**DEGREE WORKSHEET FOR:**

**BS in Sport and Exercise Science: Sports Coaching Emphasis**

**2016-2017 Catalog**

**Degree Requirements – 120 credits**

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| **YEAR 1- FALL (15 credits)** | **YEAR 1- SPRING (15 credits)** |
| ENG 122 College Composition (LAC Area 1a) 3 credits Liberal Arts Core – Math (LAC Area 2) 3 credits Liberal Arts Core/Electives 9 credits | ENG 123 or ENG 225 (LAC Area 1b) 3 credits FND 250 (LAC Area 6) 3 credits Liberal Arts Core/Electives 9 credits |
| **YEAR 2- FALL (15 credits)** | **YEAR 2-SPRING (15 credits)** |
| SES 220 Anatomical Kinesiology (LAC Area 6) 4 credits SES 233 Advanced First Aid and CPR 2 credits SES 312-321 Coaching and Officiating4, 5 2 credits SES 200 Weight Training & Conditioning5 1 credit Liberal Arts Core/Electives 3 credits EDFE 110 Initial PTEP Application1 0 credits  SES 240 Secondary P.E. Content I4 3 credits | SES 323 Motor Learning & Development 3 credits SES 266 Introduction to PE as a Profession2 3 credits SES 170 Introduction to Field Based Experience2 1 credit  SES 300 Fitness Management5 3 credits SES 312-321 Coaching and Officiating4,5  2 credits SES241 Secondary P.E. Content II4  3 credits |
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| **YEAR 3- FALL (15 credits)** | **YEAR 3- SPRING (15 credits)** |
| SES 333 Psychological Analysis of Sports Exercise and  Physical Activity 3 credits  SES 340 Planning and Instructional Design3 4 credits SES 335 Principles of Coaching 3 credits SES 280 Prevention and Care of Sports Injuries 3 credits Electives 2 credits | SES 322 Exercise Physiology I 3 credits SES 436 Social Influences on SES 3 credits SES 338 Teaching Diverse Populations 3 credits Liberal Arts Core/Electives 6 credits |
| **YEAR 4- FALL (15 credits)** | **YEAR 4- SPRING (15 credits)** |
| SES 331 Biomechanics 3 credits SES 461 Administration and Law 3 credits Liberal Arts Core/Electives 9 credits | SES 392 Internship in Sport and Exercise Science6 6 credits  Liberal Arts Core/Electives 9 credits |

**Admission Requirement – No separate admission requirement. Minor – NO Minor Required.**

**Notes – see page 2.**

**Contact Information – Dr. Scott Douglas**

**Gunter 2590, 970-351-2233**

**School Web Page:** [**http://www.unco.edu/nhs/ses/**](http://www.unco.edu/nhs/ses/)

**BS Sport and Exercise Science - Sports Coaching Emphasis (cont.)**

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 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.**

**Notes**

1. 1This course must be taken prior to taking SES 266 and SES 170 since it is a prerequisite.

2. 2 SES 266 Intro. to P.E. as a Profession and SES 170 Intro. to Field Based Exp. are taken concurrently and will only be offered in spring semesters.

3. 3SES 340 Planning and Instruction Design will only be offered in fall semesters.

4. 4SES 240 and SES 241 are offered irregularly. SES 312 – 321 Coaching and Officiating refers to content specific coaching courses that are offered irregularly. Coaching and Officiating Content courses that are taught include: SES 312 Baseball; SES 313 Basketball; SES 314 Football; SES 316 Tennis; SES 317 Track & Field; SES 318 Soccer; SES 319 Softball; SES 320 Swimming; SES 321 Volleyball.

5. 5SES 200 Weight Training and Conditioning; SES 240 Secondary P.E. Content; SES 241 Secondary P.E. Content II SES

312 – 321; are offered irregularly.

6. 6Prior to registering for SES 392, students must have a GPA of 2.7 or better in the SES prefix courses.

7. A grade of “C” or higher is required in all SES prefix courses; the course must be retaken until a “C” or higher is achieved, C minus is not acceptable.

Sports coaching is an emerging field with diverse content areas and athletic populations. This major enables students to combine sport specific content, scientific knowledge and pedagogical practices in preparation for the continually changing world of coaching and athletics. Students who select this emphasis are **not** eligible for teacher licensure in Sport and Exercise Science.