

**West Texas A&M University
Advising Services
Degree Checklist
2015-2016**

NAME: _____ WT ID: _____ DATE: _____

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

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

| CORE CURRICULUM COURSES: 42 HOURS ♦ | | HRS |
|---|-------|-----|
| Communication (Code 10) | | |
| ENGL 1301 Introduction to Academic Writing and Argumentation | 3 | |
| COMM 1315, 1318, or 1321 | 3 | |
| Mathematics (Code 20) | | |
| See University Core Requirements below | (3) | |
| Life and Physical Sciences (Code 30) | | |
| See University Core Requirements below | (6) | |
| Language, Philosophy and Culture (Code 40) | | |
| ANTH 2351, ENGL 2321*, 2326*, 2331*, 2341*, 2343*, HIST 2311, 2323, 2372; PHIL 1301, 2374; SPAN 2311*, 2312**/***, 2313*, or 2315* Choose 1 | 3 | |
| Creative Arts (Code 50) | | |
| ARTS 1303, ARTS 1304; DANC 2303; HUMA 1315; MUSI 1306 or 1208 and 1209* (extra MUSI hour moves to Code 90); or THRE 1310 Choose 1 | 3 | |
| American History (Code 60) | | |
| HIST 1301, 1302, 2301, 2381 Choose 2 | 6 | |
| Government/Political Science (Code 70) | | |
| POSC 2305 and 2306 | 6 | |
| Social and Behavioral Sciences (Code 80) | | |
| See University Core Requirements below | (3) | |
| Component Area Option (Code 90) | | |
| Take 3-4 hours from (not including BIOL 2401L & 2402L): ♦ AGRI 2300; BIOL lab hours (from Code 30); BUSI 1304; CHEM lab hours (from Code 30); CIDM 1301 or 1315; CS 1301; ENGL 1101 (pending approval), 1302*, 2311*; FIN 1307, GEOL lab hours (from Code 30); IDS 1071 (1-3 hours); extra MATH hours (from Code 20); extra MUSI hour (from Code 50); PHIL 2303; PHYS lab hours (from Code 30) <i>-Three hours if MATH 2412 or 2413 is taken to satisfy Code 20.</i> | 3-4 | |
| See University Core Requirements below | (2-3) | |
| SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR REQUIREMENTS: 79-80 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 Code 20 | 0-1 | |
| EXERCISE SCIENCE MAJOR REQUIREMENTS: 46 HOURS | | |
| ATTR 3308* Therapeutic Exercise | 3 | |
| SES 1301 Historical and Contemporary Issues in Sport | 3 | |
| SES 3302* Structural and Mechanical Kinesiology | 3 | |
| SES 3304 Measurement & Evaluation Techniques | 3 | |

| | | |
|--|----|------------|
| SES 3340 Sport Nutrition | 3 | |
| SES 3341* Exercise Physiology | 3 | |
| SES 3356* Theory and Practice of Strength Training and Conditioning | 3 | |
| SES 4302 Motor Learning and Skill Acquisition | 3 | |
| SES 4327 Exercise Psychology | 3 | |
| SES 4330* Professional Issues in Sports and Exercise Science | 3 | |
| SES 4340* Clinical Exercise Physiology | 3 | |
| SES 4341* Sport Biomechanics | 3 | |
| SES 4442*, 4442L Advanced Exercise Psychology | 4 | |
| SES 4343* Research Methodology | 3 | |
| SES 4394* Individual Problems | 3 | |
| DIDACTIC COURSE WORK IN OTHER DEPARTMENTS: 19 HOURS | | |
| CHEM 1411*, 1411L Chemistry I | 4 | |
| CHEM 1412*, 1412L Chemistry II | 4 | |
| PHYS 1401*, 1401L General Physics I | 4 | |
| PHYS 1402*, 1402L General Physics II | 4 | |
| PSYC 3310 (PSY 304) Introduction to Statistics | 3 | |
| BACHELOR OF SCIENCE REQUIREMENTS OPTION | | |
| - Covered by requirements for major. | | |
| ELECTIVES: 13 HOURS BY ADVISEMENT | | |
| ELECTIVES (ANY LEVEL) ♦ | 13 | |
| MINIMUM HOURS REQUIRED TO COMPLETE DEGREE | | 120 |

♦ 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.
** Or an equivalent course (second year, second semester) in a foreign language.
*** B.S. option with BIOL 1406 and 1407 is recommended.

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 hours, students are 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). Students who have completed 45 hours will not be allowed to progress without requesting a degree plan.

