

**APPLIED EXERCISE SCIENCE UNDERGRADUATE
RECORD SHEET
2023-2024 BULLETIN**

Name:				UM ID:				Prepared By:			
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 & MVS 231 OR Anatomy 403	4/5			SM 101	3		
AES 220* OR PHYSIOL 201(C or better)	3			AES 242	3			MVS 110	3		
AES 221* OR PHYSIOL 201 (C or better)	1			AES 243 Ex. Phys Lab	1			SM 217 or MVS 219 (ULWR)	3		
AES 100	2			AES 315* (Exercise Prescript & Test)	3			Total	9		
AES 290 (Field Experience)	2			AES 331	3						
Total	11			AES 330 Biomechanics Lab	1			Courses Required Outside of Kinesiology			
				AES 332	3			Course No.	Credit	Term	Grade
<i>OPTIONAL: Independent Study, Internships, Field Work, Reading, and Research: HF 280 (Research), Additional HF 290 or 403, HF 470 Independent Study</i>				AES 334 (313) Exercise Psychology	3			ENGLISH 125 or FYWR (C or better)	4		
Required Electives (15 credits of AES Electives)				AES 403 Internship	3			PSYCH 111 or PSYCH 112	4		
Course No.	Credit	Term	Grade	^PICK TWO:	Credit	Term	Grade	MATH 105* (C or better)	4		
				AES 460	3						
				AES 451	3			One of the Following: MVS 250/STATS 250/STATS 280/SOC 210	3 or 4		
				AES 446	3						
				AES 416	3						
				Total	30/31			Total	15/16		
Total	15										

Notes:

Footnotes:

AES 243 and AES 331 labs can be taken concurrently or after completion of AES 242 and 331

*Courses must be taken at UM

^ Courses cannot double count as major requirement and elective.

All AES core courses (AES 242, AES 331, and AES 332) have advisory or enforced prerequisites of:

- MATH 105 C or Better or MATH 115 C- or Better or Placement Exam Calculus Beyond Definite
- AES 220 and AES 221 C or Better or PHYSIOL 201 C or Better

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Distribution Requirements											
Humanities (12 credits)				Natural Science/Math/Quantitative Reasoning (12 credits)				Social Science (12 credits)			
Course No.	Credits	Term	Grade	Course No.	Credits	Term	Grade	Course No.	Credits	Term	Grade
SM 101	3			MATH 105	4			PSYCH 111	4		
SM 217 or MVS 219	3			MVS 110	3			AES 334 (313) Exercise Psychology	3		
				AES 220/Physiol 201	3						
				AES 221/Physiol 201	1						
				MVS 250/STATS 250/SOC 210	3 or 4						
Total				Total				Total			

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: _____