



Suggested Four-Year Degree Plan-Online Delivery SPORTS AND EXERCISE SCIENCE

Bachelor of Science
120 Credit Hours

FIRST YEAR (31 Hours)

Fall Semester (16 Hours)	Hours
UNIV 1001 Intro to University Life	1
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	3
SES 2033 First Aid ^(M) (FA^{OL}, SP, SU^{OL})	3

Spring Semester (15 Hours)	Hours
ENGL 1213 English Composition II	3
PSY 1113 General Psychology	3
General Education Mathematics	3
SES 2023 Nutrition ^(M) (FA^{OL}, SP^{OL}, SU^{OL})	3
SES 2043 Intro Sports & Exercise Sci ^(M) (FA, SP^{OL})	3

SECOND YEAR (29-32 Hours)

Fall Semester (15-16 Hours)	Hours
General Education Biological Science	3-4
PS 1113 American Federal Government	3
General Education Economics	3
SES 3013 Appl Anat & Kinesiology ^(M) (FA^{OL}, SP)	3
Computer Literacy Course (IT 1013 or MIS 2113)	3

Spring Semester (14-16 Hours)	Hours
General Education Physical Science	3-5
SES 3023 Care & Prev Athl Injuries ^(M) (FA, SP^{OL})	3
Major Electives ^(M)	3
General Electives	5

THIRD YEAR (30 Hours)

Fall Semester (15 Hours)	Hours
SES 3003 Sports Nutrition ^(M) (FA^{OL}, SP)	3
SES 3033 Physiology of Exercise ^(M) (FA^{OL}, SP)	3
SES 3043 Biomechanics ^(M) (FA^{OL}, SP)	3
Major Electives ^(M)	3
General Electives	3

Spring Semester (15 Hours)	Hours
SES 3053 Facility Management ^(M) (FA, SP^{OL})	3
SES 4013 Physiology of Exercise Lab ^(M) (FA, SP^{OL})	3
SES 4033 Legal Aspects ^(M) (FA, SP^{OL})	3
Major Electives ^(M)	3
General Elective	3

FOURTH YEAR (29 Hours)

Fall Semester (15 Hours)	Hours
General Education Humanities	3
SES 4023 Exercise Prescription ^(M) (FA^{OL}, SP)	3
Major Electives ^(M)	3
General Electives	6

Spring Semester (14 Hours)	Hours
SES 4003 Motor Learning ^(M) (FA, SP^{OL})	3
SES 4043 Research Methods ^(M) (FA, SP^{OL})	3
SES 4053 Practicum (!) ^(M) (FA^{OL}, SP^{OL})	3
Major Electives ^(M)	3
General Electives	2

^MDenotes Minimum Grade Needed

^{OL}Denotes Online Delivery Method

^RDenotes Restriction to Students Admitted to Educator Preparation Program

^IDenotes 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 plan of study for this major. Students should meet with an advisor to discuss individual needs. Course offerings are subject to change based on enrollment. Requirements designated as critical (!) must be completed in the semester listed to ensure timely graduation.

Graduation Requirements Summary

Minimum Total Hours for Graduation	120
Minimum Upper-Division Hours	40
Minimum Gen Ed Hours	40

Minimum Liberal Arts Hours	55
Minimum Major GPA	2.000
Minimum Overall GPA	2.000