



## DEGREE WORKSHEET FOR:

### BS in Sport and Exercise Science: Exercise Science Emphasis

## 2017-2018 Catalog

### Degree Requirements - 120 credits

YEAR 1- FALL (15 credits)		YEAR 1- SPRING (16 credits)	
ENG 122 College Composition (LAC Area 1a)	3 credits	Liberal Arts Core/Electives	16 credits
Liberal Arts Core/Electives - incl. CHEM 281/281L (or CHEM 111/111L for pre-PT <sup>1</sup> ) - LAC 6	12 credits	- incl. BIO 110 & CHEM 112/112L for pre-PT <sup>1</sup>  - incl. PSY coursework for pre-PT <sup>1</sup>	
YEAR 2- FALL (16 credits)		YEAR 2-SPRING (16 credits)	
SES 220 Anatomical Kinesiology (LAC 6)	4 credits	SES 322 Exercise Physiology I	3 credits
Liberal Arts Core/Electives - incl. BIO 341 & STAT 150 for pre-PT <sup>1</sup>	12 credits	BIO 245 Intro to Anat & Phys (or BIO 350 for pre-PT <sup>1</sup> )	4 credits
		Liberal Arts Core/Electives	9 credits
YEAR 3- FALL (15 credits)		YEAR 3- SPRING (15 credits)	
SES 331 Biomechanics	3 credits	SES 323 Motor Learning	3 credits
SES 300 or 405 or 410 or 480 <sup>3</sup>	3 credits	SES 324 Exercise Phys. II	3 credits
SES 280 Prev/Care of Sports Injuries	3 credits	Liberal Arts Core/Electives (incl. PHYS 221 for pre-PT <sup>1</sup> )	9 credits
Liberal Arts Core/Electives (incl. PHYS 220 for pre-PT <sup>1</sup> )	6 credits		
YEAR 4- FALL (15 credits)		YEAR 4- SPRING (12 credits)	
SES 436 Social Influences (or SES 333)	3 credits	SES 492 Internship <sup>2</sup>	12 credits
SES 490 Exercise Assessment & Program	3 credits	SES 492 Internship (pre-PT <sup>1</sup> option)	6 credits
SES 300 or 405 or 410 or 480 <sup>3</sup>	3 credits		
Liberal Arts Core/Electives	6 credits		

**Admission Requirement – No separate admission requirement.**

**Minor – No Minor Required.**

**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 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 – Exercise Science Emphasis (cont.)**

### **Notes**

- 1 <sup>1</sup>CHEM 111/111L, CHEM 112/112L, BIO 341, and BIO 350 should be taken for health-related, post-baccalaureate professional schools (e.g., physical therapy, physician assistant, medical schools). For physical therapy school, additional pre-requisite courses are required and must be identified with your assigned advisor. In addition, a 6-credit internship is available for pre-PT students who complete BIO 341, BIO 350, PHYS 220, and PHYS 221.
- 2 <sup>2</sup>SES 492 may be taken in two 6 credit semester blocks.
- 3 <sup>3</sup>Students must choose two (2) of the courses listed in this area (SES 300, SES 405, SES 410, SES 480).
- 4 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.
- 5 Prior to registering for SES 492, students must complete SES prefix courses with a GPA of 2.7; have current CPR certification; and have consent of the Internship Director.
- 6 Graduation check should be completed after 90 credit hours have been completed.

The Exercise Science program is designed to provide students quality academic and professional preparation in the scientific study of human movement. The program offers a sound theoretical foundation and practical applications. Graduates will be prepared to work in one or more of the following areas: cardiac rehabilitation, gerontological fitness, fitness and exercise program management, conditioning of athletes, biomechanics, ergonomics, sport and exercise leadership, and /or stress management. Students preparing for physical therapy school or health related professional school should consult with a faculty advisor. The Exercise Science program is a National Strength and Conditioning Association education recognition program.