# Bachelor of Science Degree

**BS.SES.EXER (117)**

**REQUIREMENTS: 36 HOURS**

- **SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR**
  - ANSC 2370; CIDM 1105, 1301 (GIS, IDM 1301), 1315 (GIS, IDM 1315), 2345; CS 1301; IDS 1071; PHIL 2303 (203) **Choose 1**
  - 1-3

**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**

- **Six hours chosen from biology, chemistry, geology, geosciences, mathematics, physics and natural sciences.**
  - 6

**ELECTIVES: 22-24 HOURS BY ADVISEMENT—SEE NOTE**

**ELECTIVES (ANY LEVEL)**

- 22-24

**TOTAL HOURS REQUIRED TO COMPLETE DEGREE**

- **120**

- Core curriculum courses should be taken during the first two years of enrollment.
- *Indicates prerequisites—see catalog for more information.
- **While MATH 1332 will fulfill core math requirements for students in the 2010-2011 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.

**NOTE:** At least 39 hours of advanced work (3000- or 4000-level courses) for which tuition is paid must be earned at WTAMU, and 30 of the final 36 hours counted toward the degree must be earned at WTAMU. A maximum of 60 semester hours in any single discipline, six hours in religion and six hours in physical education (PHED) can be counted toward a degree.

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**SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR REQUIREMENTS: 56 HOURS**

A grade of "C" or better must be earned in all courses required for major.

**UNIVERSITY CORE REQUIREMENTS: 8 HOURS**

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<th>CORE 30</th>
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<tbody>
<tr>
<td>BIOL 2401*, 2401L (240) Human Anatomy &amp; Physiology I</td>
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**SPORTS AND EXERCISE SCIENCES MAJOR CORE REQUIREMENTS: 36 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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**Note:** This is NOT a degree plan. Before completion of 60 hours, students are allowed and encouraged to request an official degree plan in the office of the dean of the College of Nursing and Health Sciences, located in Old Main, Room 402 (or call 806-651-3500). After completing 60 hours, students will not be allowed to progress without requesting a degree plan.