

**West Texas A&M University
Advising Services
Degree Checklist
2025-2026**

(For assistance completing this form, contact Advising Services at 806-651-5300)

NAME: _____ **WT ID:** _____ **DATE:** _____

**Applied Arts and Sciences—Sports and Exercise
Sciences Emphasis
Office of General Majors
Student Success Center (CC 110) 806-651-5300**

CORE CURRICULUM COURSES: 42 HOURS ♦		HRS
Communication (Core 10)		
ENGL 1301 Intro. To Academic Writing & Argumentation OR ENGL 1311 Writing About Ideas	3	
COMM 1315, 1318, or 1321	3	
Mathematics (Core 20)		
MATH 1314*, 1316*, 1324*, 1325*, 1332**/, 1342**/, 1350**/, 2412*, or 2413* (2412 & 2413: fourth hr. moves to Core 90)	3	
Life and Physical Sciences (Core 30)		
Take two courses from (extra lab hours move to Core 90): ♦		
ANSC 1319; BIOL 1406 or 1308, 1407* or 1309*, 1411, 1413; CHEM 1305* or 1411*, 1412*; ENVR 1407*; GEOL 1301 or 1403, 1302, 1404; PHYS 1401*, 1402*, 1311, 1312, 1371, 2425*, 2426*; PSES 1301, 1307 <i>- BIOL 1406, 1407, 1411, 1413; CHEM 1411, 1412; GEOL 1403, 1404; PHYS 1401, 1402, 2425, 2426: 4th hr. moves to Core 90</i>	6	
Language, Philosophy and Culture (Core 40)		
ANTH 2351, ENGL 2321*, 2326*, 2331*, 2341*, 2343*; HIST 2311, 2323, 2372; MCOM 1307; PHIL 1301, 2374; SPAN 2311*, 2312**/, 2313*, 2315*, or 2371 Choose 1	3	
Creative Arts (Core 50)		
ARTS 1301, 1303, 1304; DANC 2303; MUSI 1306, 1307 (for music majors), MUSI 1310; or THRE 1310 Choose 1	3	
American History (Core 60)		
HIST 1301, 1302, 2301, 2381, 2382 Choose 2	6	
Government/Political Science (Core 70)		
POSC 2305 and 2306	6	
Social and Behavioral Sciences (Core 80)		
AGBE 2317*; COMM 2377; CRIJ 1301; ECON 2301, 2302; GEOG 1302; PSYC 2301; SOCI 1301 Choose 1	3	
Component Area Option (Core 90)		
Take six hours from: ♦		
AGRI 2300; BUSI 1301, 1304; CIDM 1105, CIDM 1301 or 1315; CS 1301; ECON 2331; EDUC 1300; ENGL 1101, 1102, 1302*, 1312*, 2311*; HSCI 2300; IDS 1071 (1-3 hours); MUSI 1053 (1-2 hours); PHIL 2303; SES 1120;	6	
Also, extra 4 th -hour credits from Core 20 and Core 30 (MATH, BIOL, CHEM, ENVR, GEOL, PHYS)		
PROFESSIONAL DEVELOPMENT CORE: SPORTS AND EXERCISE SCIENCES 24 HOURS		
A grade of "C" or better must be earned in all courses listed below.		
SES 3311 Principles of Instruction in Physical Activity	3	
SES 3320 Instructional Methodologies for Youth	3	
SES 3325 Programming for Health & Wellness of Children	3	
SES 3340 Sport Nutrition	3	
SES 3356* Theory and Practice of Strength Training and Conditioning <i>- SES 3356 has prerequisites that the department is prepared to override for students on this B.A.A.S. plan.</i>	3	
SES 4302 Motor Learning and Skill Acquisition	3	
SES 4322 Applied Instruction in Physical Activity	3	
SES 4325 Sport Psychology	3	

**Bachelor of Applied Arts and Sciences Degree
BAAS.SPC.SES (601)**

ADVANCED ELECTIVES: 12 HOURS (TO TOTAL 36 ADVANCED HOURS EARNED AT WTAMU)—SEE NOTE II BELOW.		
ADVANCED ELECTIVES (IDS 3355 recommended) (IDS 4355 recommended)	12	
BAAS block transfer of technical/vocational credits, up to a maximum of 48 hours.		
ELECTIVES—ANY LEVEL (to total 120 hours)		
MINIMUM HOURS REQUIRED TO COMPLETE DEGREE	120	

NOTATIONS:

- ♦ 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, 1342 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 I: This degree assumes completion of an associate of applied science degree at a community college or completion of an appropriate occupational certificate prior to starting work on the B.A.A.S. degree at WTAMU. Included in this credit must be a block of transfer of technical-vocational credits, up to a maximum of 48 hours. Additional hours of academic credit may be transferred.

NOTE II: At least 36 hours of advanced work (3000- or 4000-level courses) for which tuition is paid 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. A maximum of 30 semester hours in business courses (ACCT, BUSI, CIDM, ECON, FIN, MGT, MKT), including 6 semester hours in the Core Curriculum, may count toward this degree.

NOTE: This is NOT a degree plan. All undergraduate students must request an official degree plan from their academic dean's office by the time they have completed 30 credit hours.

WTAMU ADVISING SERVICES – 2025-2026 Curriculum Guide

Major: Sports and Exercise Sciences, B.A.A.S.

Major Code: 601 (BAAS.SPC.SES)

Year 1: Fall		Year 1: Spring	
CORE 10 (Communication) – ENGL 1301 or 1311	3	CORE 10 (Communication) – COMM 1315, 1318 or 1321	3
CORE 20 (Mathematics) – See checklist for options	3	CORE 30 (Life & Phys. Sci.) – See checklist for options	3
CORE 30 (Life & Phys. Sci.) – See checklist for options	3	CORE 40 (Lang., Phil. & Culture) – See checklist for options	3
CORE 60 (American History) – See checklist for options	3	CORE 60 (American History) – See checklist for options	3
CORE 90 (Comp. Area Option) – See checklist for options	3	CORE 90 (Comp. Area Option) – See checklist for options	3
Total:	15	Total:	15
Year 2: Fall		Year 2: Spring	
CORE 50 (Creative Arts) – See checklist for options	3	CORE 70 (Govt./Pol. Sci) – POSC 2306	3
CORE 70 (Govt./Pol. Sci) – POSC 2305	3	CORE 80 (Social & Behav. Sci.) – See checklist for options	3
PDC: SES 3311	3	PDC: SES 3320	3
Advanced Elective: SES 3302 (recommended)*	3	PDC: SES 3325	3
Advanced Elective: IDS 3355 Career Pathways (recommended)	3	Advanced Elective (3000-4000 level)	3
Total:	15	Total:	15
Year 3: Fall		Year 3: Spring	
PDC: SES 3340	3	PDC: SES 4302	3
PDC: SES 3356	3	PDC: SES 4322	3
BAAS Block/Electives (1000-4000 level)	3	BAAS Block/Electives (1000-4000 level)	3
BAAS Block/Electives (1000-4000 level)	3	BAAS Block/Electives (1000-4000 level)	3
BAAS Block/Electives (1000-4000 level)	3	BAAS Block/Electives (1000-4000 level)	3
Total:	15	Total:	15
Year 4: Fall		Year 4: Spring	
PDC: SES 4325	3	Advanced Elective: IDS 4355 Capstone (recommended)	3
BAAS Block/Electives (1000-4000 level)	3	BAAS Block/Electives (1000-4000 level)	3
BAAS Block/Electives (1000-4000 level)	3	BAAS Block/Electives (1000-4000 level)	3
BAAS Block/Electives (1000-4000 level)	3	BAAS Block/Electives (1000-4000 level)	3
BAAS Block/Electives (1000-4000 level)	3	BAAS Block/Electives (1000-4000 level)	3
Total:	15	Total:	15

CORE: See degree checklist for options. There is no set order in which core courses must be taken.

PDC: Professional Development Core

* It is recommended to take SES 3302 for Advanced Elective area as this course is a prerequisite for SES 3356 which is required in the Professional Development Core (PDC). The department is prepared to override the prerequisite requirement if needed.

Identified Marketable Skills	Top Three Local Employers or Industries/Professional Programs/Possible Career Opportunities

Additional notes:

- 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.

- At least 36 hours of advanced work (3000- or 4000-level courses) for which tuition is paid must be earned at WTAMU. A maximum of six semester hours in religion (RELI) and six semester hours in physical education (PHED) courses can count toward a baccalaureate degree. A maximum of 30 semester hours in business courses (ACCT, BUSI, CIDM, ECON, FIN, MGT, MKT), including 6 semester hours in the Core Curriculum, may count toward this degree.

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 30 hours. Students should always seek the advice of their academic adviser before scheduling classes.