

BACHELOR OF SCIENCE EXERCISE SCIENCE

GENERAL EDUCATION

Courses that are **required** are in bold type.
Courses that are *recommended* are in italics.

TOTAL HOURS **43 - 44**

Composition **6**

ENGL 1113 English Composition I
ENGL 1213 English Composition II

Mathematics **3**

MATH 1143 Math Concepts
MATH 1513 College Algebra OR
higher numbered math course

Computer Applications **2**

COMSC 1022 Computer & Information Access

Natural Sciences **8**

BIOL 1004 Biological Concepts (required)
SCI 1514 Concepts of Physical Science
ASTRO 1904 Astronomy
GEOL 1934 Physical Geology
CHEM 1004 General Chemistry OR
higher numbered chemistry course

Humanities & Fine Arts **6**

ART 1223 Art Survey
LIT 2413 Intro to Literature
MUSIC 1013 Intro to Music
PHILO 1453 Intro to Philosophy
COMM 1313 Intro to Public Speaking

U.S. History & Government **6**

POLSC 1103 American Government & Politics
HIST 1063 U.S. History

Economic & International Studies **6**

HIST 1033 World History
GEOG 1103 World Cultural Geography
ECONO 2263 Intro to Macroeconomics OR
ECONO 2363 Intro to Microeconomics

Behavioral, Social, & Cultural Studies **6 - 7**

PSYCH 1003 General Psychology
SOCIO 1003 Intro to Sociology
____ 4 World Languages
TECH 1223 Technology and Society
KINES 1133 Wellness Concepts & Exercise Appl

Exercise Science Major Code No. 170

Required Courses 52

KINES 1153	Nutrition
ALHLT 1401	Allied Health Careers
KINES 2212	First Aid
KINES 2222	Foundations of HPER
KINES 2502	Care and Prevention of Athletic Injuries
KINES 3353	Health & Aging
KINES 3443	Kinesiology and Anatomy
KINES 3662	Exercise Program for Special Populations
PRM 3663	Recreation Management
KINES 4012	Weight and Circuit Training App
KINES 4052	Sociology of Sports
KINES 4063	Legal Aspects in PE, Rec, & Athletics
KINES 4234	Exercise Physiology Lect & Lab
KINES 4262	Motor Learning
KINES 4533	Consumer Health Education
KINES 4883	Exercise Prescription & Testing
KINES 4995	Practicum in Exercise Science
KINES 4997	Practicum in Exercise Science

Free Electives 7

No more than two activity courses

Suggested Minors 18-24

Technology
Business Management
Parks & Recreation Management
Health Sciences
Psychology
Social Work

(Other Minors available with approval)

Exercise Science Exit Exam required during the final semester of coursework.

Total hours for degree 120

REGULATIONS PERTAINING TO GRADUATION

Minimum credit hours for graduation	120
Minimum credit hours in the liberal arts & sciences	55
Minimum credit hours in upper-division (3000/4000 courses)	40
Minimum credit hours (3000/4000 courses) in major completed at SWOSU	8
Minimum credit hours at SWOSU (15 of the last 30)	30
Minimum Grade Point Average in all coursework	2.00
Minimum Grade Point Average in major	2.25

FOR INFORMATION CONTACT:

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EXERCISE SCIENCE (CODE 170)

Suggested Course Sequence

FIRST YEAR		SECOND YEAR	
FIRST SEMESTER	SECOND SEMESTER	FIRST SEMESTER	SECOND SEMESTER
1001 Freshman Orient* 1	1003 Gen Psychology3	1004 Biological Conc.....4	Gen Educ Crse..... 3
1022 Comp Info Access.....2	1033 World History3	1103 American Govt3	Gen Educ Crse..... 4
1063 US History 3	1213 English Comp II3	2222 Foundations HPER.....2	1103 World Cultural Geo..... 3
1113 English Comp I..... 3	2212 First Aid.....2	1153 Nutrition3	4012 Wgt & Cir Tr2
1133 Wellness Concept 3	1313 Intro Public Speak3	2502 Care and Prev Athl Inj.....2	3443 Kines & Anat3
1513 College Algebra 3			
Total: 15	Total: 14	Total: 14	Total: 15

THIRD YEAR		FOURTH YEAR	
FIRST SEMESTER	SECOND SEMESTER	FIRST SEMESTER	SECOND SEMESTER
1401 Allied Hlth Careers 1	4052 Sociology of Sports2	3353 Health & Aging3	4995 Practicum in Ex Sci..... 5
4063 Legal Aspects 3	4262 Motor Learning2	3662 Exerc Prog Sp Pop.....2	4997 Practicum in Ex Sci..... 7
4234 Exercise Physiology..... 4	4533 Consumer Health.....3	Minor12	
3663 Recreation Mgt 3	4883 Exer Presc & Test.....3		
Free Electives 4	Free Electives.....3		
Minor..... 3	Minor3		
Total: 18	Total: 16	Total: 17	Total: 12

* First time entering Freshmen need to take 1001 Freshman Orientation

** If applicable. See English Proficiency Program under the General Academic Information Section.