EXERCISE SCIENCE
Requires the following:

ESS 101  Introduction to Exercise Science  
4 sh

Choose one from:  
4 sh

BIO 263  Human Anatomy
-OR-
BIO 264  Human Physiology

Choose one from:  
4 sh

ESS 321  Biomechanics
-OR-
ESS 422  Physiology of Exercise

Choose eight hours from the following:  
8 sh

BIO 263 and/or ESS courses 300-level and above

TOTAL 20 sh