

SPORT AND EXERCISE PHYSIOLOGY, B.S.

40 courses of three or more credits and 2 one-credit PE courses

GENERAL EDUCATION CORE

BASIC REQUIREMENTS (2 courses and 3 one-credit PE courses)

Composition and Rhetoric

- EN 103 Composition and Rhetoric I
- EN 104 Composition and Rhetoric II

Physical Education Courses

- PE 100 (Satisfied by major)
- PE _____
- PE _____

MODES OF THINKING (3 courses)

Literature (Select one)

- EN 110, EN 112, EN 115

Mathematics

- MA 112 or MA 121 recommended

Natural Science (**Satisfied by Major**)

Philosophy

- PL 109

Social Sciences (Select one; **PS 109 recommended**)

- CJ 109, EC 209, EC 112, PO 103, PO 109, PS 109, or SO 109

CULTURAL LITERACY (6 courses)

Humanities I and II. *Preferably* select a set (e.g., HI 201/202). However, a combination (e.g., PO 201 + HI 214) is acceptable.

- Hum. I: HI 201, PO 201, HI 213
- Hum. II: HI 202, PO 202, HI 214, HI 262

Humanities III: Great Works of Art & Music
(See Master Schedule of Day Classes)

- _____

Humanities IV: Great Works of Literature
(See Master Schedule of Day Classes)

- _____

Foreign Language/World Cultures

(Select either two of the same language, any two WC, or one WC and one approved course with international study)

- _____
- _____

CHRISTIAN VALUES AND THEOLOGY

(3 courses)

Catholic Theology

- TH 109

Intermediate Theology (200/300 level TH)

- TH _____

Values Seminar

(See Master Schedule of Day Classes)

- _____

MAJOR

(16 required courses)

- BI 151: Introductory Biology I
- BI 355: Human Structure and Function I
- BI 356: Human Structure and Function II
- CH 103: Fundamentals of General Chemistry
- CH 104: Introduction to Organic and Biological Chemistry
- SX 170: Fitness Leadership **or** SX 265 Introduction to Sport Science
- SX 250: Nutrition in Sports and Fitness
- SX 285: Research and Statistics in Exercise Science
- SX 362: Fitness Assessment and Exercise Prescription
- SX 370: Biomechanics
- SX 375: Injury Prevention and Care
- SX 465: Exercise Physiology
- SX 470: Advanced Exercise Programming
- SS 100: History and Philosophy of Sport

Junior/Senior Internship Program

- SX 390: Internship
- SX 390: Internship

Note: With the approval of the department chairperson, one semester of internship may be replaced by a research course (SX-461 or SX-462) or a special topics course (SX-499.)

MINOR

(6 courses)

- | | |
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ELECTIVES

(As needed to complete 40-course req.)

- | | |
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A. Koefer, Director of Academic Resource Center
Effective fall, 2017

For the most up-to-date record of progress toward completion of degree requirements, students should use the Academic Evaluation tool, which is listed under the Academic Planning heading in WebAdvisor.

DeSales University
Typical Program: SPORT AND EXERCISE PHYSIOLOGY (B. S.)

FALL SEMESTER

SPRING SEMESTER

FIRST YEAR

Composition and Rhetoric I (EN 103)
Fundamentals of General Chemistry (CH 103)
Introduction to Biology (BI 151)
History and Philosophy of Sport (SS 100) **or**
Foreign Language/World Cultures #
Social Science MOT (PS 109 recommended)
Exploring Exercise Science (SX1011) recommended †

Composition and Rhetoric II (EN 104)
Introduction to Organic & Biological Chemistry (CH104)
Math MOT (MA 110 or 112 or 121)
Catholic Theology (TH 109)
Foreign Language/World Cultures
Terminology in Health Care (SX-1013) †

SECOND YEAR

Humanities 1
Human Structure and Function I (BI 355)
Philosophical Principles (PL 109)
Research & Stats in Ex. Sci (SX 285)
Physical Education (Activity or Varsity Sport)
Kinesiology (SX-1012) recommended †

Humanities 2
Human Structure and Function II (BI 356)
Literature MOT (EN 110, 112, 115)
Nutrition in Sport and Fitness (SX 250)
Free Elective
Physical Education (Activity or Varsity Sport)

THIRD YEAR

Humanities 3
Biomechanics (SX 370)
Injury Prevention and Care (SX 375) *
Intermediate Theology (200-300 level)
Free Elective

Humanities 4
Assessment and Prescription (SX 362)
Internship (SX 390)
Fitness Leadership (SX 170) **or**
Introduction to Sport Science (SX-265)
Free Elective

FOURTH YEAR

Exercise Physiology (SX 465)
Internship (SX 390) or Research (SX 461)
or Independent Study (SX 499)
Free Elective
Free Elective
Free Elective

Advanced Exercise Programming (SX 470)
Values Seminar
Free Elective
Free Elective
Free Elective

* SX 375 may also be satisfied by BI 252 or BI 354 with permission from the Chair of Sport & Exercise Science.

The Foreign Language/World Cultures requirement may be satisfied by completion of a semester of study abroad. This fits best in the junior year of the program. Your advisor can help you plan this option. Courses which include a study-abroad component can also be used to satisfy this requirement.

† Completion of the three one-credit courses, SX-1011, SX-1012, and SX-1013 counts as a three-credit course in calculating the number of courses required for graduation. This permits a semester with a lighter load than usual which works best in the fall semester of the second year.