

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

**Sample Academic Plan**

1st Semester	Hours
ES 190 (WE) Introduction to Exercise Science	3
CHEM 100	4
MATH 186 Pre-calculus	3
TRU 110 Self & Society	3
Arts & Humanities Perspective	3
Truman Symposium	1
<b>SEMESTER TOTAL</b>	<b>17</b>

2nd Semester	Hours
ES 245 Nutrition	3
PHYS 100	4
Missouri Statute (POL 161 or POL 262)	3
COMM 170, COMM 252, or COMM 276	3
ENG 190 Writing as Critical Thinking	3
ES 202 Strength & Conditioning Anatomy	1
<b>SEMESTER TOTAL</b>	<b>17</b>

3rd Semester	Hours
ES 224 Research Methods & Data Interp	3
Arts & Humanities Perspective	3
STAT 190 Basic Statistics	3
Foreign Language Elem I	3
BIOL 100	4
<b>SEMESTER TOTAL</b>	<b>16</b>

4th Semester	Hours
ES 345 Exercise Physiology	3
ES 342/L Biomechanics	4
Foreign Language Elem II	3
ES Core Elective (ES 364)	3
PSYC 166 General Psychology	3
<b>SEMESTER TOTAL</b>	<b>16</b>

5th Semester	Hours
ES 347 Motor Learning (or ES 343 or ES 344)	3
BIOL 365/365L Human Anatomy w/ Lab	4
ES 445 Assessment and Presc I	4
Social & Behavioral Perspective	3
ES Core Elective	3
<b>SEMESTER TOTAL</b>	<b>17</b>

6th Semester	Hours
Arts & Humanities Perspective	3
BIOL 325 Human Physiology	4
ES 498 (WE) Capstone in Exercise Science	3
JINS 3XX	3
ES 250 Exercise Science Practicum*	1
<b>SEMESTER TOTAL</b>	<b>14</b>
<b>TOTAL UNDERGRADUATE HOURS</b>	<b>97</b>

Summer after 6th semester students in this program will begin the MAT program and complete all requirements, as all other MAT students do.

<b>TOTAL MAT HOURS</b>	<b>62</b>
<b>TOTAL 3+2 HOURS</b>	<b>159</b>

**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 courses- these fulfill the university's general education requirements and some MAT prerequisites**

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

**ES Major courses (some of these are also MAT prerequisites)**

ES 342/L, ES 345 and ES 347 - prerequisite is STAT 190 or calculus and ES 224

Remaining ES Concentration courses and general electives will be AT courses in fourth year

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 3 years**