

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 for Exercise and 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: 9/2022