

**West Texas A&M University
STARR Center
Degree Checklist
2008-2009**

NAME: _____ WT ID: _____ DATE: _____

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

CORE CURRICULUM COURSES: 34 HOURS ♦		HRS	
Number of hours does not include specific core requirements listed below.			
Communication (10)			
ENGL 1301 (ENG 101); 1302* (ENG 102) or 2311* (ENG 270)	6		
Communication (11)			
SCOM 1315 (101), 1318 (103), or 1321 (201)	3		
Mathematics (20)			
MATH 1314* (110), 1324* (115), 1332*/**, 2412*, or 2413*	3		
Natural Sciences (30)			
See University Core Requirements below	(8)		
Humanities (40-41)			
ENGL 2321* (NEW), 2326* (NEW), 2331* (NEW), 2341* (NEW), 2343* (NEW); HIST 2311 (110), 2372 (210); MCOM 1307 (MC 107); PHIL 1301 (101), 2374 (204); or SPAN 2312*/*** (207) Choose 1	3		
Visual and Performing Arts (50)			
HUMA 1315 (FA 101); ARTS 1303 (ART 151), ARTS 1304 (ART 152); DANC 2303 (NEW); MUSI 1306 (MUS 101) or 1208 and 1209; or THRE 1310 (105) Choose 1	3		
Social and Behavioral Sciences (60)			
HIST 1301 (201), 1302 (202), 2301 Choose 2	6		
Social and Behavioral Sciences (70)			
POSC 2305 (101) or POSC 2370 (NEW); 2306 (102)	6		
Social and Behavioral Sciences (80)			
AGBE 2317 (213), ANTH 2351 (201); CRIJ 1301 (CJ 105); ECON 2301 (ECO 201), 2302 (ECO 202), 2371; GEOG 1302 (202); PSYC 2301 (PSY 201); SCOM 2377 (255); SOCI 1301 (201); or SOCW 2361 (SOWK 201) Choose 1	3		
Institutionally Designated Option (90)			
PHED 1111 (SES 101); PHED/ANSC activity course; DANC 1241 (1070), 2241* (2370); MUEN 1026 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.	1-2		
SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE REQUIREMENTS: 59 HOURS			
UNIVERSITY CORE REQUIREMENTS: 8 HOURS			
CORE 30 BIOL 2401, 2401L (240) Human Anatomy & Physiology I	4		
CORE 30 BIOL 2402, 2402L (241) Human Anatomy & Physiology II	4		
SPORTS AND EXERCISE SCIENCES MAJOR CORE REQUIREMENTS: 39 HOURS			
SES 1301 (204) Historical and Contemporary Issues in Sport	3		
SES 2342 (342) Personal Fitness Concepts	3		
SES 3302 (302) Structural and Mechanical Kinesiology	3		
SES 3304 (304) Measurement & Evaluation Techniques	3		
SES 3340 (340) Sport Nutrition	3		
SES 3341 (341) Physiology of Exercise	3		

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SES 3356 (341) Theory and Practice of Strength Training and Conditioning	3		
SES 4302 Motor Learning	3		
SES 4322 (422) Applied Instruction in Physical Activity	3		
SES 4325 (425) Sport Psychology	3		
SES 4326 (426) Sport Sociology	3		
SES 4327 (NEW) Exercise Psychology	3		
SES 4330 (430) Principles of Sports Administration	3		
RELATED DEGREE REQUIREMENTS: 12 HOURS			
ATTR 2371 (SES 210) Athletic Training I	3		
ATTR 3308 (AT 308) Therapeutic Exercise	3		
SES 4340* (440) Sport and Exercise Testing	3		
SES 4341* (441) Sport Biomechanics	3		
BACHELOR OF SCIENCE REQUIREMENTS: 6 HOURS OPTION			
Six hours chosen from biology, chemistry, geology, geosciences, mathematics, physics and natural sciences.	6		
ELECTIVES: 21 HOURS BY ADVISEMENT****			
ELECTIVES (ANY LEVEL)		21	
TOTAL HOURS REQUIRED TO COMPLETE DEGREE	120		

♦ For list of core courses with descriptions see www.wtamu.edu/starr/.

*Indicates prerequisites—see [catalog](#) for more information.

** While MATH 1332 will fulfill core math requirements for students in the 2008-2009 catalog, it will NOT prepare them for math beyond MATH 1332 such as Business Math II (MATH 1325), Pre-Calculus (MATH 2412), etc.

*** 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. Not to exceed 12 additional SES hours.

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 Nursing and Health Sciences located in Old Main, Room 402, or call 651-3500.