



**DEGREE WORKSHEET FOR:**  
**BS in Sport and Exercise Science: Sports Coaching Emphasis**  
**2017-2018 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
STAT 150 Statistics (LAC Area 2)	3 credits	FND 250 Principles of Nutrition (LAC Area 6)	3 credits
UNIV 101 Foundations for Learning & Development (LAC area Electives)	3 credits	Liberal Arts Core <sup>1</sup> /Electives <sup>2</sup>	9 credits
Liberal Arts Core <sup>1</sup>	6 credits		
YEAR 2-Fall (15 credits)		YEAR 2-SPRING (15 credits)	
SES 220 Anatomical Kinesiology (LAC Area 6)	4 credits	SES 240 Secondary P.E. Content I <sup>4</sup>	3 credits
SES 241 Secondary P.E. Content II <sup>4</sup>	3 credits	SES 311 Sports Officiating	4 credits
SES 323 Motor Learning & Development	3 credits	SES 336 Sport for Children and Youth Athletes	3 credits
SES 335 Principles of Coaching	3 credits	SES 338 Diverse Populations	3 credits
Liberal Arts Core <sup>1</sup> /Electives <sup>2</sup>	2 credits	Liberal Arts Core <sup>1</sup> /Electives <sup>2</sup>	2 credits
YEAR 3- FALL (15 credits)		YEAR 3- SPRING (15 credits)	
SES 200 Weight Training & Conditioning <sup>4</sup>	1 credit	SES 435 Advanced Principles of Coaching	3 credits
SES 280 Prevention and Care of Sports Injuries	3 credits	SES 436 Social Influences on Sport & Exercise Behavior	3 credits
SES 331 Biomechanics	3 credits	SES 438 Sport Psychology	3 credits
SES 337 Sport for High Performance Athletes	3 credits	Liberal Arts Core <sup>1</sup> /Electives <sup>2</sup>	6 credits
Liberal Arts Core <sup>1</sup> /Electives <sup>2</sup>	5 credits		
YEAR 4- FALL (15 credits)		YEAR 4- SPRING (15 credits)	
SES Sports Coaching Elective <sup>3</sup>	6-7 credits	SES 450 Sport Leadership and Ethics	3 credits
SES 445 International Perspectives in Sport	3 credits	SES 392 Internship in Physical Education <sup>5</sup>	6 credits
Liberal Arts Core <sup>1</sup> /Electives <sup>2</sup>	3-5 credits	Liberal Arts Core <sup>1</sup> /Electives <sup>2</sup>	6 credits

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

**Minor – NO Minor Required.**

**Notes – see page 2.**

**Contact Information – Dr. Scott Douglas**  
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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

- <sup>1</sup>Students need additional Liberal Arts Core courses in the following areas to meet requirements:  
Area 1: 6 credits      Area 2: None      Area 3: 6-9 credits\*      Area 4: 3 credits  
Area 5: 3-6 credits\*      Area 6: None      Area 7: 3 credits\*      Area 8: 3 credits\*  
LAC ELECTIVES: None  
\*Some Area 7 and Area 8 can also be used for Areas 3 or 5
- <sup>2</sup>You need to complete 20-21 credits of University-wide Electives.
- <sup>3</sup>SES Sports Coaching electives – Choose 6-7 credits, Credits must be chosen from the following: SES 312 (2 credits), SES 313 (2 credits), SES 314 (2 credits), SES 316 (2 credits), SES 317 ( 2credits), SES 318 (2 credits), SES 319 ( 2 credits), SES 320 (2 credits), SES 321 (2 credits), SES 322 (3 credits), SES 461 (3 credits) or SES 478 (3 credits). (NOTE: Only 4 credits can be from courses SES 312-SES 321, these classes are also offered irregularly)
- <sup>4</sup>SES 200, SES 240 and SES 241 are offered irregularly.
- <sup>5</sup>Prior to registering for SES 392, students must have a GPA of 2.7 or better in the SES prefix courses and current First Aid and CPR certification.
- 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.