

Applied Exercise Science Sample 4-Year Program for 2024-2025

Year 1

Fall

Course Name	Credit Hours
AES 110: Bases of Human Movement	3
MATH 105* Data, Funct, Graphs (NS)	4
AES 218 Emergency Response	3
AES 100 Intro to Applied Exercise Science	2
Electives or Distribution	3

Total Credit Hours for Semester: 15

***Math 105 with “C” or better OR Math 115 with “C-“ or better OR Math Placement Calculus Definite**

Winter

Course Name	Credit Hours
AES 220 Physiology (NS)^	3
AES 221 Lab (NS) ^	1
First Year Writing Requirement	4
SM 101 Public Speaking	3
PSYCH 111 or PSYCH 112	4

Total Credit Hours for Semester: 15

^ AES 220 and AES 221 with a “C” or better OR PHYSIOL 201 with a “C” or better

Year 2

Fall

Course Name	Credit Hours
SM 217 or MVS 219 (HU) - Sophomore standing is required	3
AES 242 Essentials of Exercise Physiology (F) AES 220/221 with C or better required	3
AES 243 Exercise Phys Lab	1
AES 290 Experience	2
General Electives or Distribution	6

Total Credit Hours for Semester: 15

Winter

Course Name	Credit Hours
Statistics (MVS 250 or STATS 250 or STATS 280 or SOC 210)	3 or 4
Anatomy - one of the following: (MOVESCI 230 & 231 (musculoskeletal) or Anatomy 403 (total body systems))	4 or 5
General Electives or Distribution	6

Total Credit Hours for Semester: 13-15

Year 3

Fall

Course Name	Credit Hours
AES 331 Biomechanics Sport & Exer (F)	3

Math 105 and AES 220/221 with C or better	
AES 330 Biomechanics Lab	1
AES Concentration Electives	6
General Electives or Distribution	6

Total Credit Hours for Semester: 16

Winter

Course Name	Credit Hours
AES 315 Exercise Pres & Testing (W) (AES 218 Required)	3
AES 332 Princ of Motor Behavior (W) (AES 220/221 with C or better required)	3
AES 334 Psychology of Exercise (SS) Junior Standing Required	3
General Electives or Distribution	6

Total Credit Hours for Semester: 15

Year 4

30 Credits Over Final Year Including:

Course Name	Credit Hours
AES 403 Internship - Requires AES 315, AES 218 - Junior Status and 2.0 GPA	3
AES Electives	9
Two of the following 400-level courses: AES 460: Des & Eval of Phys Activ (F) AES 451: Physical Act Life Span (W) AES 416: Envir. Factors of Phys Act (W) AES 446: Social Factors of Phys Act (W)	6
General Electives or Distribution	12

Total Credits to Graduate: 120

Must be completed at UM Ann Arbor