Degree Requirements: Sports and Exercise Science (370)–Bachelor of Science
School of Graduate and Professional Studies
Department of Sports and Exercise Science
Catalog Year: 2023-2025

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, 1463, 1513, 1613, 2215, 2713, STAT 1513	PS 1113	AGRC 2013, ECON 2003, ECON 2013, GEOG 3023
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.	Diversity (3 hours) Aesthetics (3 hours) *One course taken from each category.	SES 2003, 2013, 2023, MSL 1112, PE 1--1, 2--1, 2--2 *Requirement waived for some students.
General Education Non-PE Electives (To total at least 44 hours, if needed)*		
Gen ed electives must be selected from the list of approved general education courses, (MSL- and PE-prefixes excluded).		
University Requirements		
UNIV 1001 or 1113 (1-3 hours)	Computer Literacy (IT 1013, MIS 2113)	Capstone Experience (SES 4053)

Major Requirements (45 hours)

Required Core Courses* (45 hours*)

SES 2023 Nutrition (FA[OL], SP[OL], SU[OL])	SES 3053 Facility Management (FA, SP[OL])
SES 2033 First Aid (FA[OL], SP, SU[OL])	SES 4003 Motor Learning (FA, SP[OL])
SES 2043 Intro to Sports & Exercise Science (FA, SP[OL])	SES 4013 Physiology of Exercise Lab (FA, SP[OL])
SES 3003 Sports Nutrition (FA[OL], SP)	SES 4023 Exercise Prescription (FA[OL], SP)
SES 3013 Applied Anatomy & Kinesiology (FA[OL], SP)	SES 4033 Legal Aspects (FA, SP[OL])
SES 3023 Care & Prevention of Athletic Injuries (FA, SP[OL])	SES 4043 Research Methods (FA, SP[OL])
SES 3033 Physiology of Exercise (FA[OL], SP)	SES 4053 Practicum (FA[OL], SP[OL])
SES 3043 Biomechanics (FA[OL], SP)	

FA=Fall; SP=Spring; SU=Summer; OL=Online

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 Coaching	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

**A grade of C or better is required in all Major Core and Guided Elective Courses.*

General Electives (To Complete 124 hours)

Graduation Requirements

Department Requirements	Minimum 60 Credit Hours at a 4-Year Institution
Minimum 124 Total Credit Hours	Minimum ½ of Major Upper Div Hours Completed at CU
Minimum 40 Upper Division Credit Hours	15 of last 30 Credit Hours or ½ of Major Completed at CU
Minimum 55 Liberal Arts & Science Credit Hours	Retention GPA 2.0; Cameron GPA 2.0
Minimum 30 Credit Hours in Residence at CU	Complete Graduation Application Online