

**West Texas A&M University  
Advising Services  
Degree Checklist  
2019-2020**

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 Choose 1	3	
<b>Creative Arts (Core 50)</b>		
ARTS 1303, ARTS 1304; DANC 2303; MUSI 1306, MUSI 1307, MUSI 1310; or THRE 1310 Choose 1	3	
<b>American History (Core 60)</b>		
HIST 1301, 1302, 2301, 2381 Choose 2	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 Choose 1	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, 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 2402[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 OR SES 3320* Instructional Methodologies for Youth	3	
SES 3341* Exercise Physiology OR 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 OR 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 OPTION</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 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.**

**WTAMU ADVISING SERVICES**  
**2019-2020 Curriculum Guide**

Major: BA, Sports and Exercise Sciences- Exercise Science

Major Code: 150

First Year			
Fall		Spring	
CORE 10 - ENGL 1301	3	CORE 10 - COMM	3
		See Checklist for Options	
CORE 20 - MATH	3	CORE 90	3
See Checklist for Options		See Checklist for Options	
BA Requirement	4	BA Requirement	4
CORE 60 - HIST	3	CORE 60 - HIST	3
See Checklist for Options		See Checklist for Options	
CORE 90 - SES 1120	1	SES 1301 or SES 2342	3
Semester Hours	14	Semester Hours	16

Second Year			
Fall		Spring	
CORE 70 - POSC	3	CORE 70 - POSC	3
2305 or 2306		2305 or 2306	
CORE 30 - BIOL 2401	4	CORE 30 - BIOL 2402	4
CORE 40 -	3	CORE 50	3
See Checklist for Options		See Checklist for Options	
SES 1301 or SES 2342	3	CORE 80	3
		See Checklist for Options	
SES 2372	3	SES 3304	3
Semester Hours	16	Semester Hours	16

Third Year			
Fall		Spring	
SES 3302	3	SES 3320 or SES 3340	3
SES 3311	3	Ses 3341 or SES 4341	3
SES 4327	3	Ses 4325 or SES 4328	3
BA Requirement	3	SES 4322	3
ELECTIVE	3	BA Requirement	3
Semester Hours	15	Semester Hours	15

Fourth Year			
Fall		Spring	
SES 3356	3	SES 4330	3
SES 4302	3	ELECTIVE	3
SES 4326	3	ELECTIVE	3
ELECTIVE	3	ELECTIVE	4
ELECTIVE	3		
Semester Hours	15	Semester Hours	13

**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 45 hours. Students should always seek the advice of their academic adviser before scheduling classes.

Identified Marketable Skills for the Applied Sport Degree:
<ul style="list-style-type: none"> <li>▪ Oral/Written Communications</li> <li>▪ Career Management</li> <li>▪ Teamwork/Collaboration</li> <li>▪ Professionalism/Work Ethic</li> </ul>

Possible Career Settings or Educational Opportunities
<ul style="list-style-type: none"> <li>▪ Youth, collegiate, and private sector sports</li> <li>▪ Fitness, wellness, and sport performance centers</li> <li>▪ Preparation for education in allied health fields</li> <li>▪ Opportunities for alternate teacher certification</li> </ul>

**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 requisite for SES 3302; SES 3302 is the requisite for SES 3356 and SES 4341; BIOL 2402 is the requires for SES 3341. Maximum of 11 hours of electives may have SES prefix.

[Access My Plan a career assessment tool](#)

[Sports and Exercise Sciences Department webpage](#)