

**Sports and Exercise Science – Bachelor of Science**

<b>FRESHMAN YEAR</b>	
<b>Fall Semester</b>	<b>16-18 Hours</b>
UNIV 1001/1113 Intro to Univ Life/Study Strats .....	(1/3)
ENGL 1113 English Composition I .....	(3)
COMM 1113 Principles of Communication .....	(3)
HIST 1483/1493 U.S. History to/since 1865 .....	(3)
General Education Humanities-Diversity.....	(3)
HPET 2323 Intro to Sports & Exercise Science <sup>(M)</sup> .....	(3)
<b>Spring Semester</b>	<b>16 Hours</b>
ENGL 1213 English Composition II.....	(3)
PSY 1113 General Psychology .....	(3)
General Education Mathematics .....	(3)
General Education Humanities-Aesthetics .....	(3)
HLTH 1053 Personal & Community Health <sup>(M)</sup> .....	(3)
General Education Health and Wellness (PE Activity).....	(1)

<b>JUNIOR YEAR</b>	
<b>Fall Semester</b>	<b>14 Hours</b>
HPET 4203 Motor Learning <sup>(M)</sup> .....	(3)
HPET 3023 Sport & Fitness Management <sup>(M)</sup> .....	(3)
HPET 3372 Techniques & Skills for Group Exercise <sup>(M)</sup> .....	(2)
Additional Major Requirement <sup>(M)</sup> .....	(6)
<b>Spring Semester</b>	<b>15 Hours</b>
General Education Health and Wellness (PE Activity).....	(1)
HLTH 3342 Personal Training <sup>(M)</sup> .....	(2)
HPET 3343 Physical Exams & Measurements <sup>(M)</sup> .....	(3)
HPET 3013 Sport Psychology <sup>(M)</sup> .....	(3)
HPET 4003 Administration of Sport <sup>(M)</sup> .....	(3)
Additional Major Requirement <sup>(M)</sup> .....	(3)

<sup>M</sup> Denotes Minimum Grade Needed for Course  
<sup>!</sup> Denotes Critical Course

This is a recommended semester-by-semester plan of study for this major. Course offerings are subject to change based on enrollment. However, courses or requirements designated as critical (!) must be completed in the semester listed to ensure a timely graduation.

**Graduation Requirements Summary**

Minimum Total Hours for Graduation	124
Minimum Upper-Division Hours	40
Minimum Gen Ed Hours	44
Minimum Liberal Arts Hours	55
Minimum Major GPA	2.000
Minimum Overall GPA	2.000

<b>SOPHOMORE YEAR</b>	
<b>Fall Semester</b>	<b>17 Hours</b>
General Education Biological Science .....	(4)
PS 1113 American Federal Government.....	(3)
General Education Economics.....	(3)
General Education Health and Wellness (PE Activity) .....	(1)
HLTH 2213 First Aid <sup>(M)</sup> .....	(3)
HLTH 3243 Anatomy & Kinesiology <sup>(M)</sup> .....	(3)
<b>Spring Semester</b>	<b>17-18 Hours</b>
General Education Physical Science.....	(4-5)
General Education Health and Wellness (PE Activity) .....	(1)
HLTH 1063 Basic Nutrition <sup>(M)</sup> .....	(3)
HLTH 3293 Care & Prevention <sup>(M)</sup> .....	(3)
HLTH 3473 Health & Behavior Change <sup>(M)</sup> .....	(3)
HLTH 4503 Physiology of Exercise <sup>(M)</sup> .....	(3)

<b>SENIOR YEAR</b>	
<b>Fall Semester</b>	<b>16 Hours</b>
HLTH 4562 Principles of Strength Training <sup>(M)</sup> .....	(2)
HPET 3242 Exercise & Technology <sup>(M)</sup> .....	(2)
HPET 4213 Legal Aspects <sup>(M)</sup> .....	(3)
HPET 3373 Recreation for Special Populations <sup>(M)</sup> .....	(3)
Additional Major Requirements <sup>(M)</sup> .....	(6)
<b>Spring Semester</b>	<b>12 Hours</b>
HPET 4224 Capstone (!) <sup>(M)</sup> .....	(4)
HLTH 4553 Exercise Prescription <sup>(M)</sup> .....	(3)
HLTH 3212 Sports Nutrition <sup>(M)</sup> .....	(2)
HPET 4313 Research Methods for SES <sup>(M)</sup> .....	(3)