



**Bachelor of Science in Sport Studies
Concentration in
Exercise Science**

Suggested Course Sequence – Three Year Completion

1st SEMESTER -- 1st Year FALL				
Course		Title	Prerequisite(s)	Credit Hours
SSES	1200	Personal Fitness		2
SSES	2100	Introduction to Exercise Science		2
MATH	1500	Principles of Statistics#	MATH 1010 or placement	3
ENGL	1101/1102	Discourse and Composition#	Placement	3/5
Electives				4
				14-16
2ND SEMESTER -- 1st Year SPRING				
BIOL	1130	Principles of Anatomy & Physiology 1#		4
COMM	1103	Public Speaking		3
PSYC	1101	Introduction to Psychology#		3
ENGL	1105	Composition and Argumentation#	ENGL 1101 or 1102	3
SSPE	2100	Health and Nutrition Across the Lifespan		3
				16
3RD SEMESTER -- 1ST Year SUMMER				
BIOL	1131	Principles of Anatomy & Physiology 2#	BIOL 1130	4
SSPE	2200	Human Nutrition		3
SSAT	2300	Athlete Health Maintenance		3
GEP		Fine Arts#		3
GEP		Cultural Perspectives/Western#	ENGL 1105	3
				16
4TH SEMESTER -- 2nd Year FALL				
GEP		Cultural Perspectives/Non-Western#	ENGL 1105	3
SSSM	3200	Psychology of Sport	Sophomore rank or above	3
ELECTIVES				9
				16



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5TH SEMESTER – 2ND YEAR SPRING				
PHIL	3320	Ethics in Public and Private Life#	ENGL 1105	3
SSSM	3100	Ethical Aspects of Sport	SSES2100 or SSSM 2000 and junior rank	3
SSES	3000	Physiology of Exercise	BIOL 1130 and 1131 (with grade of "C" or better)	3
SSES	3050	Functional Anatomy for Exercise Science	BIOL 1130 and 1131 (with grade of "C" or better)	3
ELECTIVES				3
				15
6TH SEMESTER – 2ND Year SUMMER				
SSES	3500	Exercise Prescription	SSES 3000 (with grade of "C" or better)	3
SSES	3100	Scientific Foundations and Techniques of Strength and Conditioning	SSES 3000	3
BIOL	3630	Kinesiology#	BIOL 1130	3
EMTP	1010	First Aid/CPR		2
ELECTIVES				4
				15
7TH SEMESTER – 3RD Year FALL				
IDST	4490	Senior Seminar#	Senior standing and completion of all other GEP requirements	3
SSES	4200	Management of Fitness Facilities	SSES 2100 (with grade of "C" or better)	3
SSES	3600	Exercise Testing and Measurement	SSES 3000 and 3500 (with grade of "C" or better)	3
ELECTIVES				8
				17
8TH SEMESTER – 3RD Year SPRING SEMESTER				
SSES	4985	Internship	SSES 3500 and 3600 (with grade of "C" or better)	12
				12
				120

Counts toward University General Education Program requirements

10/5/12