

**West Texas A&M University
Advising Services
Degree Checklist
2016-2017**

NAME: _____ WT ID: _____ DATE: _____

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

| CORE CURRICULUM COURSES: 42 HOURS ♦ | | HRS |
|--|-----|-----|
| Communication (Code 10) | | |
| ENGL 1301 Introduction to Academic Writing and Argumentation | 3 | |
| COMM 1315, 1318, or 1321 | 3 | |
| Mathematics (Code 20) | | |
| MATH 1314*, 1316*, 1324*, 1325*, 1332*/**, 1350*/**, 2412*, or 2413* (extra MATH hour moves to Code 90) | 3 | |
| Life and Physical Sciences (Code 30) | | |
| See University Core Requirements below | (6) | |
| Language, Philosophy and Culture (Code 40) | | |
| ANTH 2351, ENGL 2321*, 2326*, 2331*, 2341*, 2343*, HIST 2311, 2323, 2372; PHIL 1301, 2374; SPAN 2311*, 2312*/**, 2313*, or 2315* Choose 1 | 3 | |
| Creative Arts (Code 50) | | |
| ARTS 1303, ARTS 1304; DANC 2303; HUMA 1315; MUSI 1306 or 1208 and 1209* (extra MUSI hour moves to Code 90); OR THRE 1310 Choose 1 | 3 | |
| American History (Code 60) | | |
| HIST 1301, 1302, 2301, 2381 Choose 2 | 6 | |
| Government/Political Science (Code 70) | | |
| POSC 2305 and 2306 | 6 | |
| Social and Behavioral Sciences (80) | | |
| AGBE 2317*; COMM 2377; CRIJ 1301; ECON 2301, 2302; PSYC 2301; SOCI 1301 Choose 1 | 3 | |
| Component Area Option (Code 90) | | |
| Take four hours from: ♦ AGRI 2300; BIOL lab hours (from Code 30); BUSI 1304; CHEM lab hours (from Code 30); CIDM 1301 or 1315; CS 1301; ENGL 1101, 1302*, 2311*; ENVR lab hour (from Code 30-pending approval); FIN 1307, GEOL lab hours (from Code 30); IDS 1071 (1-3 hours); extra MATH hours (from Code 20); extra MUSI hour (from Code 50); PHIL 2303; PHYS lab hours (from Code 30) | 4 | |
| 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 ♦ | | |
| CORE 30 BIOL 2401*[3] Human Anatomy & Physiology I | 3 | |
| CORE 30 BIOL 2402*[3] Human Anatomy & Physiology II | 3 | |
| CORE 90 BIOL 2401L[1] and 2402[1] | 2 | |
| SPORTS AND EXERCISE SCIENCES MAJOR CORE REQUIREMENTS: 48 HOURS | | |
| SES 1301 Foundations of Sport & Exercise Sciences | 3 | |
| SES 2342 Personal Fitness Concepts | 3 | |
| SES 2372 Philosophy in Sport and Exercise Sciences | 3 | |
| SES 3302* Structural and Mechanical Kinesiology | 3 | |
| SES 3304 Measurement & Evaluation Techniques | 3 | |
| SES 3311 Principles of Instruction in Physical Activity | 3 | |

**Bachelor of Arts Degree
BA.SES.APSP (150)**

| | | |
|---|------------|--|
| SES 3340 Sport Nutrition OR SES 3320* Instructional Methodologies for Youth | 3 | |
| SES 3341* Exercise Physiology OR SES 4341* Sport Biomechanics | 3 | |
| SES 3356* Theory and Practice of Strength Training and Conditioning | 3 | |
| SES 4302 Motor Learning and Skill Acquisition | 3 | |
| SES 4322* Applied Instruction in Physical Activity | 3 | |
| SES 4325 Sport Psychology | 3 | |
| SES 4326 Sport Sociology | 3 | |
| SES 4327 Exercise Psychology | 3 | |
| SES 4328 Psychology of Injury | 3 | |
| SES 4330* Professional Issues in Sport and Exercise Sciences | 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 | |
| ELECTIVES: 16-18 HOURS BY ADVISEMENT—SEE NOTE | | |
| ELECTIVES ♦ | 16-18 | |
| MINIMUM HOURS REQUIRED TO COMPLETE DEGREE | 120 | |

♦ The core curriculum must total **exactly 42 hours**; excess hours must be moved to the major as an elective or a major requirement and stay within the 120-hour requirement or approved total submitted to the Coordinating Board for degree requirements. Some majors specify particular courses to meet core curriculum requirements when options are available.

* Indicates prerequisites—see catalog for more information.

** While MATH 1332 and 1350 will fulfill core math requirements, they will NOT prepare students for higher-level math courses such as Plane Trigonometry (MATH 1316) or Pre-Calculus (MATH 2412).

*** Or an equivalent course (second year, second semester) in a foreign language.

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 (RELI) and six hours in physical education (PHED) can be counted toward a degree.

Note: This is NOT a degree plan. After completing 30 hours, students are encouraged to request an official degree plan by using the online [Degree Plan Request](#) form. The dean's office of the College of Nursing and Health Sciences, located in Old Main, Room 402 (or call 806-651-3500), can answer questions about the degree plan. Students who have completed 45 hours will not be allowed to progress without requesting a degree plan.



| First Year | | | | | |
|---------------------------------|---|---|---------------------------------|---|---|
| Fall | | | Spring | | |
| H o u r s 13 | CORE 10-ENGL 1301 | 3 | H o u r s 15 | CORE 10-COMM 1315, 1318 or 1321 | 3 |
| | CORE 20-MATH See Checklist for Options | 3 | | CORE 40 See Checklist for Options | 3 |
| | CORE 60 -HIST 1301, 1302, 2301 or 2381 | 3 | | CORE 80 See Checklist for Options | 3 |
| | SES 1301 or SES 2342 | 3 | | CORE 60-HIST 1301, 1302, 2301 or 2381 | 3 |
| | CORE 90-IDS 1071 | 1 | | CORE 50-ARTS See Checklist for Options | 3 |
| | | | | | |
| | | | | | |

| Second Year | | | | | |
|---------------------------------|------------------------------|---|---------------------------------|------------------------------|---|
| Fall | | | Spring | | |
| H o u r s 17 | CORE 70-POSC 2305 or 2306 | 3 | H o u r s 17 | CORE 70-POSC 2305 or 2306 | 3 |
| | CORE 30- BIOL 2401 | 4 | | CORE 30 - BIOL 2401 | 4 |
| | CORE 90-ENGL 1302 or 2311 | 3 | | BA REQUIREMENT | 4 |
| | BA REQUIREMENT | 4 | | SES 2372 | 3 |
| | SES 2342 or SES 1301 | 3 | | ELECTIVE | 3 |
| | | | | | |

| Third Year | | | | | |
|---------------------------------|----------------|---|---------------------------------|----------------------|---|
| Fall | | | Spring | | |
| H o u r s 15 | SES 3304 | 3 | H o u r s 15 | SES 3302 | 3 |
| | SES 3311 | 3 | | SES 3320 OR SES 3340 | 3 |
| | SES 4327 | 3 | | SES 4325 | 3 |
| | BA REQUIREMENT | 3 | | SES 4322 | 3 |
| | ELECTIVE | 3 | | BA REQUIREMENT | 3 |
| | | | | | |

| Fourth Year | | | | | |
|---------------------------------|----------------------|---|---------------------------------|----------|---|
| Fall | | | Spring | | |
| H o u r s 15 | SES 3341 OR SES 4341 | 3 | H o u r s 13 | SES 4326 | 3 |
| | SES 3356 | 3 | | SES 4330 | 3 |
| | SES 4302 | 3 | | ELECTIVE | 3 |
| | SES 4328 | 3 | | ELECTIVE | 4 |
| | ELECTIVE | 3 | | | |
| | | | | | |

DISCLAIMER: This curriculum guide should be used in conjunction with the corresponding degree checklist for general planning purposes only. The degree checklist (later a student's official degree plan) should be referred to as the comprehensive list of all courses required for the degree. An official degree plan is required after completing 45 hours. Students should always seek the advice of their academic adviser before scheduling classes.