

**West Texas A&M University Advising Services  
Degree Checklist 2019-2020**

indicates courses that apply towards degree programs at WT. All core classes are offered at FPC. Please refer to the list regarding major specific courses. Course prefixes and numbers may vary at each institution. Please contact an adviser to ensure the course will apply towards chosen core area.

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   | FPC |
|--|-----|-------|-----|
| <b>Communication (Core 10)</b>   |     |       |     |
| ENGL 1301 Introduction to Academic Writing and Argumentation   |     | 3     |     |
| COMM 1315, 1318, or 1321   |     | 3     |     |
| <b>Mathematics (Core 20)</b>   |     |       |     |
| See University Core Requirements below   |     | (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 1303, ARTS 1304; DANC 2303; MUSI 1306, MUSI 1307, MUSI 1310; or THRE 1310 <b>Choose 1</b>   |     | 3     |     |
| <b>American History (Core 60)</b>  |     |       |     |
| HIST 1301, 1302, 2301, 2381 <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>  |     |       |     |
| See University Core Requirements below   |     | (3)   |     |
| <b>Component Area Option (Core 90)</b>   |     |       |     |
| <b>Take 3-4 hours from (not including BIOL 2401L &amp; 2402L): ♦</b><br>AGRI 2300; BIOL lab hours (from Core 30); BUSI 1304; CHEM lab hours (from Core 30); CIDM 1105, CIDM 1301 or 1315; CS 1301; ENGL 1101, 1302*, 2311*; ENVR lab hour (from Core 30); GEOL lab hours (from Core 30); IDS 1071 (1-3 hours); extra MATH hours (from Core 20); MUSI 1053; PHIL 2303; PHYS lab hours (from Core 30); SES 1120<br><b>-Three hours if MATH 2412 or 2413 is taken to satisfy Core 20.</b> |     | 3-4   |     |
| See University Core Requirements below   |     | (2-3) |     |
| <b>SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR REQUIREMENTS: 79-80 HOURS</b><br><b>A grade of "C" or better must be earned in all courses required for major.</b>  |     |       |     |
| <b>UNIVERSITY CORE REQUIREMENTS: 14-15 HOURS ♦</b>   |     |       |     |
| <b>CORE 20</b><br>MATH 1314*, 2412*[3], or 2413*[3]  | FPC | 3     |     |
| <b>CORE 30</b><br>BIOL 2401*[3] Human Anatomy & Physiology I   | FPC | 3     |     |
| <b>CORE 30</b><br>BIOL 2402*[3] Human Anatomy & Physiology II  | FPC | 3     |     |
| <b>CORE 80</b><br>PSYC 2301 General Psychology   | FPC | 3     |     |
| <b>CORE 90</b><br>BIOL 2401L[1] and 2402L[1]   |     | 2     |     |
| MATH 2412[1] or 2413[1] – if taken to satisfy Core 20  |     | 0-1   |     |
| <b>EXERCISE SCIENCE MAJOR REQUIREMENTS: 43-48 HOURS</b>  |     |       |     |
| ATTR 3308* Therapeutic Exercise OR ATTR 3309* Therapeutic Modalities   |     | 3     |     |
| SES 1301 Historical and Contemporary Issues in Sport   | FPC | 3     |     |
| SES 3302* Structural and Mechanical Kinesiology  |     | 3     |     |
| SES 3304 Measurement & Evaluation Techniques   |     | 3     |     |
| SES 3314 Introduction to Statistics in Sports and Exercise Sciences  |     |       |     |
| SES 3340 Sport Nutrition   |     | 3     |     |

**Bachelor of Arts Degree  
BA.SES.EXER (117)**

|   |            |  |
|---|------------|--|
| 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*** FPC 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.**

**WTAMU ADVISING SERVICES**  
**2019-2020 Curriculum Guide**

Major: BA, Sports and Exercise Sciences- Exercise Science

Major Code: 117

| First Year                |    |                           |    |
|---------------------------|----|---------------------------|----|
| Fall                      |    | Spring                    |    |
| CORE 10 - ENGL 1301       | 3  | CORE 10 - COMM            | 3  |
|                           |    | See Checklist for Options |    |
| CORE 20 - MATH            | 3  | CORE 90                   | 3  |
| MATH 1314, 2412, 2413     |    | See Checklist for Options |    |
| BA Requirement            | 4  | BA Requirement            | 4  |
| CORE 60 - HIST            | 3  | CORE 60 - HIST            | 3  |
| See Checklist for Options |    | See Checklist for Options |    |
| CORE 90 - SES 1120        | 1  | SES 1301                  | 3  |
| Semester Hours            | 14 | Semester Hours            | 16 |

| Second Year               |    |                     |    |
|---------------------------|----|---------------------|----|
| Fall                      |    | Spring              |    |
| CORE 70 - POSC            | 3  | CORE 70 - POSC      | 3  |
| 2305 or 2306              |    | 2305 or 2306        |    |
| CORE 30 - BIOL 2401       | 4  | CORE 30 - BIOL 2402 | 4  |
| CORE 40 -                 | 3  | CORE 80 - POSC 2301 | 3  |
| See Checklist for Options |    |                     |    |
| CORE 50 - ARTS            | 3  | SES 3302            | 3  |
| See Checklist for Options |    |                     |    |
| SES 3304                  | 3  | SES 3340            | 3  |
| Semester Hours            | 16 | Semester Hours      | 16 |

| Third Year            |    |                       |    |
|-----------------------|----|-----------------------|----|
| Fall                  |    | Spring                |    |
| ATTR 3308 or SES 4327 | 3  | ATTR 3309 or SES 4328 | 3  |
| SES 3341              | 3  | SES 3314              | 3  |
| SES 4341              | 3  | SES 3356              | 3  |
| SES 4302              | 3  | SES 4340              | 3  |
| BA Requirement        | 3  | BA Requirement        | 3  |
| Semester Hours        | 15 | Semester Hours        | 15 |

| Fourth Year    |    |                          |    |
|----------------|----|--------------------------|----|
| Fall           |    | Spring                   |    |
| SES 4330       | 3  | SES 4098                 | 3  |
| SES 4343       | 3  | 1-6 cr hours by approval |    |
| ELECTIVE       | 3  | ELECTIVE                 | 3  |
| ELECTIVE       | 3  | ELECTIVE                 | 3  |
| ELECTIVE       | 3  | ELECTIVE                 | 4  |
| ELECTIVE       | 3  | Course ID                | CR |
| Semester Hours | 15 | Semester Hours           | 13 |

**Degree Total Hours      120**

**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.

| Identified Marketable Skills for the Applied Sport Degree:   |
|--|
| <ul style="list-style-type: none"> <li>▪ Oral/Written Communications</li> <li>▪ Career Management</li> <li>▪ Teamwork/Collaboration</li> <li>▪ Professionalism/Work Ethic</li> </ul> |

| Possible Career Settings or Educational Opportunities  |
|--|
| <ul style="list-style-type: none"> <li>▪ Fitness, Wellness, and Sport Performance Centers</li> <li>▪ Preparation for education in allied health fields</li> <li>▪ Opportunities for graduate education in exercise physiology, biomechanics, or human performance</li> </ul> |

| Prerequisites/Important Sequences/Other degree Notes:  |
|--|
| <p>This degree track prepares the student with the scientific foundation for human performance with content in exercise science, biomechanics, and exercise physiology. Additionally, through appropriate use of electives, degree prepares one for further education in allied health and advanced exercise science fields.</p> <p><b>Important Sequencing:</b> BIOL 2401 is the requisite for SES 3302; SES 3302 is the requisite for SES 3356 and SES 4341; BIOL 2402 is the requires for SES 3341; SES 3341 is the requisite for SES 4340.</p> <p>Fall only courses: ATTR 3308, SES 4343; Spring only courses: ATTR 3309, SES 3314, SES 4340</p> |

[Access My Plan a career assessment tool](#)

[Sports and Exercise Sciences Department webpage](#)