



DEGREE WORKSHEET FOR:
BS in Sport and Exercise Science: P.E. Liberal Studies Emphasis
2012-2013 Catalog
Degree Requirements – 120 credits

YEAR 1- FALL (15 credits)		YEAR 1- SPRING (15 credits)	
SES 134 Self Defense	1 credit	SES 111, 113, or 114	1 credit
ENG 122 College Composition (LAC Area 1a)	3 credits	Liberal Arts Core/Electives	14 credits
Liberal Arts Core/Electives (ENG 122 Area 1a)	11 credits	EDFE 110 Initial PTEP Application	0 credits
YEAR 2- FALL (16 credits)		YEAR 2-SPRING (15 - 16 credits)	
SES 220 Anatomical Kinesiology (LAC Area 6)	4 credits	SES 323 Motor Learning & Development	3 credits
SES 200 Weight Training & Conditioning	1 credit	SES 118, 120 ² , 133, or 152	1-2 credits
SES 125, 126, 127, 128, 130, 131, or 135	1 credit	SES 100, 102, 103, 104, or 110 ³	1 credit
SES 266 Introduction to PE as a Profession	3 credits	Additional Physical Activity Course ¹	1 credit
SES 170 Introduction to Field Based Experience	1 credit	Minor or Second Major courses	9 credits
SES 338 Teaching Diverse Populations	3 credits		
Minor or Second Major courses	3 credits		
YEAR 3- FALL (16 credits)		YEAR 3- SPRING (14 credits)	
SES 331 Biomechanics	3 credits	SES 322 Exercise Physiology I	3 credits
Liberal Arts core/Electives	3 credits	SES 436 Social Influences on SES	3 credits
SES 100, 102, 103, 104 or 110 ³	1 credit	Additional Physical Activity Course ¹	1 credit
Additional Physical Activity Course ¹	1 credit	Minor or Second Major courses	3 credits
Minor or Second Major courses	5 credits	Liberal Arts Core/Electives	4 credits
SES 461 Administration and Law	3 credits		
YEAR 4- FALL (15 credits)		YEAR 4- SPRING (14 credits)	
Minor or Second Major courses	7 credits	SES 243 Outdoor & Adventure Programming	3 credits
Liberal Arts Core/Electives	8 credits	Minor or Second Major courses	5 credits
		Liberal Arts Core/Electives	6 credits

Admission Requirement – No separate admission requirement.

Minor Required – Yes. (Minimum 18 hours: With advisor approval, students must complete a minor (or second major) in a subject area related to physical education).

Notes – see page 2.

Contact Information – School of Sport and Exercise Science

Gunter 2590, 970-351-2535

School Web Page: <http://www.unco.edu/nhs/ses/>

This worksheet is a recommended schedule to complete your bachelor's degree in 4 years. Every UNC student must meet the following requirements in order to graduate with a bachelor's degree: earn a minimum of 120 semester credit hours; possess a minimum of a 2.00 cumulative grade point average; have at least 40 credit hours in courses designated as Liberal Arts Core; meet all degree requirements in

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the student's major field of study. Each major and/or emphasis may have additional requirements necessary for graduation. **Students must consult with their major advisor to receive information on any additional graduation requirements.**

BS Sport and Exercise Science – PE Liberal Studies (cont.)

Notes

- 1 ¹Students must select 3 additional physical activity courses with advisor approval.
- 2 ²SES 120 is a 2 credit course.
- 3 ³Students must select two of the following content courses SES 100, 102, 103, 104 or 110.
- 4 A grade of "C" or better is mandatory in all SES prefix courses, C minus is not acceptable. Student must maintain a GPA of 2.5 overall and a 2.7 in the major. Transfer and change of major students must have a 2.5 cumulative average to declare the major.

Physical Education and sport have become diverse fields with multiple career opportunities. This emphasis combined with an appropriate minor enables students to combine sport and physical education with another discipline in preparation for the continually changing world of sport. Students who select this emphasis are **not** eligible for teacher licensure in Sport and Exercise Science.