

Department of Sports and Exercise Sciences

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Faculty: Boulware, Chase, Conatser, Landis, Lee, Meyers, Strong

The Department of Sports and Exercise Sciences is responsible for offering activity classes meeting West Texas A&M University core physical education requirements, certification of physical education teachers for public schools in Texas, and preparation of students in sports and exercise sciences. The department is housed in the Virgil Henson Activities Center, a multi-purpose building which provides outstanding facilities for various programs the department offers.

Activity classes offered by the department are designed to create interest and develop skills in lifelong sports and to enable persons to use leisure time to benefit physical and mental health. Emphasis is placed on both individual and small-group recreational sports with portions of each class devoted to understanding the relationship of personal physical fitness to lifetime participation in vigorous activity.

A program leading to teacher certification is available in all-level physical education, as well as certification in physical education plus a second teaching field for secondary level.

University Core Curriculum Requirements

Refer to the "University Core Curriculum" section of this catalog.

| Discipline | Course Prefix |
|------------------------------------|---------------|
| Athletic Training | ATTR |
| Physical Education | PHED |
| Sports and Exercise Sciences | SES |

NOTE: See the "Academic Courses and Abbreviations" and "Course Descriptions" sections of this catalog for a complete list of courses offered by the University.

Bachelor of Arts (B.A.)/ Bachelor of Science (B.S.) Degree

(May be either depending on option selected.)

Requirements

Physical Education Core (15 hours)

- SES 1301, 3302, 3304, 3340, 3341.

Major in Sports and Exercise Sciences (All Levels PE) (Major Code: 462)

- PHED/SES Core (15 hours).
- SES 3321, 3307, 3311, 3320, 4322.
- Three hours from (SES 2333–2339).
- Three hours from (SES 3350–3356).
- Professional Education Core (27 hours plus EDT 3343)*.

NOTE: For teacher certification requirements, refer to the Division of Education section of this catalog.

*Students must contact the Division of Education for teacher certification requirements.

| Curriculum Guide (suggested course sequence) | | | |
|--|---|--|--|
| Major in Sports and Exercise Sciences—All Levels PE Bachelor of Arts Degree or Bachelor of Science Degree | | | |
| First Year | | Second Year | |
| Semester 1 | Semester 2 | Semester 1 | Semester 2 |
| ENGL 13013 hrs. MATH 13143 hrs. BIOL 14064 hrs. SCOM 1315 or 13213 hrs. 13 hrs. | ENGL 13023 hrs. BIOL 14074 hrs. HIST 13013 hrs. PHED 11111 hr. SES 13013 hrs. SES 2333- 23393 hrs. 17 hrs. | B.A./B.S. requirement4 hrs. PSYC 23013 hrs. SES 33213 hrs. Visual/Performing arts core3 hrs. POSC 23053 hrs. PHED activity1 hr. 17 hrs. | B.A./B.S. requirement4 hrs. ENGL 2371, HIST 2372, PHIL 1301, SPAN 23123 hrs. POSC 23063 hrs. ENGL 2332 or 23333 hrs. HIST 1301 or 13023 hrs. ACOT 23023 hrs. 16 hrs. |
| Summer Session I | | | |
| Semester 1 | | | |
| Elective3 hrs. Elective3 hrs. 6 hrs. | | | |
| Third Year | | Fourth Year | |
| Semester 1 | Semester 2 | Semester 1 | Semester 2 |
| SES 33213 hrs. SES 33023 hrs. SES 33113 hrs. SES 33073 hrs. SES 3350- 33563 hrs. EDPD 3340^3 hrs. 18 hrs. | SES 33413 hrs. SES 33043 hrs. SES 33403 hrs. SES 33203 hrs. EPSY 33413 hrs. EPSY 33503 hrs. 18 hrs. | SES 43303 hrs. SES 33253 hrs. SES 43223 hrs. EDSE 43203 hrs. EDRD 4304 or 43863 hrs. Elective3 hrs. 18 hrs. | EDT 33433 hrs. EDPD 43406 hrs. EDEL 43403 hrs. EDSE 43413 hrs. 12 hrs. |

^Must be taken after completing 54 hours.
 *EPSY 3341-3350 must be taken in the same semester.
 **EDSE 4320 and EDRD 4304/4386 must be taken in the semester prior to student teaching and are only offered in fall and spring semesters due to field experiences.

Department of Sports and Exercise Sciences

Major in Sports and Exercise Sciences (Major Code: 117)

Exercise Science Emphasis

- PHED/SES core (15 credit hours).
- Bachelor of science degree additional requirements .
- Additional requirements: BIOL 2401 and BIOL 2402.
- SES 1306, 2310, 3316, 3342, 3356, 4325, 4326, 4340, 4341, ATTR 3308, MGT 3330.
- 21 hours of electives.
- Maximum of 13 hours of PHED/SES to assure a maximum of 60 hours in the PHED/SES major.

Sport and Fitness Emphasis

- PHED/SES core (15 credit hours)
- Bachelor of arts/bachelor of science degree requirements (see adviser for course listing)
- SES 1306, 3316, 3342, 3355, 3356, 4301, 4325, 4326, 4340.
- 27 hours of electives.
- Maximum of 16 hours of PHED/SES to assure a maximum of 60 hours in the PHED/SES major.

For information about the master of science (M.S.) degree in sports and exercise sciences, refer to the “Graduate school” section of this catalog.

| Curriculum Guide (suggested course sequence) | | | |
|---|---|--|---|
| Major in Sports and Exercise Sciences Exercise Science Emphasis | | | |
| First Year | | Second Year | |
| Semester 1 ENGL 13013 hrs. MATH 13143 hrs. BIOL 14064 hrs. SES 13063 hrs. SCOM 1315 or 1321 <u>3 hrs.</u> 16 hrs. | Semester 2 ENGL 13023 hrs. BIOL 14074 hrs. HIST 1301 or 13023 hrs. PHED 11111 hr. SES 13013 hrs. SES 2310 <u>3</u> hrs. 17 hrs. | Semester 1 BIOL 24014 hrs. PSYC 23013 hrs. SES 33213 hrs. Visual/Performing arts core3 hrs. POSC 23053 hrs. PHED activity <u>1 hr.</u> 17 hrs. | Semester 2 BIOL 24024 hrs. ENGL 2371, HIST 2372, PHIL 1301, SPAN 23123 hrs. POSC 23063 hrs. SES 33423 hrs. HIST 1301 or 1302 <u>3 hrs.</u> 16 hrs. |
| Third Year | | Fourth Year | |
| Semester 1 ENGL 2332 or 23333 hrs. SES 33023 hrs. MGT 33303 hrs. ATTR 33084 hrs. Elective3 hrs. Elective <u>3 hrs.</u> 19 hrs. | Semester 2 SES 33413 hrs. SES 33213 hrs. SES 43413 hrs. Elective3 hrs. Elective <u>3 hrs.</u> 15 hrs. | Semester 1 SES 43263 hrs. SES 33563 hrs. SES 43404 hrs. SES 33163 hrs. Elective <u>3 hrs.</u> 16 hrs. | Semester 2 SES 43253 hrs. SES 33043 hrs. SES 33403 hrs. Elective3 hrs. Elective <u>3 hrs.</u> 15 hrs. |

| Curriculum Guide (suggested course sequence) | | | |
|--|--|---|--|
| Major in Sports and Exercise Sciences Sport and Fitness Emphasis | | | |
| First Year | | Second Year | |
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Minor Options

- Coaching (18 hours)—SES 2310, 2333–2339 (choose two), 3350–3354 (choose two), 3356.
- Exercise Science (18 hours)—SES 3302, 3304, 3321, 3341, 3340, 4340.
- Health/Wellness (18 hours)—SES 3303,, 3306, 3316, 3340, 3342, 3345.
- Pedagogy (18 hours)—SES 3307, 3311, 3320, 3325 or 3355, 4301, 4322.
- Sport/Fitness (18 hours)—SES 1301, 3321, 3340, 3342, 3356, 4325 or 4326.

Department of Sports and Exercise Sciences

Bachelor of Science (B.S.) Degree

Major in Athletic Training (Major Code: 113)

The Athletic Training Education Program (ATEP) is a selective and competitive admissions allied-health program. Students successfully completing the 127-hour program, including both didactic and clinical education courses, will receive bachelor of science degrees in athletic training. The ATEP faculty is dedicated to provide all students with academic and clinical experiences that meet requirements of the Competencies In Athletic Training and prepare students for the profession of athletic training and meeting health-care needs of the physically active.

The primary goal of the bachelor of science degree in athletic training program at WTAMU is to prepare the student in instructional and clinical settings to utilize current and emerging health-care skills for athletic training. This program is designed to prepare professionals in:

- Development of specified health-care skills in risk management and injury prevention,
- Development of specified health-care skills in pathology of injury and illnesses, recognition and evaluation of athletic injuries/problems,
- Development of specified health-care skills in implementation of acute care, therapeutic modalities, therapeutic exercise,
- Development of specified health-care knowledge of pharmacology and nutrition as related to athletic performance,
- Development of organizational and administrative skills for operation of athletic facilities,
- Development of educational and counseling skills and knowledge of professional development for athletic trainers, and
- Preparation for application of state licensure and the National Athletic Trainer's Association Board of Certification (NATABOC) certification.

Basic Program Requirements

Admission Requirements

Athletic Training Education Program (ATEP) Admission

Admission to the undergraduate ATEP is selective and competitive. Preference is given to WTAMU pre-athletic training students. Applications are due by April 1 for admission into the following fall ATEP class. One class is admitted each year. An interview will be scheduled for finalists with the Athletic Training Admissions Committee prior to May 1. The student completes 50 hours of observation experience in the WTAMU athletic training clinical education facility. Student acceptance will be confirmed

by June 15. Prerequisite ATEP admission courses include PHED 1111 and ATTR 2310.

Minimum admission criteria include:

- Minimum cumulative grade point average of 2.5.
- Completion with a minimum grade of "B" in PHED 1111 and ATTR 2310.
- Complete application.
- Complete minimum of 50 hours observation experience in the WTAMU ATEP Clinical Education Facility.
- Complete formal interview.
- Meet the criteria of minimal technical standards.

Application materials may be requested from the director of the ATEP in the Virgil Henson Activities Center, Room 217, or by calling (806)651-2370.

Pre-Athletic Training Program (directly from high school and transfer students not meeting AT)

All students entering the pre-athletic training program directly from high school and all transfer students are subject to admission procedures and standards of WTAMU. All students entering the pre-athletic training program must submit an application, minimum of two letters of recommendations from athletic trainer(s), coach(es), teacher(s), allied-health professional(s) or previous work supervisor(s), and meet with at least one member of the ATEP faculty. Students conditionally admitted to a clinical supervisor but will not be allowed to complete tasks that take opportunities away from students in the undergraduate ATEP program and are not guaranteed admission into the ATEP.

Minimum admission criteria include:

- Admitted fully to WTAMU.
- Complete Pre-Athletic Training Application prior to June 1.
- A minimum of two letters of recommendations from athletic trainer(s), coach(es), teacher(s), allied-health professional(s) or previous work supervisor(s).
- Interview with least one member of the ATEP faculty prior to June 1.

Pre-Athletic Training Application materials may be requested from the director of the ATEP in the Virgil Henson Activities Center, Room 217, or by calling (806)651-2370.

Course Requirements

General Education (46 hours)

Athletic Training Major Requirements (35 hours)

- ATTR Core (15 hours)—ATTR 2371, SES 3302, 3304, 3321, 3341.

Department of Sports and Exercise Sciences

Athletic Training Didactic Course Work in Physical Education/Athletic Training (40 hours)

- ATTR 2311, 3308, 3309, 3331, 3332, 4412.
- SES 3316, 3340, 3356, 4325, 4330, 4340, 4341.

Didactic Course Work in Other Departments (8 hours)

- BIOL 2401, 2402.

Athletic Training Clinical Experience Course Work (12 hours)

- ATTR 2261, 2262, 3263, 3264, 4265, 4266.

Electives (6 hours)

ATEP Technical Standards for Admission

The West Texas A&M University Athletic Training Educational Program is a rigorous and intense program that places specific requirements and demands on students enrolled in the program. An objective of this program is to prepare graduates to enter a variety of employment settings and to render care to a wide spectrum of individuals engaged in physical activity. Technical standards set forth by the Athletic Training Educational Program establish essential qualities considered necessary for students admitted to this program to achieve the knowledge, skills and competencies of an entry-level athletic trainer, as well as meet the expectations of the program's accrediting agency (Commission on Accreditation of Allied Health Education Programs [CAAHEP]).

All students admitted to the Athletic Training Educational Program must meet the following abilities and expectations. In the event a student is unable to fulfill these technical standards, with or without reasonable accommodation, the student will not be admitted into the program. Compliance with the program's technical standards does not guarantee a student's eligibility for the NATABOC certification exam.

Candidates for selection to the Athletic Training Educational Program must demonstrate:

1. Mental capacity to assimilate, analyze, synthesize, integrate concepts and problem solve to formulate assessment and therapeutic judgments and to be able to distinguish deviations from the norm.
2. Sufficient postural and neuromuscular control, sensory function and coordination to perform appropriate physical examinations using accepted techniques, and accurately, safely and efficiently use equipment and materials during assessment and treatment of patients.
3. Ability to communicate effectively and sensitively with patients and colleagues, including individuals from different cultural and social backgrounds; this includes, but is not limited to, the ability to establish rapport with patients and communicate judgments and treatment information effectively. Students must be able to understand and speak the English language at a level consistent with competent professional practice.

4. Ability to record physical examination results and treatment plan clearly and accurately.
5. Capacity to maintain composure and continue to function well during periods of high stress.
6. Perseverance, diligence and commitment to complete the athletic training education program as outlined and sequenced.
7. Flexibility and the ability to adjust to changing situations and uncertainty in clinical situations.
8. Affective skills and appropriate demeanor and rapport that relate to professional education and quality patient care.

Candidates for selection to the athletic training educational program will be required to verify they understand and meet these technical standards or that they believe that, with certain accommodations, they can meet the standards.

The WTAMU Disabled Students Services will evaluate a student who states he or she could meet the program's technical standards with accommodation and confirm that the stated condition qualifies as a disability under applicable laws.

If a student states he or she can meet the technical standards with accommodation, then the University will determine whether it agrees that the student can meet the technical standards with reasonable accommodation; this includes a review of whether the accommodations requested are reasonable, taking into account whether accommodation would jeopardize clinician/patient safety, or the educational process of the student or the institution, including all course work, clinical experiences and internships deemed essential to graduation.

Post-Admission Requirement for ATEP Students

Upon acceptance into the ATEP, students are to present a completed medical history and physical completed by a physician, documentation of the first and second of the series of three Hepatitis-B vaccinations and a signed Technical Standards Agreement. The third of the Hepatitis-B vaccination series may be completed after the start of the academic year. If a student declines the Hepatitis-B vaccination series, a signed declination statement must be on file with the curriculum director. Students are to annually present documentation each August of (1) CPR for professional rescuer certification from the American Heart Association or American Red Cross valid throughout the school year and (2) negative-TB skin-test results valid through the academic year.

Students admitted to the Athletic Training Education Program will be required to purchase a student name badge and annual student professional liability insurance. Details can be obtained from the curriculum director.

Department of Sports and Exercise Sciences

Retention Policy of ATEP Students

Retention in the WTAMU Athletic Training Education Program is based on:

- Minimum cumulative GPA of 2.5 on a 4.0 scale.
- Minimum GPA of 2.5 on a 4.0 scale in major.
- Minimum grade of “B” in all athletic training didactic and clinical education course work and a minimum grade of “C” in all athletic-training related course work. Athletic training majors who fail to earn the required grade will be required to repeat the course.
- Minimum semester clinical experience performance evaluation score of 2.0 on a 4.0 scale.
- Adherence to codes of moral/ethical conduct as outlined in the Code of Ethics of the National Athletic Trainers’ Association.

Failure to meet retention criteria will place the student on probationary status for the maximum of two semesters. If the criteria are not met at the conclusion of the probationary period, the student will be dismissed from the program. Written notification of dismissal from the program will be sent to the student by the program director. The student must petition in writing for readmission to the program as outlined by the University Grievances Procedure.

| Curriculum Guide (suggested course sequence) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|------------------------|--------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|----------------------|-----------------------|------------------------|---------|---------|---|------------|------------|----------------------|-----------------------|----------------------|----------------------|-----------------------|----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|------|------------------------|----------------------|---------|---------|--|--|--|
| Major in Athletic Training | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| First Year | | Second Year | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Semester 1 | Semester 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENGL 13013 hrs. | ENGL 13023 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| MATH 13143 hrs. | BIOL 14074 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BIOL 14064 hrs. | HIST 1301 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATTR 23113 hrs. | or 13023 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SCOM 1315 | PHED 11111 hr. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| or 1321 3 hrs. | ATTR 2371 3 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16 hrs. | 14 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semester 1 | Semester 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ENGL 2332 | BIOL 24024 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| or 23333 hrs. | ENGL 2371, | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| BIOL 24014 hrs. | HIST 2372, | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PSYC 23013 hrs. | PHIL 1301, | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Visual/Performing | SPAN 23123 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| arts core3 hrs. | POSC 23063 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| POSC 23053 hrs. | ATTR 33093 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PHED | ATTR 2261 2 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| activity 1 hr. | 15 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Summer Session | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Session 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATTR 22622 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SES 3302 3 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Third Year | | Fourth Year | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
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| Semester 1 | Semester 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HIST 1301 | SES 33413 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| or 13023 hrs. | SES 33213 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATTR 33313 hrs. | ATTR 33323 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATTR 32632 hrs. | ATTR 33642 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATTR 33083 hrs. | SES 43413 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SES 3340 3 hrs. | Elective 3 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14 hrs. | 17 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Semester 1 | Semester 2 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SES 43303 hrs. | SES 43253 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SES 33563 hrs. | SES 33043 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATTR 44124 hrs. | SES 33163 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ATTR 42652 hrs. | ATTR 42662 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Elective 3 hrs. | SES 4340 3 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15 hrs. | 14 hrs. | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |