

# 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
<i>OR</i>	
Select both of the following Program Certificates: <sup>1</sup>	32
Exercise Science	
Sport & Fitness Management	
HPER 210                      First Aid and CPR	1
SOC 217                      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 270                      Psychological Disorders and Treatment	3
<b>Total Credits</b>	<b>51</b>

## 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>

### General Education Total Credits

**36**

## 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