U of M School of Kinesiology
Applied Exercise Science
SAMPLE 4-year Program 2023-24

Year 1 –Fall	Credits	Year 1 –Winter	Credits
MVS110: Bases of Human Movement	3	AES 220 Physiology (NS)^	3
MATH 105* Data, Funct, Graphs (NS)	4	AES 221 Lab (NS)^	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 PSYCH 112	4
TOTAL	15	TOTAL	15
Year 2 –Fall		Year 2 –Winter	
SM 217 or MVS 219 (HU) -Sophomore standing required	3	Statistics (MVS 250 or STATS 250 or STATS 280 or SOC 210)	3 or 4
AES 242 Essentials of Exercise Physiology -AES 220/221 with C or better required	3	Anatomy - one of the following: MOVESCI 230 & 231 (musculoskeletal) Anatomy 403 (total body systems)	4 or 5
AES 243 Exercise Phys Lab	1	General Electives or Distribution	6
AES 290 Experience	2	TOTAL	13 - 15
General Electives or Distribution	6		
TOTAL	15		
Year 3 –Fall		Year 3 –Winter	
AES 331 Biomechanics Sport & Exer -Math 105 and AES 220/221 with C or better required	3	AES 315 Exercise Pres & Testing -AES 218 required	3
AES 330 Biomechanics Lab	1	AES 332 Princ of Motor Behavior -AES 220/221 with C or better required	3
AES Electives	6	AES 334 Psychology of Exercise (SS) Junior Standing Required	3
General Electives or Distribution	6	General Electives or Distribution	6
TOTAL	16	TOTAL	15
Year 4 – 30 credits over final year including:			
AES 403 Internship -Requires AES 315, AES 218 -Junior Status & 2.0 GPA	3	Two of the following 400-level courses: AES 460 Des & Eval of Phys Activ (F) AES 451: Physical Act Life Span (W) AES 416: Environmental Factors of Phys Act (W) AES 446: Social Factors of Phys Act (W)	6
AES Electives	9	General Electives or Distribution	12
		TOTAL CREDITS TO GRADUATE	120

^ 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
*Math 105 with "C" or better **OR** Math 115 with "C-" or better **OR** Math Placement Calculus Definite