

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

Dept.	Class Name	Hrs.		Dept.	Class Name	Hrs.
<b>FRESHMAN YEAR</b>						
BPC 100	Student Success*	3		BUS 101	Fundamentals of Computer Applications	3
ENG 101	Writing and Rhetoric	3		ENG 102	Rhetoric and Literature	3
MTH 102	College Algebra	3		CHR 100	Introduction to Biblical Worldview	3
OPTION	Required Biology Course***	4		BIO 230	Medical Terminology	3
OPTION	Required Chemistry Course***	4		PHY/S 101	Introduction to the Physical Sciences	4
	<b>TOTAL</b>	<b>17</b>			<b>TOTAL</b>	<b>16</b>
<b>SOPHOMORE YEAR</b>						
HIS 151	History of Civilization I	3		HIS 152	History of Civilization II	3
PSY 201	General Psychology	3		MTH 104	Elementary Statistics	3
BIO 210	Survey of Anatomy and Physiology	4		PE 207	Sports Officiating	3
PE 427	Motor Learning	3		OPTION	Required Arts and Letters Course	3
SES 100	Introduction to Exercise Science	3		OPTION	Required Fine Arts Course**	3
	<b>TOTAL</b>	<b>16</b>			<b>TOTAL</b>	<b>15</b>
<b>JUNIOR YEAR</b>						
HEA 211	First Aid, Safety and CPR	2		PE 208	Team Sports	3
HEA 300	Sport and Fitness Nutrition	3		PE 209	Individual/Dual Sports	3
PE 309	Prevention and Care of Exercise Related Injuries	3		PE 310	Fitness and Research Testing	3
PE 315	Wellness and Healthy Lifestyles	3		OPTION	Required Religion and Philosophy Course	3
OPTION	Required Foreign Language/Culture Course	3				
	<b>TOTAL</b>	<b>14</b>			<b>TOTAL</b>	<b>12</b>
<b>SENIOR YEAR</b>						
PE 410	Techniques of Coaching	3		PE 325	Sport and Fitness Management	3
PE 450	Internship	3		SES 325	Strength Training Methods	3
SES 350	Sports Pharmacology	3		SES 410	Sport Biomechanics	3
SES 425	Exercise Physiology	3		OPTION	Required SES Elective Course (300-400)	3
OPTION	Required SES Elective Course (300-400)	3		OPTION	Required SES Elective Course (300-400)	3
	<b>TOTAL</b>	<b>15</b>			<b>TOTAL</b>	<b>15</b>
<b>TOTAL PROGRAM HOURS REQUIRED: 120-125</b>						

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

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

\*\*\*SES majors may take BIO 100/101 and CHM 105/111 to satisfy the core science requirement.

PE 205 is waived for students in the health and human performance concentration; however, incoming transfers that take BPC 105 must take PE 205.

This major does NOT meet Pre-Physical Therapy requirements.