Sports and Exercise Sciences—Applied Sport Emphasis
Department of Sports and Exercise Sciences
AC 217 651-2370

CORE CURRICULUM COURSES: 34-36 HOURS ♦
Number of hours does not include specific core requirements listed below.

HRS

Communication (10)
ENGL 1301 (ENG 101); 1302* (ENG 102) or 2311* (ENG 270) 6

Communication (11)

COMM 1315 (SOCM 101, 1315), 1318 (SOCM 103, 1318), or 1321
(SCOM 201, 1321) 3

Mathematics (20)
MATH 1314* (110), 1324* (115), 1332* (119), 2412*, or 2413* 3

Natural Sciences (30)

See University Core Requirements below

(30)

Humansities (40-41)
ENGL 2321*, 2326*, 2341*, 2343*; HIST 2311 (110),
2323, 2372 (210); MCOM 1307 (MC 107); PHIL 1301 (101),
2374 (204); SPAN 2312*** (207) or SPAN 2315*** 3

Visual and Performing Arts (50)
HUMA 1315 (FA 101); ARTS 1303 (ART 151), ARTS 1304 (ART
162); DANC 2303; MUSI 1306 (MUS 101) or 1208 and 1209;
or THRE 1310 (105) 3

Social and Behavioral Sciences (60)
HIST 1301 (201) or 1303; 1302 or 1304; 2301; 2381
Choose 2 6

Social and Behavioral Sciences (70)

Choose 1

POSC 2305 (101) or 2370; 2306 (102) 6

Social and Behavioral Sciences (80)

AGBE 2317 (213), ANTH 2351 (201), CRIJ 1301 (CJ 105);
ECON 2301 (ECO 201), 2302 (ECO 202), 2371; GEOG 1302
(202); PSYC 2301 (PSY 201); COMM 2377 (255); SOCI 1301
(201); or SOCW 2361 (SOCW 201) 3

Institutionally Designated Option (90)

ANKC 2370; CIDM 1105, 1301 (GIS, IDM 1301), 1315 (GIS, IDM
1315), 2345; CS 1301; IDS 1071; PHIL 2303 (200) Choose 1

1-3

SPORTS AND EXERCISE SCIENCES—APPLIED SPORT MAJOR
Requirements: 56 HOURS
A grade of "C" or better must be earned in all courses required for major.

UNIVERSITY CORE REQUIREMENTS: 8 HOURS

CORE 30

BIOL 2401*, 2401L (240) Human Anatomy & Physiology I 4

CORE 30

BIOL 2402*, 2402L (241) Human Anatomy & Physiology II 4

SPORTS AND EXERCISE SCIENCES MAJOR CORE
Requirements: 36 HOURS

SES 1301 (204) Historical & Contemporary Issues in Sport 3

SES 2342 (342) Personal Fitness Concepts 3

SES 3302 (302) Structural and Mechanical Kinesiology 3

SES 3304 (304) Measurement & Evaluation Techniques 3

SES 3340 (340) Sport Nutrition 3

SES 3341* (341) Exercise Physiology 3

Bachelor of Science Degree
BS.SES.APSP (150)

SES 3356* (341) Theory and Practice of Strength Training
and Conditioning 3

SES 4302 Motor Learning and Skill Acquisition 3

SES 4325 (425) Sport Psychology 3

SES 4326 (426) Sport Sociology 3

SES 4327 Exercise Psychology 3

RELATED DEGREE REQUIREMENTS: 12 HOURS

SES 3330 (340) Principles of Sports Administration 3

BACHELOR OF SCIENCE REQUIREMENTS: 6 HOURS OPTION

Six hours chosen from biology, chemistry, geology, geosciences, mathematics, physics and natural sciences.

ELECTIVES: 22-24 HOURS BY ADVISEMENT—SEE NOTE

ELECTIVES (ADVANCED)

ELECTIVES (ANY LEVEL)

TOTAL HOURS REQUIRED TO COMPLETE DEGREE 120

♦ Core curriculum courses should be taken during the first two years of enrollment.
* Indicates prerequisites—see catalog for more information.
** While MATH 1332 will fulfill core math requirements for students in the 2011-2012 catalog, it will NOT prepare them for math beyond MATH 1332 such as Business Math II (MATH 1325), Pre-Calculus (MATH 2412), etc.
*** Or an equivalent course (second year, second semester) in French or German.

Note: This is NOT a degree plan. Before completion of 60 hours, students are allowed and encouraged to request an official degree plan in the office of the dean of the College of Nursing and Health Sciences, located in Old Main, Room 402 (or call 806-651-3500). After completing 60 hours, students will not be allowed to progress without requesting a degree plan.