U of M School of Kinesiology
Applied Exercise Science
SAMPLE 4-year Program 2021-22

Year 1 –Fall	Credits	Year 1 –Winter	Credits
●MVS110: Bases of Human Movement	3	● **AES 220 Physiology (NS)(W)^**	3
●**MATH 105* Data, Funct, Graphs (NS)**	4	● **AES 221 Lab (NS)(W)^**	1
● AES 218 Emergency Response	3	●First Year Writing Requirement	4
● AES 100 Intro to Applied Exercise Science **(F)**	2	● SM 101 Public Speaking	3
Electives or Distribution	3	●PSYCH 111 or 112	4
TOTAL	15	*TOTAL*	15

Year 2 –Fall	Credits	Year 2 –Winter	Credits
●SM 217 **or** MVS 219 (HU)	3	● Statistics (MVS 250 or STATS 250 or STATS 280 or SOC 210)	3 or 4
► Sophomore Status		● MVS 230 Musculoskeletal Anatomy	3
● AES 242 Essentials of Exerc Phys **(F)**	3	● MVS 231 Anatomy Lab	1
► AES/AT 220/221		*Electives or Distribution*	6
●AES 290 Experience	2		
Electives or Distribution	8		
TOTAL	16	*TOTAL*	13-14

Year 3 –Fall	Credits	Year 3 –Winter	Credits
●AES 331 Biomechanics Sport & Exer **(F)**	3	● AES 315 Exercise Pres & Testing **(W)**	3
► Math 105 with C or better ► AES 220/221 with C or better		► *AES 242 ► AES 218	
● AES Concentration Courses	6	● AES 332 Princ of Motor Behavior **(W)**	3
►Declare Management or Clinical Track		► AES 220/221 with C or better	
Electives or Distribution	6	● AES 313 Psychology of Exercise (SS)**(W)**	3
		► Junior Status	
TOTAL	15	*Electives or Distribution*	6
		TOTAL	15

Year 4 –Fall	Credits	Year 4 –Winter	Credits
● AES 403 Internship	3	●MVS 446 Soc Factors OR AES 416 Environmental Factors (W)	3
► AES 315 Exercise Prescription & Testing ► AES 218 ► Junior Status & 2.5 GPA		► MVS 340 or AES 242 ► SM 217/MVS 219	
		AES Concentration Courses	*6*
●AES 313 (F) Des & Eval of Physical Activity Intervention (or AES 451 in Winter)	3	● AES 451 Physical Activity Across the Lifespan (or AES 313 in Fall) ► AES 242	*3*
AES Concentration Course	3	*Electives or Distribution*	*3*
Electives or Distribution	6		
TOTAL	15	*TOTAL*	15
		TOTAL CREDITS	120

*Math 105 with "C" or better **OR** Math 115 with "C-" or better **OR** Math Placement Calculus Definite
^ AES 220 and AES 221 with a "C" or better **OR** PHYSIOL 201 with a "C" or better
Must be completed at UM Ann Arbor