

Name: _____
Student ID: _____
Date Admitted Into Major: _____

**BACHELOR OF SCIENCE
SPORT & MOVEMENT SCIENCE
EXERCISE SCIENCE CONCENTRATION-HONORS TRACK**

GENERAL EDUCATION REQUIREMENTS

Competencies

 ♦ Basic College Math
 ♦ Reading Comprehension

◆ General Education Categories (34-35 credits total)

◆FYS	First Year Seminar			3
◆W-I	Written Communication - Level I			3
◆OC	Oral Communication			3
PGR	Personal Growth & Responsibility			3
CEA	Creative Expression & Appreciation			3
WC	World Cultures			3
HP	The Human Past			3
CS	Contemporary Society			3
SR	Scientific Reasoning:	# Any SR course		3-4
		# SR Lab course		4
QR	Quantitative Reasoning			3

‡ Written Communication (Level II and Level III) and Diversity, Power Dynamics and Social Justice

W-II	Written Communication - Level II			<input type="checkbox"/>
W-III	Written Communication - Level III			<input type="checkbox"/>
DPDS	Diversity, Power Dynamics and Social Justice			<input type="checkbox"/>

Free Electives (20-23 credits)

May be necessary to take additional credits to attain the minimum 120 credits required for graduation depending on choices made for general education or minor selection.

Minor (Optional):

COURSES IN MAJOR (76 credits total)

Required in Major (48 credits)

SMS	174	Strength Cond Tech	1
SMS	175	First Responder	3
SMS	198	Intro to Ex Sci I	3
SMS	202	Intro to Ex Sci II	3
SMS	231	Intro to & Prev of Athl Inj	3
SMS	250	Nutrition & Phys Perf	3
SMS	281	Research Methods	3
SMS	300	Kinesiology	3
SMS	350	Ex Testing & Prescription	4
SMS	351	Health Promo & Disease Prev	3
SMS	352	Ex Physiology I	4
SMS	355	Directed Field in Ex Sci	3
SMS	452	Ex Physiology II	4
SMS	477H	Research Practicum in ES I	4
SMS	478H	Research Practicum in Es II	4

Free electives in Major (3 credits)

(Choose from SMS 200; SMS 201; SMS 251; SMS 303)

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♥ Required support courses (25 credits)

BIO	105	Biological Systems	4
CHE	117	Gen Org and Bio Chem	4
	OR		
CHE	130	General Chem I	4
MAT	147	Statistics	3
	OR		
BHS	247	Stat. for Health Pro	
BIO	200	Anatomy & Physiology I	4
BIO	201	Anatomy & Physiology II	4
ATR	356	Strength & Conditioning	3
IDS	600H	Honors Seminar I (Junior year)	1.5
IDS	601H	Honors Seminar II (Senior year)	1.5

♥ Students may choose to use support courses to satisfy general education categories, but may not be required to do so. **Note:** If a course is used to satisfy two or more requirements (for example, a support course and Scientific Reasoning requirement), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the credit total required for graduation.

- ◆ Courses used to satisfy the general education requirements of the university must be taken from a minimum of six different academic disciplines. First Year Seminar and Level I Written Communications courses are exempt from this restriction. Courses may not be used to fulfill both major discipline and general education requirements.
- ‡ These Scientific Reasoning General Education Category courses do not have to be a sequence or be from the same discipline.
- ‡ Level II, Level III Written Communications and Diversity, Power Dynamics and Social Justice Courses may be used to satisfy requirements anywhere else in a student's program of study where they may apply. The credits are counted only in one area.
- ◆ Students must be in the Commonwealth Honors Program to follow this honors concentration. Students are advised to review general education selections in accordance with Honors Program requirements.

◆ COMPETENCIES - TO BE COMPLETED WITHIN THE FIRST 30 CREDITS	◆ GENERAL EDUCATION CATEGORIES - TO BE COMPLETED WITHIN THE FIRST 30 CREDITS
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Exceptions in the timing of courses will be made for transfer students

Total credits for graduation: 120

Effective: 9/2020