

# B.A. in Exercise and Sports Science

Click on the course number to view course title and description.

Code	Title	Semester Hours
<b>Exercise and Sports Science Degree Plan (120 hours)</b>		
<b>Core Requirements (45 hours)</b>		
First Year Seminar		3
FYE 1301	First Year Seminar	
Freshmen Composition I		3
EN 1311	Rhetoric and Composition	
or EN 1313	Rhetoric and Composition for International Students	
Literature		3
Any EN 23XX literature course		
History		3
Any 1000, 2000, or 3000-level HS course		
Social Science		6
Select two from the following: BA 1310, CJ 1301 CPH 1301, EC 2301, EC 2303, ED 2330, HU 3300, HU 3303, PO 1311, PO 1312, PO 1314, PS 1301, PS 2310, PS 2353, PS 2355, PS 2363, PS 2337, SC 1311, SC 2321, SC 2371, 3 hrs. of Communication Studies (CM 1341, CM 2333, CM 2334)		
Mathematics		3
Select one from the following: MT 1301, 1302, 1303, 1305, 1411, 2303, 2306, 2412		
Natural or Physical Sciences		3
Select one: BL 1301, BL 1302, BL 3311, CH 1303, CH 1304, CH 1401, CH 1402, ES 1300, ES 1301, ES 1302, ES 1303, ES 1304, ES 1305, ES 1373, PY 1300, PY 1310, PY 1401, PY 1402		
Fine Arts		3
Select one course from the following: AR 1300, AR 1301, AR 1311, AR 1312, AR 2301, AR 2321, AR 2361, AR 2362, AR 3331, AR 3351, AR 3381, AR 3392, any 3 hr. DM course, MU 1300 or 3 hrs. of any MU		
Foreign Language and International Engagement		6
This requirement is satisfied through one of four ways: (1) One 3-hour course in any language at the 3000 level or above, with a grade of B or better; (2) Two courses (1311 and 1312) in a language not previously studied; (3) Two courses (2311 and 2312) in a language previously studied at the high school or college level; (4) Qualifying scores on an AP or CLEP exam, or both the ACTFL OPI and WPT exams		
Philosophy - Self		3
PL 1301	Intro to Philosophy	
Philosophy - Ethics		3
PL 2301	Foundations of Ethics	
Theology - God		3
TH 1301	Introduction to Theology	
Intermediate Theology		3
Any TH 33xx course		
<b>Exercise and Sport Science Major Courses (30 hours)</b>		
EX 1302	Foundations of Exercise & Sport Science	3
EX 1304		
EX 2302		
EX 3302	Prevention & Care of Activity-Related Injuries	3
EX 3304	Biomechanics of Human Movement	3
EX 3306	Current Issues in Exercise & Sport Science	3
EX 3308	Statistics for Exercise Science	3
EX 3376	Human Anatomy and Physiology of Exercise	3
EX 4301	Wellness	3
EX 4304	Advanced Principles of Exercise and Sport Science	3
<b>Electives (45 hours)</b>		<b>45</b>

An elective can be any course taken from any discipline. Students can use these hours to pursue certificates, minors, or second majors.

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**Total Semester Hours** **114**

*This is a recommended degree plan subject to changes. Please meet with your advisor on a regular basis.*

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### First Year

Fall	Semester Spring Hours	Semester Hours
Foreign Language I	3 Literature	3
FYE 1301	3 Natural or Physical Science	3
EN 1311	3 Foreign Language II	3
EX 1302	3 EX 1304	3
Social Science	3 General Elective	3
<b>15</b>		<b>15</b>

### Second Year

Fall	Semester Spring Hours	Semester Hours
Mathematics	3 Social Science	3
PL 1301	3 TH 1301	3
EX 2302	3 Fine Arts	3
EX 3302	3 EX 3376	3
General Elective	3 General Elective	3
<b>15</b>		<b>15</b>

### Third Year

Fall	Semester Spring Hours	Semester Hours
EX 3304	3 Intermediate Theology	3
PL 2301	3 EX 3308	3
History	3 EX 3306	3
General Elective	3 General Elective	3
General Elective	3 General Elective	3
<b>15</b>		<b>15</b>

### Fourth Year

Fall	Semester Spring Hours	Semester Hours
EX 4301	3 EX 4304	3
General Elective	3 General Elective	3
General Elective	3 General Elective	3
General Elective	3 General Elective	3
General Elective	3 General Elective	3
<b>15</b>		<b>15</b>

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**Total Semester Hours 120**