

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 2024-2025 catalog year.

Those students who started at Hiram prior to the 2024-2025 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 | |
| PSYC 21200 | SCIENTIFIC INQUIRY IN PSYCH: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 or IES 49800 | INDEPENDENT RESEARCH INTERNSHIP | 3 |
| 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 ([https://hiram-curr.courseleaf.com/search/?P=IES %2010100](https://hiram-curr.courseleaf.com/search/?P=IES%2010100)) FOUNDATIONS EXERCISE SCIENCE or PSYC 10100 (<https://hiram-curr.courseleaf.com/search/?P=PSYC%2010100>) 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 | |