

**West Texas A&M University  
Advising Services  
Degree Checklist  
2023-2024**

**NAME:** \_\_\_\_\_ **WT ID:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**Sports and Exercise Sciences—Human Performance Track**

**Department of Sports and Exercise Sciences  
AC 217 651-2370**

| CORE CURRICULUM COURSES: 42 HOURS  |     | HRS |
|--|-----|-----|
| <b>Communication (Core 10)</b>   |     |     |
| ENGL 1301 Intro. To Academic Writing & Argumentation OR ENGL 1311 Writing About Ideas  | 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 <b>Choose 1</b>  | 3   |     |
| <b>Creative Arts (Core 50)</b>   |     |     |
| ARTS 1301, 1303, 1304; DANC 2303; MUSI 1306, 1307 (for music majors), 1310; or THRE 1310 <b>Choose 1</b>   | 3   |     |
| <b>American History (Core 60)</b>  |     |     |
| HIST 1301, 1302, 2301, 2381, 2382 <b>Choose 2</b>  | 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; GEOG 1302; PSYC 2301; SOCI 1301 <b>Choose 1</b>   | 3   |     |
| <b>Component Area Option (Core 90)</b>   |     |     |
| <b>Take four hours from:</b><br>AGRI 2300; BIOL 4 <sup>th</sup> hour from 4-hour courses (from Core 30); BUSI 1301, 1304; CHEM 4 <sup>th</sup> hour from 4-hour courses (from Core 30); CIDM 1105, CIDM 1301 or 1315; CS 1301; ECON 2331; ENGL 1101, 1102, 1302*, 1312*, 2311*; ENVR 4 <sup>th</sup> hour (from Core 30); GEOL 4 <sup>th</sup> hour from 4-hour courses (from Core 30); IDS 1071 (1-3 hours); MATH 4 <sup>th</sup> hour from 4-hour courses (from Core 20); MUSI 1053; PHIL 2303; PHYS 4 <sup>th</sup> hour from 4-hour courses (from Core 30); SES 1120 | 4   |     |
| <b>SPORTS AND EXERCISE SCIENCES—HUMAN PERFORMANCE MAJOR REQUIREMENTS: 56 HOURS</b><br>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><br>BIOL 2401*[3] Human Anatomy & Physiology I   | 3   |     |
| <b>CORE 30</b><br>BIOL 2402*[3] Human Anatomy & Physiology II  | 3   |     |
| <b>CORE 90</b><br>BIOL 2401L[1] and 2402L[1]   | 2   |     |
| <b>REQUIRED HUMAN PERFORMANCE MAJOR COURSES: 24 HOURS</b>  |     |     |
| SES 1301 Foundations of Sport & Exercise Sciences  | 3   |     |
| SES 2342 Personal Fitness Concepts   | 3   |     |
| SES 3302 Structural and Mechanical Kinesiology   | 3   |     |
| SES 3304 Measurement & Evaluation Techniques   | 3   |     |
| SES 3314 Introduction to Statistics in Sports & Exercise Sciences  | 3   |     |
| SES 4302 Motor Learning and Skill Acquisition  | 3   |     |
| SES 4326 Sport Sociology   | 3   |     |
| SES 4330* Administrative Concepts in Sport and Exercise Sciences   | 3   |     |

**Bachelor of Science Degree  
BS.SES.HPERF[?] (150)**

| ADDITIONAL 24 HOURS FROM THE FOLLOWING COURSES  |            |  |
|---|------------|--|
| SES 2355 Theory and Practice of Non-Traditional Games/Sports<br>SES 3316 Drugs, Alcohol and Tobacco<br>SES 3320 Instructional Methodologies for Youth<br>SES 3321 Motor Development<br>SES. 3326 Adapted Physical Education<br>SES 3340 Sport Nutrition<br>SES 3341* Exercise Physiology<br>SES 3356* Theory and Practice of Strength Training and Conditioning<br>SES 3377 Sports Officiating<br>SES 3392 Special Topics<br>SES 4098 Internship<br>SES 4322 Applied Instruction in Physical Activity<br>SES 4325 Sport Psychology<br>SES 4327 Exercise Psychology<br>SES 4328* Psychology of Injury<br>SES 4341* Sport Biomechanics<br>SES 4343* Research Methodology<br>SES 4346 Gait Analysis in SES<br>SES 4394* Individual Problems in Sports and Exercise Sciences<br>ATTR 3310 Therapeutic Modalities and Rehabilitation | 24         |  |
| <b>BACHELOR OF SCIENCE REQUIREMENTS: 6 HOURS</b> <b>OPTION</b>  |            |  |
| Six hours chosen from biology, chemistry, geology, geosciences, mathematics, physics and natural sciences.  | 6          |  |
| <b>ELECTIVES: 27 HOURS BY ADVISEMENT</b>  |            |  |
| ELECTIVES   | 27         |  |
| <b>MINIMUM HOURS REQUIRED TO COMPLETE DEGREE</b>  | <b>120</b> |  |

\* 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: This is NOT a degree plan. All undergraduate students must request an official degree plan from their academic dean's office by the time they have completed 30 credit hours.**

## WTAMU ADVISING SERVICES – 2023-2024 Curriculum Guide

### Major: Sports and Exercise Sciences – Human Performance Emphasis, B.S.

**Major Code: 150**

| Year 1: Fall  |           |
|---|-----------|
| CORE 10 (Communication) – ENGL 1301 or 1311   | 3         |
| CORE 20 (Mathematics) – See checklist for options   | 3         |
| CORE – See checklist for options <sup>1</sup>   | 3         |
| B.S. Requirement – See checklist for options  | 3         |
| CORE 90 (Component Area Option) – See checklist for options - SES 1120 is strongly recommended for 1 of 6 hours required for Core 90. | 1         |
| <b>Total:</b>   | <b>13</b> |

| Year 1: Spring   |           |
|--|-----------|
| CORE – See checklist for options <sup>1</sup>  | 3         |
| CORE – See checklist for options <sup>1</sup>  | 3         |
| CORE – See checklist for options <sup>1</sup>  | 3         |
| B.S. Requirement – See checklist for options   | 3         |
| SES 1301 Foundations of Sports and Exercise Sciences or SES 2342 Personal Fitness Concepts | 3         |
| <b>Total:</b>  | <b>15</b> |

| Year 2: Fall  |           |
|---|-----------|
| CORE 30 (Life & Phys. Sci.) – BIOL 2401/2402L - 4 <sup>th</sup> hour counts towards Core 90 | 4         |
| CORE – See checklist for options <sup>1</sup>   | 3         |
| CORE – See checklist for options <sup>1</sup>   | 3         |
| SES 1301 Foundations of Sports and Exercise Sciences or SES 2342 Personal Fitness Concepts  | 3         |
| SES 3304 Measurement & Evaluation Techniques  | 3         |
| <b>Total:</b>   | <b>16</b> |

| Year 2: Spring  |           |
|---|-----------|
| CORE 30 (Life & Phys. Sci.) – BIOL 2402/2402L - 4 <sup>th</sup> hour counts towards Core 90 | 4         |
| CORE – See checklist for options <sup>1</sup>   | 4         |
| CORE – See checklist for options <sup>1</sup>   | 3         |
| CORE – See checklist for options <sup>1</sup>   | 3         |
| SES 3302 Structural and Mechanical Kinesiology  | 3         |
| <b>Total:</b>   | <b>16</b> |

| Year 3: Fall                                 |           |
|--|-----------|
| SES 3314 – Introduction to Statistics in SES | 3         |
| SES <sup>2</sup>                             | 3         |
| SES <sup>2</sup>                             | 3         |
| SES <sup>2</sup>                             | 3         |
| Elective                                     | 3         |
| <b>Total:</b>                                | <b>15</b> |

| Year 3: Spring                                |           |
|---|-----------|
| SES 4302 Motor Learning and Skill Acquisition | 3         |
| SES <sup>2</sup>                              | 3         |
| SES <sup>2</sup>                              | 3         |
| SES <sup>2</sup>                              | 3         |
| Elective                                      | 3         |
| <b>Total:</b>                                 | <b>15</b> |

| Year 4: Fall             |           |
|--------------------------|-----------|
| SES 4326 Sport Sociology | 3         |
| SES <sup>2</sup>         | 3         |
| Elective                 | 3         |
| Elective                 | 3         |
| Elective                 | 3         |
| <b>Total:</b>            | <b>15</b> |

| Year 4: Spring                          |           |
|---|-----------|
| SES 4330 Administrative Concepts in SES | 3         |
| SES <sup>2</sup>                        | 3         |
| Elective                                | 3         |
| Elective                                | 3         |
| Elective                                | 3         |
| <b>Total:</b>                           | <b>15</b> |

<sup>1</sup> **CORE:** SES Human Performance majors are required to take specific courses for Core 30, and Core 90. For all other categories, they may select from any available options (see degree checklist). Apart from the major-specific core requirements, there is no set order in which core courses must be taken.

<sup>2</sup> – Take selected 24 hours, by advisement, from the following: SES 2255, SES 3316, SES 3320, SES 3321, SES 3326, SES 3340, SES 3341, SES 3356, SES 3377, SES 3392, SES 4098, SES 4322, SES 4325, SES 4327, SES 4328, SES 4341, SES 4343, SES 4346, SES 4394, ATTR 3310

|   |  |
|---|--|
| <p><b>Identified Marketable Skills</b></p> <p>Oral/Written Communications – Career Management – Teamwork/Collaboration – Professionalism/Work Ethic</p> | <p><b>Top Three Local Employers or Industries/Professional Programs/Possible Career Opportunities</b></p> <p>Youth, collegiate, and private sector sports – Fitness, wellness, and sport performance centers – Preparation for education in allied health fields – Opportunities for alternate teacher certification</p> |
|---|--|

**Additional notes:**

- 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.
  - At least 36 hours of advanced work (3000- or 4000-level courses) for which tuition is paid must be earned at WTAMU. A maximum of six semester hours in religion (RELI) and six semester hours in physical education (PHED) courses can count toward a baccalaureate degree.
  - 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: SES 3302 is the prerequisite for SES 3356 and SES 4341; BIOL 2402 is the prerequisite for SES 3341. A maximum of 11 hours of electives may have SES prefix.
- 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 30 hours. Students should always seek the advice of their academic adviser before scheduling classes.