

BACHELOR OF SCIENCE - Sport and Exercise Science (Health & Human Performance)

Dept.	Class Name	Hrs.		Dept.	Class Name	Hrs.
FRESHMAN YEAR						
BPC 100	Student Success*	3		BUS 101	Intro to Computer Applications	3
ENG 101	Writing and Rhetoric	3		ENG 102	Rhetoric and Literature	3
MTH 102	College Algebra	3		CHR 100	Intro to Biblical Worldview	3
BIO 100 or 101	Survey of Biology or General Biology I + Lab	4		BIO 230	Medical Terminology	3
105	Intro to Chem I or General Chem I + Lab	4		PHY/S 101	Introduction to Physical Sciences w/Lab	4
	TOTAL	17			TOTAL	16
SOPHOMORE YEAR						
SES 100	Introduction to Exercise Science	3		MTH 104	Elementary Statistics	3
PSY 201	General Psychology	3		PE 207	Sports Officiating	3
BIO 210	Survey of Human Anatomy & Physiology + Lab	4		HEA 300	Sport and Fitness Nutrition	3
PE 427	Motor Learning	3		OPTION	Required Fine Arts Course***	3
				OPTION	Course	3
	TOTAL	13			TOTAL	15
JUNIOR YEAR						
HIS 151	History of Civilization I	3		HIS 152	History of Civilization II	3
PE 309	Injuries	3		PE 208	Team Sports	3
PE 315	Wellness & Healthy Lifestyles	3		PE 209	Individual/Dual Sports	3
HEA 211	First Aid and CPR	2		PE 310	Fitness and Research Testing	3
OPTION	Required Arts and Letters Course	3		OPTION	Required Religion and Philosophy Course	3
	TOTAL	14			TOTAL	15
SENIOR YEAR						
SES 425	Exercise Physiology	3		SES 410	Sport Biomechanics	3
PE 410	Techniques of Coaching	3		SES 325	Strength Training Methods	3
SES 350	Sports Pharmacology	3		PE 325	Sport and Fitness Management	3
PE 450	Internship	3		OPTION	SES or PSY Elective	3
OPTION	SES or PSY Elective	3		OPTION	SES or PSY Elective	3
	TOTAL	15			TOTAL	15

TOTAL PROGRAM HOURS REQUIRED: 122-125

*Any student who has successfully completed 24 hours of college-level classes is exempt from BPC 100.

SES majors may take BIO 101& BIO-L OR BIO 100 and CHM 111 OR CHM 105 to satisfy the core science requirement. SES majors must take PSY 201 to satisfy the core requirements for Social/Behavioral Sciences. **This major DOES NOT meet Pre-Physical Therapy requirements.**

***Three semesters of Concert Choir (MUS-CC 160/ 260/360/460) fulfills the Fine Arts core requirement.