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

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

Sports and Exercise Sciences—Human Performance Track
Department of Sports and Exercise Sciences
AC 217 651-2370

Bachelor of Arts Degree
BA.SES.HP (150)

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)			
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)			
AGBE 2317*; COMM 2377; CRIJ 1301; ECON 2301, 2302; GEOG 1302; PSYC 2301; SOCI 1301 **Choose 1**	3		
Component Area Option (Core 90)			
Take four 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*; 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)	4		
SPORTS AND EXERCISE SCIENCES—HUMAN PERFORMANCE TRACK 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 2402L[1]	2		
HUMAN PERFORMANCE REQUIREMENTS: 30 HOURS			
SES 1301 Foundations of Sports & Exercise Sciences	3		
SES 2342 Personal Fitness Concepts	3		
SES 2355 Theory/Practice of Non-Traditional Games/Sports	3		
SES 3302 Structural Kinesiology / Kinetic Anatomy	3		
SES 3304 Exercise Testing and Prescription	3		
SES 3314 Intro. to Statistics in SES	3		
SES 4303 Motor Development and Learning	3		
SES 4326 Sport Sociology	3		
SES 4327 Exercise Psychology	3		
SES 4330* Administrative Concepts in SES	3		
ADDITIONAL 18 HOURS FROM THE FOLLOWING COURSES			
ATTR 3310 Therapeutic Modalities and Rehabilitation HSCI 3342 Principles of Human Nutrition HSCI 4342 Diet and Nutrition for Special Populations SES 1304TR Personal Community Health SES 2321 Resistance Training and Conditioning Lab SES 2356TR Care and Prevention Athletic Injuries SES 3311 Applied Instruction in Elementary PA SES 3316 Drugs, Alcohol and Tobacco SES 3326 Adapted Physical Education SES 3340 Sport Nutrition SES 3343* Sport Biomechanics SES 3345 Stress Management SES 3372 Evolution of the Olympic Games SES 3377 Sports Officiating SES 3392 Special Topics SES 3441*, 3441L Exercise Physiology SES 4098 Internship **(1-6 hours)** SES 4322 Applied Instruction in Secondary PA SES 4325 Sport Psychology SES 4328* Psychology of Injury SES 4339* Cardiovascular Exercise Physiology SES 4343* Research Methodology SES 4346 Gait Analysis in SES SES 4356* Essentials of Strength and Conditioning SES 4357* Program Design in Strength and Conditioning SES 4394* Ind. Problems in Sports and Exercise Sciences	18		
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: 18 HOURS BY ADVISEMENT **A grade of "C" or better is required for SES courses.**			
ELECTIVES	18		
MINIMUM HOURS REQUIRED TO COMPLETE DEGREE	**120**		

* 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: 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 – Human Performance Emphasis, B.A. BA.SES.HP (150)

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) – See checklist for options[1]	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 Found. of SES **or** SES 2342 Personal Fitness Concepts	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 60 (American History) – See checklist for options[1]	3	CORE 50 (Creative Arts) – See checklist for options[1]	3
CORE 70 (Govt./Pol. Sci.) – POSC 2306	3	CORE 80 (Soc. & Behav. Sci.) – See checklist for options[1]	3
SES 1301 Found. of SES **or** SES 2342 Personal Fitness Concepts	3	SES 3302 Structural Kinesiology & Kinetic Anatomy	3
SES 3304 Exercise Testing & Prescription	3		
Total:	16	Total:	13
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 4303 Motor Development & Learning	3
SES 2355 Non-Traditional Games/Sports	3	SES 4326 Sport Sociology	3
SES 3314 Introduction to Statistics in SES	3	SES[2]	3
SES[2]	3	SES[2]	3
SES[2]	3	B.A. Requirement – See checklist for options	3
B.A. Requirement – See checklist for options	3		
Total:	16	Total:	15
Year 4: Fall		**Year 4: Spring**	
SES 4327 Exercise Psychology	3	SES 4330 Administrative Concepts in SES	3
SES[2]	3	SES[2]	3
Electives	3,3,3	Electives	3,3,3
Total:	15	Total:	15

[1] **CORE:** SES Human Performance majors are required to take specific courses for Core 30, 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.

[2] Take selected 24 hours, by advisement, from the following: SES 2255, SES 3316, SES 3320, SES 3326, SES 3340, SES 3343, SES 3377, SES 3392, SES 3441, SES 4098, SES 4322, SES 4325, SES 4327, SES 4328, SES 4343, SES 4346, SES 4356, SES 4394, ATTR 3310.

Identified Marketable Skills	**Top Three Local Employers or Industries/Professional Programs/Possible Career Opportunities**
Oral/Written Communications – Career Management – Teamwork/Collaboration – Professionalism/Work Ethic	Youth, collegiate, and private sector sports – Fitness, wellness, and sport performance centers – Preparation for education in allied health fields – Opportunities for alternate teacher certification

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 athletic performance and skill acquisition, physical activity/wellness, and fitness with focus on youth, collegiate and private sector. Additionally, this degree, through appropriate use of electives, provides the preparation for an alternate teacher certification program or further education in allied health fields.
- Important sequencing: SES 2321, SES 3343, and SES 3441 are the prerequisites for SES 4356; BIOL 2402 is the prerequisite for SES 3441. A maximum of 11 hours of electives may have SES prefix.

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.