



Degree Plan: Sports and Exercise Science - Bachelor of Science

[GP-BS-SPEX-1]

School of Graduate and Professional Studies

Department of Sports and Exercise Science

Catalog Year: 2019-2021 **(PROPOSED)**

General Education Requirements 44 46 hours		
Communication - 9 hours	American History - 3 hours	Behavioral Science - 3 hours
ENGL 1113; ENGL 1213; COMM 1113	HIST 1483 or 1493	PSY 1113
Mathematics - 3-5 hours	Political Science - 3 hours	Economics - 3 hours
MATH 1413, 1513, 1613, 2215, 2713, STAT 1513	PS 1113	AGRC 2013, ECON 2013, GEOG 3023, CRM 3603
Science* - 8-9 hours	Humanities* - 6 hours	Health and Wellness - 4 hours
Biological Science (4 hours) Physical Science (4-5 hours) *One course must be a lab science; see undergraduate catalog for list.	Diversity (3 hours) Aesthetics (3 hours) *One course must be taken from each category; see undergraduate catalog for list.	Any PE activity course(s), SES 2003, 2013, or 2023
General Education Non-PE Electives (To total at least 44 hours, if needed)*		
General Education Electives must be selected from the list of approved Gen Ed courses, exclusive of those with the PE prefix. For a full list of General Education courses, see: http://www.cameron.edu/catalog/general_ed.html .		
University Requirements		
UNIV 1001 or 1113 - 1-3 hours	Computer Literacy - CIS 1013, MIS 2113	Capstone Experience - SES 4053
Major Requirements 45 hours		
Required Core Courses - 45 hours		
SES 2023 Nutrition (FA, SP)	SES 3053 Facility Management (FA)	
SES 2033 First Aid (FA, SP)	SES 4003 Motor Learning (FA)	
SES 2043 Intro to Sports & Exercise Science (FA, SP)	SES 4013 Physiology of Exercise Lab (FA)	
SES 3003 Sports Nutrition (SP)	SES 4023 Exercise Prescription (SP)	
SES 3013 Applied Anatomy & Kinesiology (FA, SP)	SES 4033 Legal Aspects (FA)	
SES 3023 Care & Prevention of Athletic Injuries (FA, SP)	SES 4043 Research Methods (SP)	
SES 3033 Physiology of Exercise (FA, SP)	SES 4053 Practicum (FA, SP)	
SES 3043 Biomechanics (SP)		
Guided Electives 15 hours		
Select from the following list:		
SES 2003 Health	SES 3113 Event Planning & Fundraising	
SES 2013 Wellness	SES 3123 Sport Psychology	
SES 3063 Health & Behavior Change	SES 3131 Special Studies	
SES 3073 Recreation for Special Populations	SES 3132 Special Studies	
SES 3083 Community Recreation Programs	SES 3133 Special Studies	
SES 3093 General Medical Conditions	SES 3143 Personal Training	
SES 3103 Leadership & Coaching	SES 3153 Strength Training	
General Electives to Complete 124 hours		
Graduation Requirements		
Department Requirements	Minimum ½ of Major Upper Division Hours Completed at CU	
Minimum 124 Total Credit Hours	15 of last 30 Credit Hours or ½ of Major Completed at CU	
Minimum 40 Upper Division Credit Hours	Retention GPA 2.0	
Minimum 55 Liberal Arts & Science Credit Hours	Cameron GPA 2.0	
Minimum 30 Credit Hours in Residence at CU	Minimum grade of "C" in major and guided electives	
Minimum 60 Credit Hours at a 4-Year Institution	Complete Graduation Application at Registrar's Office	