

Sports and Exercise Science – Bachelor of Science

FIRST YEAR

Fall Semester	16-18 Hours
UNIV 1001/1113 Intro to Univ Life/Study Strats	(1/3)
ENGL 1113 English Composition I	(3)
COMM 1113 Principles of Communication	(3)
HIST 1483/1493 U.S. History to/since 1865	(3)
General Education Humanities-Diversity.....	(3)
SES 2043 Intro to Sports & Exercise Science (M) (FA, SP)	(3)
Spring Semester	15 Hours
ENGL 1213 English Composition II.....	(3)
PSY 1113 General Psychology	(3)
General Education Mathematics	(3)
General Education Humanities-Aesthetics	(3)
SES 2023 Nutrition (M) (FA, SP)	(3)

THIRD YEAR

Fall Semester	16 Hours
SES 3053 Facility Management (M) (FA)	(3)
Major Elective (M).....	(6)
Elective	(7)
Spring Semester	16 Hours
SES 3043 Biomechanics (M) (SP)	(3)
Major Electives (M).....	(6)
Elective	(7)

SECOND YEAR

Fall Semester	16 Hours
General Education Biological Science	(4)
PS 1113 American Federal Government.....	(3)
General Education Economics.....	(3)
Health and Wellness	(3)
SES 3013 Anatomy & Kinesiology (M) (FA, SP)	(3)
Spring Semester	14-15 Hours
General Education Physical Science.....	(4/5)
Health and Wellness	(1)
SES 3003 Sports Nutrition (M) (SP)	(3)
SES 3023 Care & Prevention of Athletic Injuries (M) (FA, SP)	(3)
SES 3033 Physiology of Exercise (M) (FA, SP)	(3)

FOURTH YEAR

Fall Semester	15 Hours
SES 2033 First Aid (M) (FA, SP)	(3)
SES 4013 Physiology of Ex Lab (M) (FA)	(3)
SES 4003 Motor Learning (M) (FA)	(3)
SES 4033 Legal Aspects (M) (FA)	(3)
Elective	(3)
Spring Semester	15 Hours
SES 4053 Practicum (!) (M) (FA, SP)	(3)
SES 4023 Exercise Prescription (M) (SP)	(3)
SES 4043 Research Methods (M) (SP)	(3)
Major Elective (M)	(3)
Electives	(3)

^M Denotes Minimum Grade Needed for Course

^R Denotes Restriction to Students Admitted to Educator Preparation Program

! Denotes Critical Course

Bolded courses indicate guaranteed course rotation for major core: (FA=Fall; SP=Spring; SU=Summer; O=Odd Year; E=Even Year).

This is a recommended semester-by-semester plan of study for this major for a hypothetical student and will not substitute for meeting with an advisor to discuss individual student needs. Course offerings are subject to change based on enrollment. However, courses or requirements designated as critical (!) must be completed in the semester listed to ensure a timely graduation.

Graduation Requirements Summary

Minimum Total Hours for Graduation	124
Minimum Upper-Division Hours	40
Minimum Gen Ed Hours	44
Minimum Liberal Arts Hours	55
Minimum Major GPA	2.000
Minimum Overall GPA	2.000