

**APPLIED EXERCISE SCIENCE UNDERGRADUATE  
RECORD SHEET  
2024-2025 BULLETIN**

| Name:  |               |             |              |   |              |      | UM ID: |  |               |             |              |
|--|---------------|-------------|--------------|---|--------------|------|--------|--|---------------|-------------|--------------|
| Prerequisite Courses in Kinesiology  |               |             |              | Required Core Courses in Applied Exercise Science |              |      |        | Required Supporting Courses in Kinesiology   |               |             |              |
| Course No.   | Credit        | Term        | Grade        | Course No.  | Credit       | Term | Grade  | Course No.   | Credit        | Term        | Grade        |
| AES 218  | 3             |             |              | MVS 230 & 231 OR Anatomy 403                      | 4/5          |      |        | SM 101   | 3             |             |              |
| AES 220^ (W) (C or better)   | 3             |             |              | AES 242   | 3            |      |        | AES 110  | 3             |             |              |
| AES 221^ (W) (C or better)   | 1             |             |              | AES 243   | 1            |      |        | SM 217 or MVS 219 (ULWR)   | 3             |             |              |
| AES 100  | 2             |             |              | AES 315   | 3            |      |        | <b>Total</b>   | <b>9</b>      |             |              |
| AES 290 (Field Experience)   | 2             |             |              | AES 334   | 3            |      |        | <b>Courses Required Outside of Kinesiology</b>   |               |             |              |
| <b>Total</b>   | <b>11</b>     |             |              | AES 330   | 1            |      |        | <b>Course No.</b>  | <b>Credit</b> | <b>Term</b> | <b>Grade</b> |
| <i>Students are required to take 15 credit hours of <a href="#">AES electives</a> (previously known as concentration electives). These should be selected in consultation with your advisor based on your future professional goals.</i> |               |             |              | AES 331   | 3            |      |        | ENGLISH 125 OR FYWR (C or better)  | 4             |             |              |
|  |               |             |              | AES 332   | 3            |      |        | PSYCH 111 OR PSYCH 112   | 4             |             |              |
| <b>Course No.</b>  | <b>Credit</b> | <b>Term</b> | <b>Grade</b> | AES 403 (Internship)                              | 3            |      |        | MATH 105* (C or better)  | 4             |             |              |
|  |               |             |              | <b>PICK TWO OF THE FOLLOWING</b>                  |              |      |        | <b>One of the Following:</b><br>MVS 250/STATS 250/STATS 280/SOC 210  | 3/4           |             |              |
|  |               |             |              | AES 416   | 3            |      |        | <b>Total</b>   | <b>15/16</b>  |             |              |
|  |               |             |              | AES 446   | 3            |      |        |  |               |             |              |
|  |               |             |              | AES 451   | 3            |      |        |  |               |             |              |
|  |               |             |              | AES 460   | 3            |      |        | ^Students may take Physiol 201 instead of AES 220 & AES 221. Must earn a "C" or better   |               |             |              |
| <b>Total</b>   | <b>15</b>     |             |              | <b>Total</b>                                      | <b>30/31</b> |      |        | *Students may take Math 115 (must earn C- or better) or may place out of the requirement with a Math placement exam score of "calculus definite" |               |             |              |
| <b>NOTES:</b>  |               |             |              |   |              |      |        |  |               |             |              |

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| <b>Distribution Requirements</b>   |                |             |              |   |                |             |              |   |                |             |              |
|------------------------------------|----------------|-------------|--------------|---|----------------|-------------|--------------|---|----------------|-------------|--------------|
| <b>Humanities<br/>(12 credits)</b> |                |             |              | <b>Natural Science/Math/Quantitative Reasoning<br/>(12 credits)</b> |                |             |              | <b>Social Science<br/>(12 credits)</b>  |                |             |              |
| <b>Course No.</b>                  | <b>Credits</b> | <b>Term</b> | <b>Grade</b> | <b>Course No.</b>   | <b>Credits</b> | <b>Term</b> | <b>Grade</b> | <b>Course No.</b>                       | <b>Credits</b> | <b>Term</b> | <b>Grade</b> |
| SM 101                             | 3              |             |              | MATH 105  | 4              |             |              | PSYCH 111                               | 4              |             |              |
| SM 217 or MVS 219                  | 3              |             |              | AES 110   | 3              |             |              | AES 334 (313)<br>Exercise<br>Psychology | 3              |             |              |
|                                    |                |             |              | AES 220   | 3              |             |              |   |                |             |              |
|                                    |                |             |              | AES 221   | 1              |             |              |   |                |             |              |
|                                    |                |             |              | MVS 250/STATS<br>250/SOC 210  | 3 or 4         |             |              |   |                |             |              |
|                                    |                |             |              |   |                |             |              |   |                |             |              |
|                                    |                |             |              |   |                |             |              |   |                |             |              |
|                                    |                |             |              |   |                |             |              |   |                |             |              |
|                                    |                |             |              |   |                |             |              |   |                |             |              |
| <b>Total</b>                       |                |             |              | <b>Total</b>  |                |             |              | <b>Total</b>                            |                |             |              |

**Exceptions, Substitutions, Waivers, Other Notes**

Advisor - Please make any notes regarding approval of variations in degree program:

**Study Abroad (Optional):**

Please see Global Engagement Coordinator for more information.

**Last Reviewed:**

By: \_\_\_\_\_ Date: \_\_\_\_\_ By: \_\_\_\_\_ Date: \_\_\_\_\_ By: \_\_\_\_\_  
 \_\_\_\_\_ Date: \_\_\_\_\_ By: \_\_\_\_\_ Date: \_\_\_\_\_