

U of M School of Kinesiology
Applied Exercise Science
SAMPLE 4-year Program 2019-20

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	2	●SM 101 Public Speaking	3
<i>Electives or Distribution</i>	3	●PSYCH 111 or 112	4
	15		15
Year 2 –Fall		Year 2 –Winter	
●SM 217/MVS 219(HU)	3	● Statistics (MVS 250/STATS 250/SOC 210)	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		<i>Electives or Distribution</i>	6
●AES 290 Experience	2		
<i>Electives or Distribution</i>	8		
	16		14
Year 3 –Fall		Year 3 –Winter	
●AES 331 Biomechanics Sport & Exer (F)	3	●AES 315 Exercise Pres & Testing(W)	3
▶ SM 217/MVS 219		▶ *AES 242	
		▶ AES 218	
● AES Concentration Courses	6	●AES 332 Princ of Motor Behavior (W)	3
▶ Select Management or Clinical Track		●AES 437/313 Psychology of Exer (SS)(W)	3
		▶ Junior Status	
<i>Electives or Distribution</i>	6		
		<i>Electives or Distribution</i>	6
	15		15
Year 4 –Fall		Year 4 –Winter	
●AES 403 Internship	3	●MVS 446 Soc Factors OR AES 416 Environmental Factors (W)	3
▶ AES 315 Exercise Prescription		▶ MVS 340 or AES 242	
▶ AES 218		▶ SM 217/MVS 219	
▶ SM 217			
▶ Junior Status & 2.5 GPA			
●AES 451 (F) Physical Act Across Lifespan	3	AES Concentration Courses	6
▶ *MVS 340 or AES 242		<i>Electives or Distribution</i>	3
▶ *SM 217			
● AES Concentration Course	3		
<i>Electives or Distribution</i>	6		
	15		15

▶ Prerequisite

All AES 300 and 400 level courses have enforced prerequisites of

- MATH 105 C or Better
- AES/AT 220 C or Better
- AES/AT 221 C or Better

Must be taken at U of M