

**West Texas A&M University  
Advising Services  
Degree Checklist  
2018-2019**

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
<b>Communication (Code 10)</b>		
ENGL 1301 Introduction to Academic Writing and Argumentation	3	
COMM 1315, 1318, or 1321	3	
<b>Mathematics (Code 20)</b>		
See University Core Requirements below	(3)	
<b>Life and Physical Sciences (Code 30)</b>		
See University Core Requirements below	(6)	
<b>Language, Philosophy and Culture (Code 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 Choose 1	3	
<b>Creative Arts (Code 50)</b>		
ARTS 1303, ARTS 1304; DANC 2303; MUSI 1306, MUSI 1307, MUSI 1310; or THRE 1310 Choose 1	3	
<b>American History (Code 60)</b>		
HIST 1301, 1302, 2301, 2381 Choose 2	6	
<b>Government/Political Science (Code 70)</b>		
POSC 2305 and 2306	6	
<b>Social and Behavioral Sciences (Code 80)</b>		
See University Core Requirements below	(3)	
<b>Component Area Option (Code 90)</b>		
Take 3-4 hours from (not including BIOL 2401L & 2402L): ♦ AGRI 2300; BIOL lab hours (from Code 30); BUSI 1304; CHEM lab hours (from Code 30); CIDM 1105, CIDM 1301 or 1315; CS 1301; ENGL 1101, 1302*, 2311*; ENVR lab hour (from Code 30); GEOL lab hours (from Code 30); IDS 1071 (1-3 hours); extra MATH hours (from Code 20); PHIL 2303; PHYS lab hours (from Code 30) -Three hours if MATH 2412 or 2413 is taken to satisfy Code 20.	3-4	
See University Core Requirements below	(2-3)	
<b>SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR REQUIREMENTS: 79-80 HOURS</b> A grade of "C" or better must be earned in all courses required for major.		
<b>UNIVERSITY CORE REQUIREMENTS: 14-15 HOURS ♦</b>		
<b>CORE 20</b> MATH 1314*, 2412*[3], or 2413*[3]	3	
<b>CORE 30</b> BIOL 2401*[3] Human Anatomy & Physiology I	3	
<b>CORE 30</b> BIOL 2402*[3] Human Anatomy & Physiology II	3	
<b>CORE 80</b> PSYC 2301 General Psychology	3	
<b>CORE 90</b> BIOL 2401L[1] and 2402L[1]	2	
MATH 2412[1] or 2413[1] – if taken to satisfy Code 20	0-1	
<b>EXERCISE SCIENCE MAJOR REQUIREMENTS: 43-48 HOURS</b>		
ATTR 3308* Therapeutic Exercise	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 (new) Introduction to Statistics in Sports and Exercise Sciences		
SES 3340 Sport Nutrition	3	

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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	
<b>BACHELOR OF ARTS REQUIREMENTS: 12 HOURS*** OPTION</b>		
Six hours of foreign language.	(6-8)	
Six hours chosen from art, English, history, modern languages, music, philosophy and theatre.	6	
<b>ELECTIVES: 18-23 HOURS BY ADVISEMENT—SEE NOTE</b>		
ELECTIVES (ANY LEVEL) ♦	18-23	
<b>MINIMUM HOURS REQUIRED TO COMPLETE DEGREE</b>	<b>120</b>	

♦ 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.**



First Year					
Fall			Spring		
H o u r s  14	CORE 10-ENGL 1301	3	H o u r s  16	CORE 10-COMM 1315, 1318 or 1321	3
	CORE 20-MATH 1314, 2412 or 2413	3		CORE 90 - ENGL 1302 or 2311	3
	BA REQUIREMENT See Checklist for Options	4		BA REQUIREMENT	4
	SES 1301	3		CORE 60- HIST 1301, 1302, 2301 or 2381	3
	CORE 90- IDS 1071	1		CORE 50-ARTS	3
				See Checklist for Options	

Second Year					
Fall			Spring		
H o u r s  16	CORE 70- POSC 2305 or 2306	3	H o u r s  16	CORE 70-POSC 2305 or 2306	3
	CORE 30 - BIOL 2401	4		CORE 30 - BIOL 2402	4
	CORE 40 See Checklist for Options	3		CORE 80 - PSYC 2301	3
	CORE 60-HIST 1301, 1302, 2301 or 2381	3		SES 3302	3
	SES 3304	3		BA REQUIREMENT	3

Third Year					
Fall			Spring		
H o u r s  16	ATTR 3308	3	H o u r s  16	SES 4340	3
	SES 3341	3		SES 3340	3
	SES 4302	3		SES 4341	3
	SES 4327 OR SES 4328	3		ELECTIVES	3
	ELECTIVE	4		ELECTIVES	4

Fourth Year					
Fall			Spring		
H o u r s  13	SES 4343	3	H o u r s  13	SES 3314	3
	SES 4330	3		SES 4098	3
	SES 3356	3		1 - 6 cr hours by approval	
	ELECTIVES	4		ELECTIVES	4
			BA REQUIREMENT	3	

**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.