

**West Texas A&M University  
Advising Services  
Degree Checklist  
2012-2013**

NAME: \_\_\_\_\_ WT ID: \_\_\_\_\_ DATE: \_\_\_\_\_

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

<b>CORE CURRICULUM COURSES: 42 HOURS ♦</b>		HRS		
Specific course(s) required for this major are listed in the next section.				
<b>Communication (10)</b>				
ENGL 1301 (ENG 101); 1302* (ENG 102) or 2311* (ENG 270)	6			
<b>Communication (11)</b>				
COMM 1315 (SCOM 101, 1315), 1318 (SCOM 103, 1318), or 1321 (SCOM 201, 1321)	3			
<b>Mathematics (20)</b>				
See University Core Requirements below	(3-4)			
<b>Natural Sciences (30)</b>				
See University Core Requirements below	(8)			
<b>Humanities (40-41)</b>				
ENGL 2321*, 2326*, 2331*, 2341*, 2343*; HIST 2311 (110), 2323, 2372 (210); MCOM 1307 (MC 107); PHIL 1301 (101), 2374 (204); SPAN 2312** (207) or SPAN 2315**	3			Choose 1
<b>Visual and Performing Arts (50)</b>				
HUMA 1315 (FA 101); ARTS 1303 (ART 151), ARTS 1304 (ART 152); DANC 2303; MUSI 1306 (MUS 101) or 1208 and 1209; or THRE 1310 (105)	3			Choose 1
<b>Social and Behavioral Sciences (60)</b>				
HIST 1301 (201) or 1303; 1302 or 1304; 2301; 2381	6			Choose 2
<b>Social and Behavioral Sciences (70)</b>				
POSC 2305 (101) or 2370; 2306 (102)	6			
<b>Social and Behavioral Sciences (80)</b>				
See University Core Requirements below	(3)			
<b>Institutionally Designated Option (90)</b>				
ANSC 2370; CIDM 1105, 1301 (CIS, IDM 1301), 1315 (CIS, IDM 1315), 2345; CS 1301; IDS 1071; PHIL 2303 (203)	1-3			Choose 1
<b>SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR REQUIREMENTS: 79-80 HOURS</b>				
A grade of "C" or better must be earned in all courses required for major.				
<b>UNIVERSITY CORE REQUIREMENTS: 14-15 HOURS</b>				
<b>CORE 20</b>				
MATH 1314* (110), 2412*, or 2413*	3-4			
<b>CORE 30</b>				
BIOL 2401*, 2401L (240) Human Anatomy & Physiology I	4			
<b>CORE 30</b>				
BIOL 2402*, 2402L (241) Human Anatomy & Physiology II	4			
<b>CORE 80</b>				
PSYC 2301 (PSY 201) General Psychology	3			
<b>EXERCISE SCIENCE MAJOR REQUIREMENTS: 46 HOURS</b>				
ATTR 3308* (AT 308) Therapeutic Exercise	3			
SES 1301 (204) Historical and Contemporary Issues in Sport	3			
SES 3302* (302) Structural and Mechanical Kinesiology	3			
SES 3304 (304) Measurement & Evaluation Techniques	3			
SES 3340 (340) Sport Nutrition	3			

**Bachelor of Science Degree  
BS.SES.EXER (117)**

SES 3341* (341) Exercise Physiology	3	
SES 3356* (341) Theory and Practice of Strength Training and Conditioning	3	
SES 4302 Motor Learning and Skill Acquisition	3	
SES 4327 Exercise Psychology	3	
SES 4330* (430) Professional Issues in Sports and Exercise Science	3	
SES 4340* (440) Sport and Exercise Testing	3	
SES 4341* (441) Sport Biomechanics	3	
SES 4442* (NEW), 4442L Advanced Exercise Psychology	4	
SES 4343* (NEW) Research Methodology	3	
SES 4394* (490) Individual Problems	3	
<b>DIDACTIC COURSEWORK IN OTHER DEPARTMENTS: 19 HOURS</b>		
CHEM 1411*, 1411L (101, 101L) Chemistry I	4	
CHEM 1412*, 1412L (102, 102L) Chemistry II	4	
PHYS 1401*, 1401L (101, 101L) General Physics I	4	
PHYS 1402*, 1402L (102, 102L) General Physics II	4	
PSYC 3310 (PSY 304) Introduction to Statistics	3	
<b>BACHELOR OF SCIENCE REQUIREMENTS Covered by requirements for major.</b>		
		<b>OPTION</b>
<b>ELECTIVES: 10-13 HOURS BY ADVISEMENT</b>		
<b>ELECTIVES (ANY LEVEL)</b>		
BIOL 1406 and 1407 are strongly recommended.		10-13
<b>TOTAL HOURS REQUIRED TO COMPLETE DEGREE</b>		<b>120</b>

♦ A minimum of 42 hours from the core curriculum is required. Some majors specify particular courses to meet core-curriculum requirements when options are available. Ideally, these courses should be taken during the first two years of enrollment.  
\* Indicates prerequisites—see catalog for more information.  
\*\* Or an equivalent course (second year, second semester) in French or German.

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

**Note: This is NOT a degree plan. Before completion of 45 hours, students are allowed and encouraged to request an official degree plan in the office of the dean of the College of Nursing and Health Sciences, located in Old Main, Room 402 (or call 806-651-3500). After completing 60 hours, students will not be allowed to progress without requesting a degree plan.**