

**West Texas A&M University  
Advising Services  
Degree Checklist  
2020-2021**

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
<b>Communication (Core 10)</b>		
ENGL 1301 Introduction to Academic Writing and Argumentation	3	
COMM 1315, 1318, or 1321	3	
<b>Mathematics (Core 20)</b>		
MATH 1314*, 1316*, 1324*, 1325*, 1332*/**, 1342*/**, 1350*/**, 2412*, or 2413* (2412 & 2413: fourth hr. moves to Core 90)	3	
<b>Life and Physical Sciences (Core 30)</b>		
See University Core Requirements below	(6)	
<b>Language, Philosophy and Culture (Core 40)</b>		
ANTH 2351, ENGL 2321*, 2326*, 2331*, 2341*, 2343*; HIST 2311, 2323, 2372; MCOM 1307; PHIL 1301, 2374; SPAN 2311*, 2312*/**, 2313*, 2315*, or 2371 <b>Choose 1</b>	3	
<b>Creative Arts (Core 50)</b>		
ARTS 1301, 1303, 1304; DANC 2303; MUSI 1306, 1307 (for music majors), 1310; or THRE 1310 <b>Choose 1</b>	3	
<b>American History (Core 60)</b>		
HIST 1301, 1302, 2301, 2381 <b>Choose 2</b>	6	
<b>Government/Political Science (Core 70)</b>		
POSC 2305 and 2306	6	
<b>Social and Behavioral Sciences (Core 80)</b>		
AGBE 2317*; COMM 2377; CRIJ 1301; ECON 2301, 2302; PSYC 2301; SOCI 1301 <b>Choose 1</b>	3	
<b>Component Area Option (Core 90)</b>		
<b>Take four hours from: ♦</b> AGRI 2300; BIOL lab hours (from Core 30); BUSI 1304; CHEM lab hours (from Core 30); CIDM 1105, CIDM 1301 or 1315; CS 1301; ENGL 1101, 1102, 1302*, 2311*; ENVR lab hour (from Core 30); GEOL lab hours (from Core 30); IDS 1071 (1-3 hours); extra MATH hours (from Core 20); MUSI 1053; PHIL 2303; PHYS lab hours (from Core 30); SES 1120	4	
<b>SPORTS AND EXERCISE SCIENCES—APPLIED SPORT MAJOR REQUIREMENTS: 53 HOURS</b> A grade of "C" or better must be earned in all courses required for major.		
<b>UNIVERSITY CORE REQUIREMENTS: 8 HOURS ♦</b>		
<b>CORE 30</b> BIOL 2401*[3] Human Anatomy & Physiology I	3	
<b>CORE 30</b> BIOL 2402*[3] Human Anatomy & Physiology II	3	
<b>CORE 90</b> BIOL 2401L[1] and 2402L[1]	2	
<b>SPORTS AND EXERCISE SCIENCES MAJOR CORE REQUIREMENTS: 45 HOURS</b>		
SES 1301 Foundations of Sport & Exercise Sciences	3	
SES 2342 Personal Fitness Concepts	3	
SES 2372 Philosophy in Sports 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 <b>OR</b> SES 3320* Instructional Methodologies for Youth	3	
SES 3341* Exercise Physiology <b>OR</b> 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 <b>OR</b> SES 4328 Psychology of Injury	3	
SES 4326 Sport Sociology	3	
SES 4327 Exercise Psychology	3	
SES 4330* Professional Issues in Sport and Exercise Sciences	3	
<b>BACHELOR OF ARTS REQUIREMENTS: 12 HOURS</b>		
Six hours of foreign language.	(6-8)	
Six hours chosen from art, English, history, modern languages, music, philosophy and theatre.	6	
<b>ELECTIVES: 19-21 HOURS BY ADVISEMENT—SEE NOTE</b>		
ELECTIVES ♦	19-21	
<b>MINIMUM HOURS REQUIRED TO COMPLETE DEGREE</b>	<b>120</b>	

♦ 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: 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 credit hours, students must request an official degree plan (using the online [Degree Plan Request](#) form) in order to progress. Students who have questions about their degree plan should contact the office of the dean of the College of Nursing and Health Sciences, which is located in Old Main, Room 402 (phone 806-651-3500).**

## WTAMU ADVISING SERVICES 2020-2021 Curriculum Guide

**Major:** Sports & Exercise Sci./Applied Sport Emph., B.A.

**Major Code:** 150

First Year																																															
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**Degree Total Hours 120**

**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.

### Identified Marketable Skills:

- Oral/Written Communications
- Career Management
- Teamwork/Collaboration
- Professionalism/Work Ethic

### Top 3 Local Employers or Industries/Professional Programs/Possible Career Opportunities

- Youth, collegiate, and private sector sports
- Fitness, wellness, and sport performance centers
- Preparation for education in allied health fields
- Opportunities for alternate teacher certification

### Prerequisites/Important Sequences/Other degree Notes:

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:** BIOL 2401 is the prerequisite for SES 3302; SES 3302 is the prerequisite for SES 3356 and SES 4341; BIOL 2402 is the prerequisite for SES 3341. A maximum of 11 hours of electives may have SES prefix.

**Note 1 - CORE:** SES Applied Sport 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.