

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 | |
| Total Credits | 120 |

Degree Plan

Foundation

| | | |
|--|---|---|
| Clinical Exercise Science Program Certificate ¹ | 32 | |
| <i>OR</i> | | |
| Select the following Program Certificates: ¹ | 32 | |
| Exercise Science | | |
| Sport & Fitness Management | | |
| HPER 210 | First Aid and CPR | 1 |
| HPER 214 | | |
| 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 |
| Total Credits | | 33 |

General Education

Written Communications

| | | |
|-------------------------|------------------------|----------|
| ENGL 110 | College Composition I | 3 |
| ENGL 120 | College Composition II | 3 |
| Credits Subtotal | | 6 |

Oral Communications

| | | |
|-------------------------|---------------------------------|----------|
| COMM 110 | Fundamentals of Public Speaking | 3 |
| Credits Subtotal | | 3 |

Arts & Humanities

| | |
|---|----------|
| Select 6 credits from the "Arts & Humanities" categories on the General Education matrix. | 6 |
| Credits Subtotal | 6 |

Social & Behavioral Sciences

| | | |
|-------------------------|-----------------------------|----------|
| PSYC 111 | Introduction to Psychology | 3 |
| PSYC 250 | Developmental Psychology | 3 |
| COMM 212 | Interpersonal Communication | 3 |
| Credits Subtotal | | 9 |

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 |
| Credits Subtotal | 12 |

| | |
|--|-----------|
| 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

¹ 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