

Name: _____

BASED ON CREDITS

SPORT AND EXERCISE PHYSIOLOGY, B.S.

126 credits and Two 1-Credit PE courses

GENERAL EDUCATION CORE

BASIC REQUIREMENTS

(6 credits and two 1-credit PE Courses)

Composition and Rhetoric

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

Physical Education Courses

(PE 100 is satisfied by the major.)

- PE _____
- PE _____

MODES OF THINKING (12 credits)

Literature (Select one)

- EN 110, 112, EN 115

Mathematics (Select one)

- MA 112 or MA 121 recommended

Natural Science (**Satisfied by the major.**)

Philosophy

- PL 109

Social Sciences (PS 109 Recommended)

- PS 109, CJ 109, EC 209, EC 112, CM 130, HCM 230, PO 103, PO 109, or SO 109

CULTURAL LITERACY (18 credits)

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

- _____

Humanities IV: Great Works of Literature

- _____

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

(9 credits)

Catholic Theology

- TH 109

Intermediate Theology (200/300 level TH)

- TH _____

Values Seminar

- _____

MAJOR (63 credits)

- 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 1011: Exploring Exercise Physiology
- SX 1012: Kinesiology
- SX 1013: Terminology in Health Care
- SX 170: Fitness Leadership **OR** SX-265: Introduction to Sport Science
- SX 250: Nutrition in Sport 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 390.01: Internship
- SX 390.02: Internship

FREE ELECTIVES (18 credits)

- _____
- _____
- _____
- _____

OPTIONAL MINOR

- _____
- _____
- _____

DE SALES UNIVERSITY
Example Plan: SPORT AND EXERCISE PHYSIOLOGY MAJOR (B. S.)

FIRST YEAR

FALL SEMESTER (15 credits)

Exploring Exercise Physiology (SX 1011)
Composition and Rhetoric I (EN 103)
Introductory Biology (BI 151)
Fundamentals of General Chemistry (CH 103)
Fitness Leadership (SX-170) **OR**
Introduction to Sport Science (SX 265)

SPRING SEMESTER (17 credits)

Intro. to Organic and Biological Chemistry (CH 104)
Composition and Rhetoric II (EN 104)
Catholic Theology (TH 109)
Social Science MOT (PS 109 recommended)
Free Elective
Terminology in Health Care (SX 1013)

SECOND YEAR

FALL SEMESTER (15 credits and 1-credit PE)

Human Structure and Function I (BI 355)
Kinesiology (SX 1012)
Research and Stats in Ex. Sci. (SX 285)
World Cultures/ Foreign Language I
Philosophical Principles (PL 109)
Physical Education (Activity)

SPRING SEMESTER (14 credits and 1-credit PE)

Human Structure and Function II (BI 356)
Nutrition in Sport and Fitness (SX 250)
MOT Literature
World Cultures / Foreign Language II
Physical Education (Activity)

THIRD YEAR

FALL SEMESTER (17 credits)

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

SPRING SEMESTER (16 credits)

Assessment and Prescription (SX 362)
Free Elective
Mathematics MOT (MA 112 or 121)
Humanities II
Internship (SX 390.01)

FOURTH YEAR

FALL SEMESTER (16 credits)

Exercise Physiology (SX 465)
Humanities III
Values Seminar
Internship (SX 390.02)
History and Philosophy of Sport (SS 100)

SPRING SEMESTER (16 credits)

Advanced Exercise Programming (SX 470)
Humanities IV
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 and Exercise Physiology.

A. Koefer, Director of the Academic Success Center
Effective fall, 2022