

# SPORTS AND EXERCISE SCIENCE

## Bachelor of Applied Science Checklist

- Review the Program Admission requirements.
- View the General Education Matrix for a complete list of qualifying courses.
- Fulfill the College Degree Requirements in conjunction with this degree plan.
- Consult an Academic Advisor to ensure all academic requirements are met.

## Summary

Foundation	51
Major	33
General Education	36
Digital Literacy	
<b>Total Credits</b>	<b>120</b>

## Degree Plan Foundation

Clinical Exercise Science Program Certificate <sup>1</sup>		32
OR		
Select the following Program Certificates: <sup>1</sup>		32
Exercise Science		
Sport & Fitness Management		
HPER 210	First Aid and CPR	1
HPER 214	Sociological Perspectives in Sport and Fitness	3
HPER 242	Introduction to Kinesiology	3
HPER 297	Cooperative Education/Internship	3
HPER 124	Sport Sales	3
BADM 281	Organizational Behavior	3
PSYC 207	Introduction to Sports and Performance Psychology	3
Total Credits		51

## Major

LEAD 317	Relationship Building	3
HPER 300	History and Philosophy of Sport	2
HPER 310	Marketing in Fitness and Sport	3
HPER 400	Sport Governance	3
HPER 410	Sport Law	3
HPER 305	Kinesiology	3
HPER 405	Biomechanics	3
HPER 315	Exercise Physiology	3
HPER 315L	Exercise Physiology Lab	1
HPER 415	Exercise Testing and Prescription	3
HPER 397	Cooperative Education/Internship	3
HPER 497	Cooperative Education/Internship	3
<b>Total Credits</b>		<b>33</b>

## General Education

### Written Communications

ENGL 110	College Composition I	3
ENGL 120	College Composition II	3
<b>Credits Subtotal</b>		<b>6</b>

### Oral Communications

COMM 110	Fundamentals of Public Speaking	3
<b>Credits Subtotal</b>		<b>3</b>

### Arts & Humanities

Select 6 credits from the "Arts & Humanities" categories on the General Education matrix.		6
<b>Credits Subtotal</b>		<b>6</b>

### Social & Behavioral Sciences

PSYC 111	Introduction to Psychology	3
PSYC 250	Developmental Psychology	3
COMM 212	Interpersonal Communication	3
<b>Credits Subtotal</b>		<b>9</b>

### Business, Math, Science & Technology

MATH 210	Elementary Statistics	3
BIOL 151 & 151L	General Biology II and General Biology II Lab	4
Select 2 credits from the "Business, Math, Science & Technology" categories on the General Education matrix.		2
Select one of the following:		3
BADM 202	Principles of Management	
BADM 282	Human Resource Management	
<b>Credits Subtotal</b>		<b>12</b>

<b>General Education Total Credits</b>	<b>36</b>
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## Digital Literacy

Select one of the following:

ENGL 110	College Composition I
NDUS Institution Approved Training Course	
NDUS Institution Designated Digital Literacy Course	

## Footnotes

<sup>1</sup> Students completing the Sports and Exercise Science Bachelor of Applied Science only need to complete one certificate. Students not choosing to complete the Clinical Exercise Science Program Certificate will need to select **both** of the following certificates to fulfill the BAS degree requirements: Exercise Science, Sport & Fitness Management