS 4483 Exercise Science Internship	3
ESS 4663 Senior Capstone in Kinesiology	3
ESS 1161 Physical Activity course	1
Required Major Electives (9 hours must be 3000 or 4000 level)	15
ESS 2002 First Aid	2
ESS 2303 Introduction to Applied Sport Psychology	3
ESS 2403 Nutrition	3
ESS 2413 Theory of Coaching	3
ESS 3003 Care and Prevention of Athletic Injuries	3
ESS 3303 Health and Aging	3
ESS 3103 Motor Learning through the Lifespan	3
ESS 3312 Legal and Ethical Issues in Kinesiology	2
ESS 4613 Exercise Programming for Special Populations	3
ESS 4013 Health Promotion in the Workplace	3
ESS 4703 Programming Techniques for Strength and Conditioning	3
ESS 4743 Programming Techniques for Strength and Conditioning Lab	1
Required Ancillary Additional coursework may be necessary to fulfill pre-requisites (PSYC 2013 Lifespan Development; PSYC 1113 Introduction to Psychology; BIOL 2852 Medical Vocabulary; BIOL 1114 Concepts in Biology) for post-graduate study in fields such as physical therapy.	26
CHEM 1104 Chemistry	4
CHEM 1141 Chemistry I Lab	1
CHEM 1204 Chemistry II	4
CHEM 1241 Chemistry II Lab	1
PHYS 1503 General Physics I	3
PHYS 1541 General Physics I Lab	1
PHYS 1603 General Physics II	3
PHYS 1641 General Physics II Lab	1
BIOL 2003 Human Anatomy and Physiology I	3
BIOL 2041 Human Anatomy Physiology I Lab	1
BIOL 2103 Human Anatomy and Physiology II	3
BIOL 2141 Human Anatomy Physiology II Lab	1



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UNDERGRADUATE DEGREE PLAN-EXERCISE SCIENCE OKLAHOMA CITY UNIVERSITY

YEAR 1			
Fall	Crs	Spring	Crs
L&S Seminar	3	ENGL 1213	3
ENGL 1113	3	MATH 1503	3
PSYC 1113	3	Philosophy and Ethics	3
Intro to ESS	2	Public Speaking	3
Concepts in Biology 1114 OR Chem 1014	3	Bib. Lit or World Religions	3
Biol 1114 Lab OR Chem 1014 Lab	1	(must be Service Learning)	
Total	15	Total	15
YEAR 2			
Fall	Crs	Spring	Crs
World or Western Lit	3	American Governance	3
American History	3	ESS 3213 Kines. & Biomechanics	3
Foreign Language I	3	ESS 3241 Kines. And Biomechanics Lab	1
BIO 2003	3	International or Diversity Req	3
BIO 2041	1	BIO 2103	3
Stats	3	BIO 2141	1
		ESS Physical Activity Course	1
Total	16	Total	15
YEAR 3			
Fall	Crs	Spring	Crs
Microeconomics	3	Problems 21st Cent Resch Sem	3
PSYC 2013	3	Fine Arts	3
ESS 3413 Physiology of Ex.	3	Foreign Language II	3
ESS 3441 Physiology of Ex. Lab	1	Care and Prevention	3
CHEM 1104	3	CHEM 1204	3
CHEM 1141	1	CHEM 1241	1
ESS Elective	2		
Total	16	Total	16
YEAR 4			
Fall	Crs	Spring	Crs
ESS 4483 Internship	3	ESS 4341 EXRX	3
ESS Elective	3	ESS 4341 EXRX Lab	1
ESS Elective	3	ESS 4663 Capstone	3
BIO 2852	3	ESS 4703 Program Techniques for S&C	3
PHYS 1503	3	ESS 4743 Program Techniques for S&CLab	1
PHYS 1541	1	PHYS 1643	3
		PHYS 1603	1
Total	16	Total	15
Total Credits 124			124