

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

BACHELOR OF SCIENCE SPORT & MOVEMENT SCIENCE

EXERCISE SCIENCE CONCENTRATION –PROFESSIONAL TRACK

GENERAL EDUCATION REQUIREMENTS				
Competencies				
<input type="checkbox"/> ♦ Basic College Math				
<input type="checkbox"/> ♦ 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 (8-9 credits minimum)				
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 (55 credits total)				
Required (52 credits)				
SMS	174	Strength & Conditioning Tech. & Assessment	1	
SMS	175	First Responder	3	
SMS	198	Intro. to Exercise Science I	3	
SMS	202	Intro. to Exercise Science II	3	
SMS	231	Intro to & Prevention of Athletic Injuries	3	
SMS	250	Nutrition for Exercise and Perform	3	
SMS	281	Research Methods in Exercise Science	3	
SMS	300	Kinesiology	3	
SMS	303	Exercise Psychology	3	
SMS	352	Exercise Physiology I	4	
SMS	365	Exercise Testing and Prescription	4	
SMS	355	Directed Field in Ex Science	3	
SMS	373A	Fitness & Program Management	3	
SMS	452	Exercise Physiology II	4	
SMS	476	Senior Seminar in Ex Science	3	
SMS	580	Internship in Exercise Science	6	

SMS/ATR Electives (3 credits)				

♦ Required Support Courses (22 credits total)				
BIO	105	Biological Systems	4	
CHE	117	Gen. Organic & Biological Chem.	4	
CHE	130	OR 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	

♦ 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.

♦ 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: 9/2022