INTEGRATIVE EXERCISE SCIENCE MAJOR

Degree Requirements

All students are required to complete overall degree requirements in addition to their major. Please see Degree Completion Requirements (https://catalog.hiram.edu/undergraduate/student-academic-responsibilities-performance/degree-completion-requirements/) for full details for students entering in the 2023-2024 catalog year.

Those students who started at Hiram prior to the 2023-2024 academic year will follow the Degree Requirements outlined in your catalog of record.

Major Requirements

Students must pass all required IES courses with a C or better and maintain a major GPA of 2.0. Students are also required either a minor or Sports Health Concentration along with the IES major.

Code	Title	Hours
Required Courses		
BIOL 13100 & BIOL 13300	ANATOMY/PHYSIOLOGY I:W/LAB and ANATOMY & PHYSIOLOGY II-W/LAB [1]	8
IES 10100	FOUNDATIONS EXERCISE SCIENCE	3
IES 10500	MEDICAL TERMINOLOGY HEALTH PRO	3
IES 21000	FITNESS & HEALTH PROMO/MGMT	3
IES 29700	FITNESS ADMIN/ORGANIZATION	3
IES 31100	NUTRITION AND FITNESS	3
IES 31200	PHYSIOLOGY: MUSC ACT & EXER (Lab experience) [2]	4
IES 32000	KINESIOLOGY&APP BIOMECHANICS (Lab experience) [2]	4
IES 34600	STRENGTH TRNG AND CONDITIONING (Lab experience) [2]	4
IES 40000	EXERCISE TESTING/PRESCRIPTION (Lab experience) [3]	4
IES 40100	EXERCISE TEST/PRESCRIP/SPECIAL [3]	4
Electives		
Select at least one of the following:		3-4
IES 23500	SPORT/EXERCISE/PERFORM PSYC	
IES 24400	ATHLETIC TRAINING	
BIOL/PSYC 21000	RESEARCH DESIGN & ANALYSIS:SM [5]	
IES 30900	SPORTS PSYCHOLOGY	
IES 31000	CARDIAC REHABILITATION (Lab experience) [3]	
IES 31300	PHYSIOLOGY OF AGING (Lab experience) [4]	
Capstone Experience		
IES 48000	SENIOR SEMINAR/CAPSTONE	1
IES 48100	INDEPENDENT RESEARCH	3
or IES 49800	INTERNSHIP	
Total Hours		**50-51**

1

Recommended co-requisite: CHEM 10500 PHYSIOLOGICAL CHEMISTRY:SM

2

Prerequisite: BIOL 13100 ANATOMY/PHYSIOLOGY I:W/LAB or permission

3

Prerequisite: BIOL 13100 ANATOMY/PHYSIOLOGY I:W/LAB/BIOL 13300 ANATOMY & PHYSIOLOGY II-W/LAB and IES 31200 PHYSIOLOGY: MUSC ACT & EXER, or permission

4

Prerequisite: BIOL 13100 ANATOMY/PHYSIOLOGY I:W/LAB/BIOL 13300 ANATOMY & PHYSIOLOGY II-W/LAB or permission

5

Prerequisite IES 10100 FOUNDATIONS EXERCISE SCIENCE or PSYC 10100 GENERAL PSYCHOLOGY

Capstone Experience

Students are required to complete a capstone experience in which they will work closely with a faculty member in the application of this experience. After or in conjunction with the specialty coursework, students will complete an internship or research project to enhance their experience. Students will be responsible for completing both writing and presentation components.

- Enroll in IES 48000 SENIOR SEMINAR/CAPSTONE and IES 48100 INDEPENDENT RESEARCH or IES 49800 INTERNSHIP.
- IES 48100 INDEPENDENT RESEARCH: students will be responsible for designing, implementing, and completing a research project under the supervision of a faculty member.

  or
- IES 49800 INTERNSHIP: this can be an on- or off-campus experience that is based upon the student's specialty interest. Thirty hours of didactic contact time per hour are required (90 total hours are required).

Total Hours: 50-51 and a correlative minor or concentration (16-30 hours)

Suggested Pathway

Course	Title	Hours	Term
First Year			
Fall 12 Week			
UCS 10101	FIRST-YEAR ENDURING QUESTIONS	4	_____
BIOL 13100	ANATOMY/PHYSIOLOGY I:W/LAB	4	_____
IES 10500	MEDICAL TERMINOLOGY HEALTH PRO	3	_____
Hiram Core or Elective		3-4	_____
	Hours	**14-15**	
Fall 3 Week			
IES 10100	FOUNDATIONS EXERCISE SCIENCE	3	_____
	Hours	**3**	
Spring 12 Week			
UCS 20201	ADDRESSING URGENT QUESTIONS	4	_____

BIOL 13300	ANATOMY & PHYSIOLOGY II-W/ LAB	4	_____
Hiram Core Requirement		4	_____
	Hours	**12**	
Spring 3 Week			
Hiram Core Requirement		3-4	_____
	Hours	**3-4**	
Second Year			
Fall 12 Week			
IES 21000	FITNESS & HEALTH PROMO/ MGMT	3	_____
IES 29700	FITNESS ADMIN/ ORGANIZATION	3	_____
Minor or Concentration		3-4	_____
Hiram Core		4	_____
	Hours	**13-14**	
Fall 3 Week			
Hiram Core Requirement		3-4	_____
	Hours	**3-4**	
Spring 12 Week			
IES Elective		3-4	_____
Minor or Concentration		3-4	_____
Hiram Core Requirement		4	_____
	Hours	**10-12**	
Spring 3 Week			
IES Elective		3-4	_____
	Hours	**3-4**	
Spring			
Plan and verify that you are on track with requirements including minimum credits to have 120 to graduate.			_____
	Hours	**0**	
Third Year			
Fall 12 Week			
UCS 30301	URGENT CHALLENGE SEMINAR:TT	4	_____
IES 34600	STRENGTH TRNG AND CONDITIONING	4	_____
Minor or Concentration		3-4	_____
	Hours	**11-12**	
Fall 3 Week			
IES 31100	NUTRITION AND FITNESS	3	_____
	Hours	**3**	
Spring 12 Week			
IES 32000	KINESIOLOGY&APP BIOMECHANICS	4	_____
Minor or Concentration		3-4	_____
Hiram Core Requirement or Elective		4	_____
	Hours	**11-12**	
Spring 3 Week			
Hiram Core Requirement		3-4	_____
	Hours	**3-4**	
Fourth Year			
Fall 12 Week			
IES 31200	PHYSIOLOGY: MUSC ACT & EXER	4	_____
Minor or Concentration Course		3-4	_____
Hiram Core Requirement		4	_____
Hiram Core or Elective		3	_____
	Hours	**14-15**	
Fall 3 Week			
Hiram Core Requirement		3-4	_____
	Hours	**3-4**	
Spring 12 Week			
IES 40100	EXERCISE TEST/PRESCRIP/ SPECIAL	4	_____
IES 40000	EXERCISE TESTING/ PRESCRIPTION	4	_____
Minor or Concentration Course		3-4	_____
	Hours	**11-12**	
Spring 3 Week			
IES 48000	SENIOR SEMINAR/CAPSTONE	1	_____
IES 48100 or IES 49800	INDEPENDENT RESEARCH or INTERNSHIP	3	_____
	Hours	**4**	
	Total Hours	**121-134**	