General Studies Requirements
(General Studies must total at least 58 s.h.)

FIRST-YEAR CORE:
GST 110 - Global Experience (4 s.h.)
ENG 110 - College Writing (4 s.h.)
(M- or better required for graduation)
MTH 110 (or higher) (4 s.h.)
HED 111 – Contemp. Wellness Issues (2 s.h.)

Experiential Learning Requirement (ELR): (One Unit)
[May be met by any one of the following:
internship, practicum, co-op, study abroad, student teaching,
or an approved field-based course. Also may be met by
service, leadership, or individualized learning experience.]

LIBERAL STUDIES:
"Expression (8 s.h.)"
[Eight hours chosen from at least two of the following:
literature (in English or foreign languages), philosophy, & fine arts
(art, dance, fine arts, music, music theater, and theater arts).
At least one course must be literature.]

"Civilization (8 s.h.)"
[Eight hours chosen from at least two of the following:
history, foreign languages, and religion. Or eight hours from
foreign languages.]

"Society (8 s.h.)"
[Eight hours chosen from at least two of the following:
economics, geography, political science, psychology, and sociology.]

"Science *BIO 161 (Lab: ______) *BIO 162 (8 s.h.)"
[Eight hours chosen from one or more of the following:
mathematics, science, and computer science (must have CSC
department designation). One course must be a physical or
biological laboratory science.]

ADVANCED STUDIES (Must be outside major.):
(8 s.h.)
[Eight hours of 300-400 level courses chosen from at least two of the
four areas listed under Liberal Studies. Certain approved 200 level
courses marked in the schedule books for each semester and in the
academic catalog may be chosen.]

GST Interdisciplinary Seminar (4 s.h.)
[300-400 level GST course; requires junior/senior status.]

*Required in major; may count in General Studies.
Electives: 25 s.h. of electives

Minimum Requirements
A minimum of 57 s.h. in the following courses is required.

Core:
_____ HED 220 (1) - First Aid
_____ PED 321**4) – Biomechanics
_____ SPM 101 (2) – Intro to Sports Medicine
_____ SPM 281 (2) - Practicum in Sports Medicine/Exercise/
Sports Science
_____ SPM 422 (4) - Physiology of Exercise
_____ SPM 424 (4) - Exercise Programming
_____ SPM 432 (4) - Research Methods
_____ BIO 161*4) - Human Anatomy
_____ BIO 162*4) - Human Physiology
_____ CHM 111 (3) - General Chemistry
_____ CHM 113 (1) - General Chemistry Lab

Exercise/Sport Science Track:
Select 24 s.h. from the following courses:
_____ HED 324 (4) – Nutrition
_____ HED 421** (4) – Chronic & Acute Diseases
_____ PED 305 (2) – Legal Aspects
_____ PED 310 (4) – Motor Learning Theory
_____ PED 410 (4) – Organization and Administration
_____ PED 411 (4) – Measurement and Evaluation
_____ SPM 112 (4) – Athletic Training I
_____ SPM 263** (4) – Structural & Functional Kinesiology
_____ SPM 311 (2) – Introduction to Pharmacology
_____ SPM 315 **(4) – Adv. Strength Training & Conditioning
_____ SPM 333 (4) – Exercise Psychology
_____ SPM 440** (2) – Exercise Biochemistry
_____ SPM 441** (2) – Cellular Physiology of Nerve & Muscle
_____ SPM 442 (2) – Sport Psychology
_____ SPM 443 (2) – Exercise Psychophysiology
_____ SPM 482 (4) – Internship
**Prerequisite required.

_____Major Total (s.h.)