

**West Texas A&M University  
Advising Services  
Degree Checklist  
2022-2023**

NAME: \_\_\_\_\_ WT ID: \_\_\_\_\_ DATE: \_\_\_\_\_

**Sports and Exercise Sciences—Exercise Science  
Emphasis  
Department of Sports and Exercise Sciences  
AC 217 651-2370**

CORE CURRICULUM COURSES: 42 HOURS ♦		HRS	AC
<b>Communication (Core 10)</b>			
ENGL 1301 Intro. To Academic Writing & Argumentation OR ENGL 1311 Writing About Ideas	3		
COMM 1315, 1318, or 1321	3		
<b>Mathematics (Core 20)</b>			
See University Core Requirements below	(3)		
<b>Life and Physical Sciences (Core 30)</b>			
See University Core Requirements below	(6)		
<b>Language, Philosophy and Culture (Core 40)</b>			
ANTH 2351, ENGL 2321*, 2326*, 2331*, 2341*, 2343*; HIST 2311, 2323, 2372; MCOM 1307; PHIL 1301, 2374; SPAN 2311*, 2312*/***, 2313*, 2315*, or 2371 Choose 1	3		
<b>Creative Arts (Core 50)</b>			
ARTS 1301, 1303, 1304; DANC 2303; MUSI 1306, 1307 (for music majors), 1310; or THRE 1310 Choose 1	3		
<b>American History (Core 60)</b>			
HIST 1301 or 2381, 1302 or 2382, 2301 Choose 2	6		
<b>Government/Political Science (Core 70)</b>			
POSC 2305 and 2306	6		
<b>Social and Behavioral Sciences (Core 80)</b>			
See University Core Requirements below	(3)		
<b>Component Area Option (Core 90)</b>			
Take 3-4 hours from (not including BIOL 2401L & 2402L): ♦ AGRI 2300; BIOL lab hours (from Core 30); BUSI 1301, 1304; CHEM lab hours (from Core 30); CIDM 1105, CIDM 1301 or 1315; CS 1301; ECON 2331; ENGL 1101, 1102, 1302*, 1312*, 2311*; ENVR lab hour (from Core 30); GEOL lab hours (from Core 30); IDS 1071 (1-3 hours); extra MATH hours (from Core 20); MUSI 1053; PHIL 2303; PHYS lab hours (from Core 30); SES 1120-Three hours if MATH 2412 or 2413 is taken to satisfy Core 20.	3-4		
See University Core Requirements below	(2-3)		
<b>SPORTS AND EXERCISE SCIENCES—EXERCISE SCIENCE MAJOR REQUIREMENTS: 79-80 HOURS A grade of "C" or better must be earned in all courses required for major.</b>			
<b>UNIVERSITY CORE REQUIREMENTS: 14-15 HOURS ♦</b>			
<b>CORE 20</b> MATH 1314*, 2412*[3], or 2413*[3]	AC	3	
<b>CORE 30</b> BIOL 2401*[3] Human Anatomy & Physiology I	AC	3	
<b>CORE 30</b> BIOL 2402*[3] Human Anatomy & Physiology II	AC	3	
<b>CORE 80</b> PSYC 2301 General Psychology	AC	3	
<b>CORE 90</b> BIOL 2401L[1] and 2402L[1]		2	
MATH 2412[1] or 2413[1] – if taken to satisfy Core 20	AC	0-1	
<b>EXERCISE SCIENCE MAJOR REQUIREMENTS: 43-48 HOURS</b>			
ATTR 3310 Therapeutic Modalities and Exercise		3	
SES 1301 Foundations of Sport and Exercise Sciences	AC	3	
SES 3302 Structural and Mechanical Kinesiology		3	
SES 3304 Measurement & Evaluation Techniques		3	
SES 3314 Introduction to Statistics in Sports and Exercise Sciences		3	

**Bachelor of Arts Degree  
BA.SES.EXER (117)**

SES 3340 Sport Nutrition	3		
SES 3341* Exercise Physiology	3		
SES 3356* Theory and Practice of Strength Training and Conditioning	3		
SES 4098* Internship	1-6		
SES 4302 Motor Learning and Skill Acquisition	3		
SES 4327 Exercise Psychology OR SES 4328* Psychology of Injury	3		
SES 4330* Administrative Concepts in Sports and Exercise Science	3		
SES 4340* Clinical Exercise Physiology	3		
SES 4341* Sport Biomechanics	3		
SES 4343* Research Methodology	3		
<b>BACHELOR OF ARTS REQUIREMENTS: 12 HOURS*** AC OPTION</b>			
Six hours of foreign language.	(6-8)		
Six hours chosen from art, English, history, modern languages, music, philosophy and theatre.	6		
<b>ELECTIVES: 18-23 HOURS BY ADVISEMENT—SEE NOTE</b>			
ELECTIVES (ANY LEVEL) ♦		18-23	
<b>MINIMUM HOURS REQUIRED TO COMPLETE DEGREE</b>	<b>120</b>		

♦ The core curriculum must total **exactly 42 hours**; excess hours must be moved to the major as an elective or a major requirement and stay within the 120-hour requirement or approved total submitted to the Coordinating Board for degree requirements. Some majors specify particular courses to meet core curriculum requirements when options are available.  
\* Indicates prerequisites—see catalog for more information.  
\*\* Or an equivalent course (second year, second semester) in a foreign language.  
\*\*\* B.S. option with BIOL 1406 and 1407 is recommended.

NOTE: At least 36 hours of advanced work (3000- or 4000-level courses) for which tuition is paid must be earned at WTAMU. A maximum of 60 semester hours in any single discipline, six hours in religion (RELI) and six hours in physical education (PHED) can be counted toward a degree.

**NOTE: This is NOT a degree plan. All undergraduate students must request an official degree plan from their academic dean's office by the time they have completed 30 credit hours.**

**WTAMU ADVISING SERVICES  
2022-2023 Curriculum Guide**

Major: BA.SES.EXER

Major Code: 117

First Year	
Fall	Spring
Semester Hours	Semester Hours

Second Year	
Fall	Spring
Semester Hours	Semester Hours

Third Year	
Fall	Spring
Semester Hours	Semester Hours

Fourth Year	
Fall	Spring
Semester Hours	Semester Hours

**Degree Total Hours 120**

**DISCLAIMER:** This curriculum guide should be used in conjunction with the corresponding degree checklist for general planning purposes only. The degree checklist (later a student's official degree plan) should be referred to as the comprehensive list of all courses required for the degree. An official degree plan is required after completing 30 hours. Students should always seek the advice of their academic adviser before scheduling classes.

<p><b>Identified Marketable Skills:</b></p>    
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<p><b>Top 3 Local Employers or Industries/Professional Programs/Possible Career Opportunities</b></p>    
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<p><b>Prerequisites/Important Sequences/Other degree Notes:</b></p>          
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