



DEGREE WORKSHEET FOR:

BS in Sport and Exercise Science: Sports Coaching Emphasis

2015-2016 Catalog

Degree Requirements – 120 credits

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

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

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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

- ¹This course must be taken prior to taking SES 266 and SES 170 since it is a prerequisite.
- 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.
- ³SES 340 Planning and Instruction Design will only be offered in fall semesters.
- 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.
- 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.
- ⁶Prior to registering for SES 392, students must have a GPA of 2.7 or better in the SES prefix courses.
- 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.