

## College of Education Advising Center Exercise and Sports Science Minor Sequencing Checksheet

**NOTE:** In addition to successful completion of all listed courses, students must satisfy GPA and residency requirements to graduate.  
Students should use the newest sequencing checksheet for their catalog since academic policies and course prerequisites are subject to change each year.

For descriptions of these courses, visit the Undergraduate Catalog online using the hyperlinks below:  
[Exercise Sports Science](#) (ESS), [Athletic Training](#) (AT), and [Biology](#) (BIO)

### REQUIRED COURSES

___ AT 2356	Prevention and Care of Athletic Injuries [ <i>TCCN KINE 2356</i> ]
___ BIO 2430*	Human Physiology and Anatomy [ <i>TCCN BIOL 2404</i> ]
___ ESS 1100	Lifetime Fitness and Wellness [ <i>TCCN PHED 1164</i> ]
___ ESS 1179	Beginning Weight Training
___ <b>ESS 3317</b>	Exercise Physiology
___ <b>ESS 3117</b>	Laboratory in Exercise Physiology
___ <b>ESS 3320</b>	Biomechanics
___ ESS 4324	Adapted Physical Activity
___ ESS 4351	Measurement & Evaluation in Exercise and Sports Science

### PREREQUISITE SEQUENCING

