

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

BACHELOR OF SCIENCE SPORT AND MOVEMENT SCIENCE

EXERCISE SCIENCE CONCENTRATION - Continuing Studies

GENERAL EDUCATION REQUIREMENTS				
Competencies				
<input type="checkbox"/> ♦ Basic College Math				
<input type="checkbox"/> ♦ Reading Comprehension				
▲ General Education Categories - 34-35 credits				
♦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)				
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 (14-16 credits minimum)				
Additional free elective credits beyond the credits listed may be required based on the use of support courses to satisfy General Education Category requirements				

Minor (Optional):				

COURSES IN MAJOR (48-49 credits total)				
Required (42-43 credits)				
SMS	174	Strength & Con Tech & Assess	1	
SMS	175	First Responder	3	
SMS	198	Introduction to Exercise Science I	3	
SMS	202	Introduction to Exercise Science II	3	
SMS	231	Intro to and Prevention of Ath Inj o	3	
ATR	301			
ATR	301	Concepts of Rehab Science	4	
SMS	250	Nutrition and Physical Perform	3	
SMS	251	Human Perf. In Extreme Environ	3	
SMS	281	Research Methods in Ex Science	3	
SMS	300	Kinesiology	3	
SMS	260	Intro to Health Ed and Promo.	3	
SMS	351	Health Promotion & Disease Prev.	3	
SMS	352	Exercise Physiology I	4	
SMS	355	Directed Field in Ex Science	3	
SMS	365	Exercise Testing and Prescription	4	
SMS/ATR Electives (6 credits)				
▼ Required Support Courses (22 credits)				
BIO	122	World of Cells	4	
CHE	130	Chemistry I	4	
MAT	147	Statistics	3	
BIO	200	Anatomy and Physiology I	4	
BIO	201	Anatomy and Physiology II	4	
ATR	356	Strength and Conditioning	3	

Option available only to Continuing Studies students

▼ 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 and Level III Written Communications 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.

♦ COMPETENCIES - TO BE COMPLETED WITHIN THE FIRST 30 CREDITS	♦ GENERAL EDUCATION CATEGORIES - TO BE COMPLETED WITHIN THE FIRST 30 CREDITS
--	--

Exceptions in the timing of courses will be made for transfer students

Total credits for graduation: 120

Effective: 6/2021