



## Exercise Science and Athletic Training 3+2

3 Bachelor of Science (B.S.) + 2 Master of Athletic Training (MAT)

### FALL - Semester 1

ES 190 (WE): Introduction to Exercise Science  
CHEM 100  
MATH 186 Pre-Calculus  
TRU 110 Self and Society  
Arts and Humanities  
Truman Symposium

### FALL - Semester 3

ES 224 Research Methods and Interp.  
Arts and Humanities Perspective  
STAT 190 Basic Statistics  
Foreign Language Elem I  
BIOL 100

### FALL - Semester 5

ES 347 Motor Learning (or ES 343 or ES344)  
BIOL 365/365L Human Anatomy w/ Lab  
ES 445 Assessment and Presc I  
Social and Behavioral Perspective  
ES Core Elective

### Summer After 6th Semester

Students in this program will begin the MAT program and will complete all requirements, as all other MAT students do.

### SPRING - Semester 2

ES 245 Nutrition  
PHYS 100  
Missouri Statute (POL 161 or POL 262)  
COMM 170, COMM 252, or COMM 276  
ENG 190 Writing as Critical Thinking  
ES 202 Strength and Conditioning Anatomy

### SPRING - Semester 4

ES 345 Exercise Physiology  
ES 342/L Biomechanics  
Foreign Language Elem II  
ES Core Elective (ES 364)  
PSYC 166 General Psychology

### SPRING - Semester 6

Art and Humanities Perspective  
BIOL 325 Human Physiology  
ES 498 (WE) Capstone in Exercise Science  
JINS 3XX  
ES 250 Exercise Science Practicum

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### NOTES:

- This plan presumes the incoming student has no college credits earned at the time of matriculation.
- Credits applied from other sources will necessitate adjustments.
- Students who change their major in the first two years will easily be able to pursue other Truman degrees.
- Students who change their mind after 1 year of MAT will still qualify for ES degree, but must take ES senior test.

### Perspectives

Plan for intercultural perspective with another Dialogues disciplinary perspective or JINS course.

### ES Major Requirement

The ES senior test (the EP-C) is taken after the fourth year, the undergraduate degree is conferred at that time

**\*ES 250 is offered fall, winter interim, spring and summer.**

**Must be fully admitted as an MAT student after three years.**

**Department chair:** Please contact the Center for Academic Excellence with any updates to the plan

above. Rev. 5-3-23