**Sports and Exercise Sciences—Applied Sport Emphasis**
Department of Sports and Exercise Sciences

West Texas A&M University
Advising Services
Degree Checklist
2012-2013

### Bachelor of Arts Degree

BA.SES.APSP (150)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>SES 3340</td>
<td>Sport Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>SES 3341*</td>
<td>Exercise Physiology</td>
<td>3</td>
</tr>
<tr>
<td>SES 3356*</td>
<td>Theory and Practice of Strength Training and Conditioning</td>
<td>3</td>
</tr>
<tr>
<td>SES 4302</td>
<td>Motor Learning and Skill Acquisition</td>
<td>3</td>
</tr>
<tr>
<td>SES 4322*</td>
<td>Applied Instruction in Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td>SES 4325</td>
<td>Sport Psychology</td>
<td>3</td>
</tr>
<tr>
<td>SES 4326</td>
<td>Sport Sociology</td>
<td>3</td>
</tr>
<tr>
<td>SES 4327</td>
<td>Exercise Psychology</td>
<td>3</td>
</tr>
<tr>
<td>SES 4328</td>
<td>Psychology of Injury</td>
<td>3</td>
</tr>
<tr>
<td>SES 4330*</td>
<td>Professional Issues in Sport and Exercise Sciences</td>
<td>3</td>
</tr>
</tbody>
</table>

#### BACHELOR OF ARTS REQUIREMENTS: 12-14 HOURS OPTION

- Six hours of foreign language.
- Six hours chosen from art, English, history, modern languages, music, philosophy and theatre.

### ELECTIVES: 14-18 HOURS BY ADVISEMENT—SEE NOTE

14-18

### TOTAL HOURS REQUIRED TO COMPLETE DEGREE

120

### CORE CURRICULUM COURSES: 42 HOURS

- Specific course(s) required for this major are listed in the next section.

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 1301</td>
<td>(ENG 101); 1302* (ENG 102) or 2311* (ENG 270)</td>
<td>6</td>
</tr>
<tr>
<td>COMM 1315</td>
<td>(SCOM 101, 1318), 1318 (SCOM 103, 1318), or 1321 (SCOM 201, 1321)</td>
<td>3</td>
</tr>
<tr>
<td>MATH 1314*</td>
<td>(110), 1324* (115), 1332* (1318); 2412*, or 2413*</td>
<td>3</td>
</tr>
<tr>
<td>HUMA 1315</td>
<td>(FA 101); ARTS 1303 (ART 181), ARTS 1304 (ART 152); DANC 2303; MUSI 1306 (MUS 101) or 1208 and 1209; or THRE 1310 (105)</td>
<td>3</td>
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</tbody>
</table>

### Visual and Performing Arts (50)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIST 1301</td>
<td>(201) or 1303; 1302 or 1304; 2301; 2381</td>
<td>6</td>
</tr>
<tr>
<td>POFC 2305</td>
<td>(101) or 2370; 2306 (102)</td>
<td>6</td>
</tr>
</tbody>
</table>

### Social and Behavioral Sciences (80)

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>AGBE 2317*</td>
<td>(213), ANTH 2351 (201); CRJ 1301 (CR 105); ECON 2301 (ECO 201), 2302 (ECO 202); 2371; GEOG 1302 (202); PSYC 2301 (PSY 201); COMM 2377 (255); SOCI 1301 (201); or SOCW 2361 (SOCW 201)</td>
<td>3</td>
</tr>
<tr>
<td>ANSC 2370; CIDM 1105, 1301 (CIS, IDM 1301), 1315 (CIS, IDM 1315), 2345; CS 1301; IDS 1071; PHIL 2303 (203)</td>
<td>1-3</td>
<td></td>
</tr>
</tbody>
</table>

### SPORTS AND EXERCISE SCIENCES—APPLIED SPORT MAJOR REQUIREMENTS: 56 HOURS

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

### UNIVERSITY CORE REQUIREMENTS: 8 HOURS

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Hrs</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 2401*</td>
<td>(240) Human Anatomy &amp; Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 2402*</td>
<td>(240) Human Anatomy &amp; Physiology II</td>
<td>4</td>
</tr>
</tbody>
</table>

### SPORTS AND EXERCISE SCIENCES MAJOR CORE REQUIREMENTS: 48 HOURS

<table>
<thead>
<tr>
<th>Course Code</th>
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</thead>
<tbody>
<tr>
<td>SES 1301</td>
<td>(204) Historical and Contemporary Issues in Sport</td>
<td>3</td>
</tr>
<tr>
<td>SES 2342</td>
<td>(342) Personal Fitness Concepts</td>
<td>3</td>
</tr>
<tr>
<td>SES 2372</td>
<td>Philosophy of Coaching</td>
<td>3</td>
</tr>
<tr>
<td>SES 3302*</td>
<td>(302) Structural and Mechanical Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>SES 3304</td>
<td>(304) Measurement &amp; Evaluation Techniques</td>
<td>3</td>
</tr>
<tr>
<td>SES 3311</td>
<td>(311) Principles of Instruction in Physical Activity</td>
<td>3</td>
</tr>
</tbody>
</table>

### TOTAL HOURS REQUIRED TO COMPLETE DEGREE

120

**Note:** This is NOT a degree plan. Before completion of 45 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 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.