

BACHELOR OF SCIENCE IN SPORT AND EXERCISE SCIENCE (Health & Human Performance Concentration)

Semester	Dept.	Class Name	Adj.	Hrs.	Grade	Aud.	Semester	Dept.	Class Name	Adj.	Hrs.	Grade	Aud.
FRESHMAN													
	*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		
	Option	BIO 101 & BIO 101-Lab OR BIO 100		4				BIO 230	Medical Terminology		3		
	Option	CHM 111 & CHM 111-Lab OR CHM 105		4				PHY/S 101	Introduction to Physical Sciences w/Lab		4		
		TOTAL		17					TOTAL		16		
SOPHOMORE													
								MTH 104	Elementary Statistics		3		
	SES 100	Introduction to Exercise Science		3				ENG	ENG 200-206 or MUS 221/222		3		
	PSY 201	General Psychology		3				ML/CUL	Modern Language or Culture		3		
	BIO 210	Survey of Human Anatomy and Physiology w/Lab		4				PE 207	Sports Officiating		3		
	PE 427	Motor Learning		3				HEA 300	Sport and Fitness Nutrition		3		
		TOTAL		13					TOTAL		15		
JUNIOR													
	HIS 151/152	History of Civilization I/II		3				HIS 151/152	History of Civilization I/II		3		
	ART/MUS	Art or Music Appreciation with options		3				CHR elective	CHR 101, 102, 210, 220, 230		3		
	PE 309	Prevention and Care of Exercise Related 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		
		TOTAL		14					TOTAL		15		
SENIOR													
	SES 425	Exercise Physiology		3				UL elective	PSY 313/406, PE 350, SES 300,400,415,420,435		3		
	PE 410	Techniques of Coaching		3				UL elective	PSY 313/406, PE 350, SES 300,400,415,420,435		3		
	UL elective	PSY 313/406, PE 350 SES 300,400,415,420,435		3				SES 410	Sport Biomechanics		3		
	SES 350	Sports Pharmacology		3				SES 325	Strength Training Methods		3		
	PE 450	Internship		3				PE 325	Sport and Fitness Management		3		
		TOTAL		tot 15					TOTAL		tot 15		
HOURS NEEDED:										TOTAL PROGRAM HOURS REQUIRED: 120-125			

SES majors may take BIO 101& BIO-L OR BIO 100 and CHM 111 & CHM 111-L 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.
 *Any student who successfully has completed 24 hours of college-level classes is exempt from BPC 100. **Upper-level electives must be 300 or 400 level and chosen from the list provided. ***PE 450 Internship must be completed in the Senior year.
 *PE 205 is waived for all SES majors, however, incoming transfers that take BPC 105 must take PE 205.