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

**SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR REQUIREMENTS: 56 HOURS**  
A grade of "C" or better must be earned in all courses required for major.

**BACHELOR OF SCIENCE REQUIREMENTS: 6 HOURS**

**RELATED DEGREE REQUIREMENTS: 12 HOURS**

**ELECTIVES: 22-24 HOURS BY ADVISEMENT—SEE NOTE**

**ELECTIVES (ANY LEVEL)**

**TOTAL HOURS REQUIRED TO COMPLETE DEGREE**

**SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR REQUIREMENTS: 36 HOURS**

**UNIVERSITY CORE REQUIREMENTS: 8 HOURS**

**CORE 30**

BIOL 2401, 2401L (240) Human Anatomy & Physiology I 4

**CORE 30**

BIOL 2402, 2402L (241) Human Anatomy & Physiology II 4

**UNIVERSITY CORE REQUIREMENTS: 8 HOURS**

**CORE 30**

ENGL 1301 (ENG 101); 1302* (ENG 102) or 2311* (ENG 270) 6

**Communication (11)**

SCOM 1315 (101), 1318 (103), or 1321 (201) 3

**Mathematics (20)**

MATH 1314* (110), 1324* (115), 1332**/***, 2412*, or 2413* 3

**Natural Sciences (30)**

See University Core Requirements below

**Humanities (40-41)**

ENGL 2321*, 2326*, 2331*, 2341*, 2343*; HIST 2311 (110), 2372 (210); MCOM 1307 (MC 107); PHIL 1301 (101), 2374 (206); SPAN 2312*/*** (207) or SPAN 2315***/** 3

**Visual and Performing Arts (50)**

HUMA 1315 (FA 101); ARTS 1303 (ART 152); DANC 2303; MUSI 1306 (MUS 101) or 1208 and 1209; or THRE 1310 (105) 3

**Social and Behavioral Sciences (60)**

HIST 1301 (201), 1302 (202), 2301 6

**Social and Behavioral Sciences (70)**

POSC 2305 (101) or POSC 2370; 2306 (102) 6

**Social and Behavioral Sciences (80)**

AGBE 2317 (213); ANTH 2351 (201); CRJ 1301 (CR 105); ECON 2301 (ECO 201), 2302 (ECO 202), 2371; GEOG 1302 (202); PSYC 2301 (PSY 201); SCOM 2377 (255); SOCI 1301 (201); or SOCW 2361 (SOWK 201) 3

**Institutional Designated Option (90)**

ANSC 2370 (NEW); IDN 1105, 1301 (CIS 1301), 1315 (CIS 1315), 2345; IDS 1071; PHIL 2303 (203) 1-3

**UNIVERSITY CORE REQUIREMENTS: 8 HOURS**

**CORE 30**

BIOL 2401, 2401L (240) Human Anatomy & Physiology I 4

**CORE 30**

BIOL 2402, 2402L (241) Human Anatomy & Physiology II 4

**SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR REQUIREMENTS: 36 HOURS**

**SEAS 3302 (320) Structural and Mechanical Kinesiology 3**

**SEAS 3304 (304) Measurement & Evaluation Techniques 3**

**SEAS 3340 (340) Sport Nutrition 3**

**SEAS 3341 (341) Physiology of Exercise 3**

**SEAS 3356 (341) Theory and Practice of Strength Training and Conditioning 3**

**SEAS 4302 Motor Learning 3**

**SEAS 4325 (425) Sport Psychology 3**

**SEAS 4326 (426) Sport Sociology 3**

**SEAS 4327 Exercise Psychology 3**

**SEAS 4330 (430) Principles of Sports Administration 3**

**Six hours chosen from biology, chemistry, geology, geosciences, mathematics, physics and natural sciences. 6**

**ELECTIVES (ANY LEVEL)**

**Note:** This is NOT a degree plan. Before completion of 60 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.