

# B.S.E.S. in Exercise Science

[Overview](#)

[Degree Requirements](#)

## Degree Requirements

The academic regulations for this degree program, as entered in the University of Mississippi Catalog, are in effect for the current or selected academic year and semester. The University of Mississippi reserves the right to 1) change or withdraw courses; 2) change rules for registration, instruction, and graduation; and 3) change other regulations affecting the student body at any time.

### General Education

REQUIREMENT	HOURS	DESCRIPTION
First Year Writing I	3	Complete <a href="#">Hon 101</a> , <a href="#">Writ 100</a> or <a href="#">Writ 101</a> with a passing grade.
First Year Writing II	3	Complete one of the following courses with a passing grade: <a href="#">Liba 102</a> , <a href="#">Writ 102</a> or <a href="#">Hon 102</a> .
<a href="#">Psy 201</a>	3	Complete <a href="#">Psy 201</a> with a passing grade.
<a href="#">Soc 101</a>	3	Complete <a href="#">Soc 101</a> with a passing grade.
3 hrs statistics course	3	Successfully complete a statistic course from the following list of courses: <a href="#">CJ 202</a> , <a href="#">Math 115</a> , <a href="#">Econ 230</a> , <a href="#">Bus 230</a> or <a href="#">Psy 202</a> .
3 hrs Arts Appreciation	3	Complete 3 hours in the area of fine or performing arts. Choose from art history, music, dance, and theatre arts. Studio and workshop courses cannot be used to satisfy this requirement. Acceptable freshman or sophomore-level courses are: <a href="#">AH 101</a> , <a href="#">AH 102</a> , <a href="#">AH 201</a> , <a href="#">AH 202</a> ; Music 101, Music 102, Music 103, Music 104, Music 105; Dance 200; and Theatre 201.
3 hrs literature 200+	3	Complete 3 hours of literature at the 200 level or higher with a passing grade.

### General Education II

REQUIREMENT	HOURS	DESCRIPTION
<a href="#">Bisc 206</a> - C min	4	Complete <a href="#">Bisc 206</a> with a grade of C or better.
<a href="#">Bisc 207</a> C- min	4	Complete <a href="#">Bisc 207</a> with a grade of C- or better.
<a href="#">Chem 103</a> or <a href="#">105/115</a>	3	Complete <a href="#">Chem 103</a> or <a href="#">Chem 105/115</a> with a passing grade.
<a href="#">Phys 211/221</a> or <a href="#">Phys 213/223</a> C- min	4	Complete <a href="#">Phys 211/221</a> or <a href="#">Phys 213/223</a> with a grade of C- or better.
<a href="#">Spch 102</a> or <a href="#">105</a>	3	Complete <a href="#">Spch 102</a> or <a href="#">Spch 105</a> with a passing grade.
Math (121 & 123) or 125 or 261	6	Exercise Science majors must take ( <a href="#">Math 121</a> and <a href="#">Math 123</a> ) or <a href="#">Math 125</a> or <a href="#">Math 261</a> to fulfill this requirement.
Add'l 3 hrs humanities or fine arts	3	Successfully complete 3 credit hours in humanities chosen from the following areas: African American Studies, classical civilization, gender studies, philosophy, modern or ancient languages, religion, or southern studies. Or, successfully complete 3 credit hours in the area of fine arts chosen from the following areas: art history, music, dance, and theatre arts. Studio and workshop courses cannot be used to satisfy this requirement.
History 6 hrs	6	Complete 6 hours of History coursework with a passing grade.
General electives	26	Complete at least 26 hours of general elective credit hours to complete program requirements of 124 hours.
<a href="#">Writ 250</a>	3	Complete <a href="#">Writ 250</a> with a passing grade.

### Major Requirements

REQUIREMENT	HOURS	DESCRIPTION
<a href="#">ES 100</a>	1	Complete <a href="#">ES 100</a> with a passing grade.
<a href="#">ES 338</a> C- min	3	Complete <a href="#">ES 338</a> with a grade of C- or better.
<a href="#">ES 346</a> - C min	3	Complete <a href="#">ES 346</a> with a grade of C or better.
<a href="#">ES 348</a> C- min	3	Complete <a href="#">ES 348</a> with a grade of C- or better.
<a href="#">ES 349</a> C- min	1	Complete <a href="#">ES 349</a> with a grade of C- or better.
<a href="#">ES 391</a>	3	Complete <a href="#">ES 391</a> with a passing grade.
<a href="#">ES 440</a>	3	Complete <a href="#">ES 440</a> with a passing grade.

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at [www.sacscoc.org](http://www.sacscoc.org) for questions about the accreditation.



REQUIREMENT	HOURS	DESCRIPTION
<a href="#">ES 446</a>	3	Complete <a href="#">ES 446</a> with a passing grade.
<a href="#">ES 447</a>	1	Complete <a href="#">ES 447</a> with a passing grade.
<a href="#">ES 456</a>	3	Complete <a href="#">ES 456</a> with a passing grade.
<a href="#">ES 457</a>	1	Complete <a href="#">ES 457</a> with a passing grade.
<a href="#">ES 473</a> or <a href="#">493</a>	3	Complete one of the following courses: <a href="#">ES 473</a> or <a href="#">ES 493</a> with a passing grade.
<a href="#">HP 191</a>	3	Complete <a href="#">HP 191</a> with a passing grade.
<a href="#">PH 203</a>	3	Complete <a href="#">PH 203</a> with a passing grade.
Professional electives 9 hrs	9	Complete 3 of the following: <a href="#">-ES 402</a> <a href="#">-ES 394</a> <a href="#">-NHM 311</a> <a href="#">-HP 303</a> <a href="#">-ES 490</a> <a href="#">-ES 471/Mgmt 371/PRM 471</a> <a href="#">-ES 344</a> <a href="#">-ES 396</a> <a href="#">-HP 312</a>
Overall Major GPA		Please contact your academic advisor for grade point requirements.

