

**West Texas A&M University
STARR Center
Degree Checklist
2006-2007**

NAME: _____ WT ID: _____ DATE: _____

**Sports and Exercise Sciences—Sport and Fitness
Emphasis
Department of Sports and Exercise Sciences
AC 217 651-2370**

CORE CURRICULUM COURSES (42 HOURS)		HRS
ENGL 1301 (ENG 101) (ENGLISH)		3
ENGL 1302* (ENG 102*) (ENGLISH)		3
SCOM 1315 (101), 1318 (103), or 1321 (201) (SPEECH COMMUNICATIONS)		3
MATH 1314* (110), 1324* (115), or 1332*/*** (NEW) (MATHEMATICS)		3
LAB SCIENCE (BIOLOGY, CHEMISTRY, GEOLOGY, PHYSICS, INTEGRATED SCIENCE**)		4
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ENGL 2332* (ENG 201), 2333* (202), 2371* (203); HIST 2372 (210); PHIL 1301 (101); or SPAN 2312*/**** (207) (ENGLISH, HISTORY, PHILOSOPHY, SPANISH) Choose 1		3
HUMA 1315 (FA 101); ARTS 1303 (ART 151), ARTS 1304 (ART 152); MUSI 1306 (MUS 101) or 1208 and 1209; or THRE 1310 (105) (FINE ARTS, ARTS, MUSIC, THEATRE) Choose 1		3
HIST 1301 (201) (HISTORY)		3
HIST 1302 (202) (HISTORY)		3
POSC 2305 (101) (POLITICAL SCIENCE)		3
POSC 2306 (102) (POLITICAL SCIENCE)		3
ANTH 2351 (201), ECON 2301 (ECO 201), GEOG 1302 (202), PSYC 2301 (PSY 201), SOCI 1301 (201) (ANTHROPOLOGY, ECONOMICS, GEOGRAPHY, PSYCHOLOGY, SOCIOLOGY) Choose 1		3
PHED 1111 (SES 101) (PHYSICAL EDUCATION) Upon written recommendation of the University physician or the coordinator for Student Disability Services, students may substitute a one hour elective course in lieu of physical education course.		1

SPORTS AND EXERCISE SCIENCES MAJOR CORE REQUIREMENTS (15 HOURS)		HRS
SES 1301 (204) Foundations and Principles		3
SES 3302 (302) Structural and Mechanical Kinesiology		3
SES 3304 (304) Measurement and Evaluation Techniques		3
SES 3340 (340) Sport Nutrition		3
SES 3341(341) Physiology of Exercise		3

SPORT AND FITNESS EMPHASIS REQUIREMENTS (27 HOURS)		HRS
SES 1306 (203) First Aid/CPR		3
SES 2342 (342) Personal Fitness Concepts		3
SES 2355 (355) Theory and Practice of Non-Traditional Games/Sports		3
SES 3316 (316) Drugs, Alcohol and Tobacco		3
SES 3356 (356) Theory and Practice of Strength Training and Conditioning		3
SES 4301* (401) Programming Leadership		3
SES 4325 (425) Sport Psychology		3

**Bachelor of Arts/Science Degree
BA.SES.SPORT or BS.SES.SPORT (117)**

SES 4326 (426) Sport Sociology	3	
SES 4340 (440) Sport and Exercise Testing	3	
BACHELOR OF ARTS REQUIREMENTS (12 HOURS)		OPTION
Six hours of foreign language.	6-8	
Six hours chosen from art, English, history, modern languages, music, philosophy and theatre.	6	
BACHELOR OF SCIENCE REQUIREMENTS (12 HOURS)		OPTION
Six hours chosen from biology, chemistry, geology, geosciences, mathematics, and physics.	6	
Six hours chosen from agriculture, anthropology, biology, chemistry, computer information systems, economics, geography, geology, geosciences, history, mass communications, mathematics, physics, political science, psychology, sociology, speech, and sports and exercise sciences. (Covered by major)	0	
ELECTIVES (25-33 HOURS BY ADVISEMENT)*****		
ELECTIVES (ADVANCED)		
ELECTIVES (ANY LEVEL)		
TOTAL HOURS REQUIRED TO COMPLETE DEGREE	123	

* Indicates prerequisites—see catalog for more information.
 ** While MATH 1332 will fulfill core math requirements for students in the 2006-2007 catalog, it will NOT prepare them for math beyond MATH 1332 such as Business Math II (MATH 1325), Pre-Calculus (MATH 1348), etc.
 *** If Integrated Science is chosen, all four three-hour courses must be completed to satisfy the core lab science requirement. They may not be used for partial lab science credit.
 **** Or an equivalent course (second year, second semester) in French or German.
 ***** A maximum of six semester hours in religion and a maximum of six semester hours in physical education (PHED) courses can count toward a baccalaureate degree. No more than 60 hours in any single discipline can be counted toward this degree. At least 36 hours of advanced work (courses at the 3000- or 4000-level) are required to receive a bachelor's degree. At least 30 must be earned in residence at WTAMU.

Revised: 4/06
SES.SPTFIT.BA.BS

Note: This is NOT a degree plan. Upon completion of 60 hours, apply for a degree plan in the office of the dean of the College of Education and Social Sciences located in Old Main, Room 410D, or call 651-2600.