West Texas A&M University
Advising Services
Degree Checklist
2026-2027

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

Sports and Exercise Sciences—Exercise Science Track

Department of Sports and Exercise Sciences
AC 217 651-2370

Bachelor of Arts Degree
BA.SES.EXER (117)

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)			
See **University Core Requirements** below	(3)		
Life and Physical Sciences (Core 30)			
See **University Core Requirements** below	(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), 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)			
See **University Core Requirements** below	(3)		
Component Area Option (Core 90)			
Take 3-4 hours from (not including BIOL 2401L & 2402L): AGRI 2300; BUSI 1301, 1304; CIDM 1105, CIDM 1301 or 1315; CS 1301; ECON 2331; EDUC 1300; ENGL 1101, 1102, 1302*, 1312*, 2311*; HNRS 2171; **HSCI 2300 (recommended)**; IDS 1071 (1-3 hours); MUSI 1053 (1-2 hours); PHIL 2303; SES 1120; extra 4th-hour credits from Core 20 and Core 30 (MATH, BIOL, CHEM, ENVR, GEOL, PHYS) ***-Three hours if MATH 2412 or 2413 is taken to satisfy Core 20.***	3-4		
See **University Core Requirements** below	(2-3)		
SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE TRACK REQUIREMENTS: 66-67 HOURS **A grade of "C" or better must be earned in all courses required for major.**			
UNIVERSITY CORE REQUIREMENTS: 14-15 HOURS ♦			
CORE 20 MATH 1314*, 2412*[3], or 2413*[3]	3		
CORE 30 BIOL 2401*[3] Human Anatomy & Physiology I	3		
CORE 30 BIOL 2402*[3] Human Anatomy & Physiology II	3		
CORE 80 PSYC 2301 General Psychology	3		
CORE 90 BIOL 2401L[1] and 2402L[1]	2		
MATH 2412[1] or 2413[1] – if taken to satisfy Core 20	0-1		
EXERCISE SCIENCE MAJOR REQUIREMENTS: 52 HOURS			
ATTR 3310 Therapeutic Modalities and Rehabilitation	3		
SES 1301 Foundations of Sports and Exercise Sciences	3		
SES 2321 Resistance Training and Conditioning Lab	3		
SES 3302 Structural Kinesiology / Kinetic Anatomy	3		
SES 3304 Exercise Testing and Prescription	3		
SES 3314 Introduction to Statistics in SES	3		
SES 3340 Sport Nutrition	3		
SES 3441*, 3441L Exercise Physiology	4		
SES 3343* Sport Biomechanics	3		
SES 4098* Internship	3		
SES 4303 Motor Development and Learning	3		
SES 4325 Sport Psychology	3		
SES 4328* Psychology of Injury	3		
SES 4330* Administrative Concepts in SES	3		
SES 4339* Cardiovascular Exercise Physiology	3		
SES 4340* Clinical Exercise Physiology	3		
SES 4343* Research Methodology	3		
BACHELOR OF ARTS REQUIREMENTS: 12 HOURS* **		**OPTION**	
Six hours of foreign language.	6		
Six hours chosen from art, communication studies, dance, English, history, media communications, modern languages, music, philosophy, religion, and theatre.	6		
ELECTIVES: 14 HOURS BY ADVISEMENT **A grade of "C" or better is required for SES courses.**			
ELECTIVES (ANY LEVEL) ♦	14		
MINIMUM HOURS REQUIRED TO COMPLETE DEGREE	**120**		

* Indicates prerequisites—see catalog for more information.
** Or an equivalent course (second year, second semester) in a foreign language.
*** B.S. option with BIOL 1406 and 1407 is recommended.

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 – 2026-2027 Curriculum Guide

Major: Sports and Exercise Science – Exercise Science Emphasis, B.A.

BA.SES.EXER (117)

Year 1: Fall		Year 1: Spring	
CORE 10 (Communication) – ENGL 1301 or 1311	3	CORE 40 (Lang., Phil. & Culture) – See checklist for options[1]	3
CORE 10 (Communication) – COMM 1315, 1318 or 1321	3	CORE 60 (American History) – See checklist for options[1]	3
CORE 20 (Mathematics) – MATH 1314, 2412 or 2413	3	CORE 70 (Govt./Pol. Sci.) – POSC 2305	3
CORE 90 (Comp. Area Opt.) – See checklist for options – HCSI 2300 strongly recommended for 3 of 6 hours	3	B.A. Requirement – See checklist for options	3
B.A. Requirement – See checklist for options	3	SES 1301 Foundations of Sports & Exercise Sciences	3
Total:	15	Total:	15
Year 2: Fall		**Year 2: Spring**	
CORE 30 (Life & Phys. Sci.) – BIOL 2401/2401L Human Anatomy & Physiology I – 4th hour counts toward Core 90	4	CORE 30 (Life & Phys. Sci.) – BIOL 2402/2402L Human Anatomy & Physiology II – 4th hour counts toward Core 90	4
CORE 50 (Creative Arts) – See checklist for options[1]	3	CORE 80 (Soc. & Behav. Sci.) – PSYC 2301 General Psych.	3
CORE 60 (American History) – See checklist for options[1]	3	ATTR 3310 Therapeutic Modalities & Rehabilitation	3
CORE 70 (Govt./Pol. Sci.) – POSC 2306	3	SES 3302 Structural Kinesiology & Kinetic Anatomy	3
SES 3304 Exercise Testing & Prescription	3	Elective	3
Total:	16	Total:	16
Year 3: Fall		**Year 3: Spring**	
CORE 90 (Comp. Area Opt.) – See checklist for options – SES 1120 strongly recommended for 1 of 6 hours	1	SES 3314 Introduction to Statistics in SES	3
SES 3340 Sport Nutrition	3	SES 4356 T & P of Strength Training & Conditioning	3
SES 3343 Sport Biomechanics	3	SES 4328 Psychology of Injury	3
SES 3441 Exercise Physiology	4	SES 4340 Clinical Exercise Physiology	3
SES 4303 Motor Development & Learning	3	B.A. Requirement – See checklist for options	3
B.A. Requirement – See checklist for options	3		
Total:	17	Total:	15
Year 4: Fall		**Year 4: Spring**	
SES 4330 Administrative Concepts in SES	3	SES 4098 Internship (1-6 hours by approval)	3
SES 4343 Research Methodology	3	Electives	3,3,3
Electives	3,3,3		
Total:	15	Total:	12

[1] **CORE:** SES Exercise Science majors are required to take specific courses for Core 20, Core 30, Core 80, and Core 90. For all other categories, they may select from any available options (see degree checklist). Apart from the major-specific core requirements, there is no set order in which core courses must be taken.

Identified Marketable Skills	Top Three Local Employers or Industries/Professional Programs/Possible Career Opportunities
Oral/Written Communications – Career Management – Teamwork/Collaboration – Professionalism/Work Ethic	Fitness, Wellness, and Sport Performance Centers – Preparation for education in allied health fields – Opportunities for graduate education in exercise physiology, biomechanics, or human performance

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.
- This degree track prepares the student with the scientific foundation for human performance with content in exercise science, biomechanics, and exercise physiology. Additionally, through appropriate use of electives, degree prepares one for further education in allied health and advanced exercise science fields.
- Important sequencing: SES 2321, SES 3343, and SES 3441 are the prerequisites for SES 4356; BIOL 2402 is the prerequisite for SES 3441; SES 3441 is the prerequisite for SES 4340. 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.

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