

**West Texas A&M University
Advising Services
Degree Checklist
2013-2014**

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 ♦			
Number of hours does not include specific core requirements listed below.			HRS
Communication (10)			
ENGL 1301 (ENG 101); 1302* (ENG 102) or 2311* (ENG 270)	6		
Communication (11)			
COMM 1315 (SCOM 101, 1315), 1318 (SCOM 103, 1318), or 1321 (SCOM 201, 1321)	3		
Mathematics (20)			
MATH 1314* (110), 1324* (115), 1332**/**, 2412*, or 2413*	3		
Natural Sciences (30)			
See University Core Requirements below	(8)		
Humanities (40-41)			
ENGL 2321*, 2326*, 2331*, 2341*, 2343*; HIST 2311 (110), 2323, 2372 (210); MCOM 1307 (MC 107); PHIL 1301 (101), 2374 (204); SPAN 2312**/*** (207) or SPAN 2315*/****	3		
Choose 1			
Visual and Performing Arts (50)			
HUMA 1315 (FA 101); ARTS 1303 (ART 151), ARTS 1304 (ART 152); DANC 2303; MUSI 1306 (MUS 101) or 1208 and 1209; or THRE 1310 (105)	3		
Choose 1			
Social and Behavioral Sciences (60)			
HIST 1301 (201) or 1303; 1302 or 1304; 2301; 2381	6		
Choose 2			
Social and Behavioral Sciences (70)			
POSC 2305 (101) or 2370; 2306 (102)	6		
Social and Behavioral Sciences (80)			
AGBE 2317* (213), ANTH 2351 (201); CRIJ 1301 (CJ 105); ECON 2301 (ECO 201), 2302 (ECO 202), 3371* (2371); GEOG 1302 (202); PSYC 2301 (PSY 201); COMM 2377 (SCOM 255, 2377); SOCI 1301 (201); or SOCW 2361 (SOWK 201)	3		
Choose 1			
Institutionally Designated Option (90)			
ANSC 2370; BUSI 1304; CIDM 1105, 1301 (CIS, IDM 1301), 1315 (CIS, IDM 1315), 2345; CS 1301; FIN 1307; IDS 1071; PHIL 2303 (203)	1-3		
Choose 1♦			
SPORTS AND EXERCISE SCIENCES—APPLIED SPORT MAJOR REQUIREMENTS: 56 HOURS			
A grade of "C" or better must be earned in all courses required for major.			
UNIVERSITY CORE REQUIREMENTS: 8 HOURS			
CORE 30 BIOL 2401*, 2401L (240) Human Anatomy & Physiology I	4		
CORE 30 BIOL 2402*, 2402L (241) Human Anatomy & Physiology II	4		
SPORTS AND EXERCISE SCIENCES MAJOR CORE REQUIREMENTS: 48 HOURS			
SES 1301 (204) Foundations of Sport & Exercise Sciences	3		
SES 2342 (342) Personal Fitness Concepts	3		
SES 2372 Philosophy in Sport and Exercise Sciences	3		
SES 3302* (302) Structural and Mechanical Kinesiology	3		
SES 3304 (304) Measurement & Evaluation Techniques	3		
SES 3311 (311) Principles of Instruction in Physical Activity	3		

**Bachelor of Science Degree
BS.SES.APSP (150)**

SES 3340 (340) Sport Nutrition OR SES 3320* (320) Instructional Methodologies for Youth	3		
SES 3341* (341) Exercise Physiology OR SES 4341* (441) Sport Biomechanics	3		
SES 3356* (341) Theory and Practice of Strength Training and Conditioning	3		
SES 4302 Motor Learning and Skill Acquisition	3		
SES 4322* (422) Applied Instruction in Physical Activity	3		
SES 4325 (425) Sport Psychology	3		
SES 4326 (426) Sport Sociology	3		
SES 4327 Exercise Psychology	3		
SES 4328 Psychology of Injury	3		
SES 4330* (430) Professional Issues in Sport and Exercise Sciences	3		
BACHELOR OF SCIENCE REQUIREMENTS: 6 HOURS OPTION			
Six hours chosen from biology, chemistry, geology, geosciences, mathematics, physics and natural sciences.	6		
ELECTIVES: 22-24 HOURS BY ADVISEMENT—SEE NOTE			
ELECTIVES		22-24	
MINIMUM HOURS REQUIRED TO COMPLETE DEGREE			120

♦ A minimum of 42 hours from the core curriculum is required. Some majors specify particular courses to meet core-curriculum requirements when options are available. Ideally, these courses should be taken during the first two years of enrollment.
* Indicates prerequisites—see catalog for more information.
** While MATH 1332 will fulfill core math requirements it will NOT prepare students for math beyond MATH 1332 such as Plane Trigonometry (MATH 1316), Pre-Calculus (MATH 2412), etc.
*** Or an equivalent course (second year, second semester) in French or German.

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.