

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

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 ♦		HRS
Communication (Core 10)		
ENGL 1301 Introduction to Academic Writing and Argumentation	3	
COMM 1315, 1318, or 1321	3	
Mathematics (Core 20)		
See University Core Requirements below	(3)	
Life and Physical Sciences (Core 30)		
See University Core Requirements below	(6)	
Language, Philosophy and Culture (Core 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 (Core 50)		
ARTS 1303, ARTS 1304; DANC 2303; MUSI 1306, MUSI 1307, MUSI 1310; or THRE 1310 Choose 1	3	
American History (Core 60)		
HIST 1301, 1302, 2301, 2381 Choose 2	6	
Government/Political Science (Core 70)		
POSC 2305 and 2306	6	
Social and Behavioral Sciences (Core 80)		
See University Core Requirements below	(3)	
Component Area Option (Core 90)		
Take 3-4 hours from (not including BIOL 2401L & 2402L): ♦ 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 -Three hours if MATH 2412 or 2413 is taken to satisfy Core 20.	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 Core 20	0-1	
EXERCISE SCIENCE MAJOR REQUIREMENTS: 43-48 HOURS		
ATTR 3308* Therapeutic Exercise OR ATTR 3309* Therapeutic Modalities	3	
SES 1301 Historical and Contemporary Issues in Sport	3	
SES 3302* Structural and Mechanical Kinesiology	3	
SES 3304 Measurement & Evaluation Techniques	3	
SES 3314 Introduction to Statistics in Sports and Exercise Sciences		
SES 3340 Sport Nutrition	3	

**Bachelor of Arts Degree
BA.SES.EXER (117)**

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 ARTS REQUIREMENTS: 12 HOURS*** OPTION		
Six hours of foreign language.	(6-8)	
Six hours chosen from art, English, history, modern languages, music, philosophy and theatre.	6	
ELECTIVES: 18-23 HOURS BY ADVISEMENT—SEE NOTE		
ELECTIVES (ANY LEVEL) ♦	18-23	
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.

WTAMU ADVISING SERVICES
2019-2020 Curriculum Guide

Major: BA, Sports and Exercise Sciences- Exercise Science

Major Code: 117

First Year			
Fall		Spring	
CORE 10 - ENGL 1301	3	CORE 10 - COMM	3
		See Checklist for Options	
CORE 20 - MATH	3	CORE 90	3
MATH 1314, 2412, 2413		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	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 80 - POSC 2301	3
See Checklist for Options			
CORE 50 - ARTS	3	SES 3302	3
See Checklist for Options			
SES 3304	3	SES 3340	3
Semester Hours	16	Semester Hours	16

Third Year			
Fall		Spring	
ATTR 3308 or SES 4327	3	ATTR 3309 or SES 4328	3
SES 3341	3	SES 3314	3
SES 4341	3	SES 3356	3
SES 4302	3	SES 4340	3
BA Requirement	3	BA Requirement	3
Semester Hours	15	Semester Hours	15

Fourth Year			
Fall		Spring	
SES 4330	3	SES 4098	3
SES 4343	3	1-6 cr hours by approval	
ELECTIVE	3	ELECTIVE	3
ELECTIVE	3	ELECTIVE	3
ELECTIVE	3	ELECTIVE	4
ELECTIVE	3	Course ID	CR
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"> ▪ Oral/Written Communications ▪ Career Management ▪ Teamwork/Collaboration ▪ Professionalism/Work Ethic

Possible Career Settings or Educational Opportunities
<ul style="list-style-type: none"> ▪ Fitness, Wellness, and Sport Performance Centers ▪ Preparation for education in allied health fields ▪ Opportunities for graduate education in exercise physiology, biomechanics, or human performance

Prerequisites/Important Sequences/Other degree Notes:
<p>This degree track prepares the student with the scientific foundation for human performance with content in exercise science, biomechanics, and exercise physiology. Additionally, through appropriate use of electives, degree prepares one for further education in allied health and advanced exercise science fields.</p> <p>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; SES 3341 is the requisite for SES 4340.</p> <p>Fall only courses: ATTR 3308, SES 4343; Spring only courses: ATTR 3309, SES 3314, SES 4340</p>

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

[Sports and Exercise Sciences Department webpage](#)