

**West Texas A&M University
Advising Services
Degree Checklist
2018-2019**

NAME: _____ WT ID: _____ DATE: _____

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

| CORE CURRICULUM COURSES: 42 HOURS ♦ | | HR |
|---|-------|----|
| 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; MCOM 1307; PHIL 1301, 2374; SPAN 2311*, 2312*/***, 2313*, 2315*, or 2371 Choose 1 | 3 | |
| Creative Arts (Code 50) | | |
| ARTS 1303, ARTS 1304; DANC 2303; MUSI 1306, MUSI 1307, MUSI 1310; 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 1105, CIDM 1301 or 1315; CS 1301; ENGL 1101, 1302*, 2311*; ENVR lab hour (from Code 30); GEOL lab hours (from Code 30); IDS 1071 (1-3 hours); extra MATH hours (from Code 20); 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: 43-48 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 | |

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

| | | |
|--|------------|--|
| SES 3314 (new) Introduction to Statistics in Sports and Exercise Sciences | 3 | |
| SES 3340 Sport Nutrition | 3 | |
| SES 3341* Exercise Physiology | 3 | |
| SES 3356* Theory and Practice of Strength Training and Conditioning | 3 | |
| SES 4098* Internship | 1-6 | |
| SES 4302 Motor Learning and Skill Acquisition | 3 | |
| SES 4327 Exercise Psychology OR SES 4328* Psychology of Injury | 3 | |
| SES 4330* Professional Issues in Sports and Exercise Science | 3 | |
| SES 4340* Clinical Exercise Physiology | 3 | |
| SES 4341* Sport Biomechanics | 3 | |
| SES 4343* Research Methodology | 3 | |
| BACHELOR OF SCIENCE REQUIREMENTS: 6 HOURS OPTION*** | | |
| Six hours chosen from biology, chemistry, geology, geosciences, mathematics, physics and natural sciences. | 6 | |
| ELECTIVES: 24-29 HOURS BY ADVISEMENT | | |
| ELECTIVES (ANY LEVEL) ♦ | 24-29 | |
| 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 by using the online [Degree Plan Request](#) form. The dean's office of the College of Nursing and Health Sciences, located in Old Main, Room 402 (or call 806-651-3500), can answer questions about the degree plan. Students who have completed 45 hours will not be allowed to progress without requesting a degree plan.

