

ORAL ROBERTS UNIVERSITY  
 DEGREE: **Bachelor of Science**  
 MAJOR: **Health & Exercise Science**  
 CONCENTRATION: **Pre-Physical Therapy (PTC)**

DEGREE PLAN SHEET 2015-2016  
**College of Science and Engineering**  
**Health, Leisure, and Sport Sciences**

TOTAL HOURS REQUIRED 128  
 Hours in general education 59  
 Hours in major 30  
 Hours in cognate 6  
 Hours in electives 4  
 Hours in concentration: 29

Name \_\_\_\_\_  
 Z# \_\_\_\_\_ Date \_\_\_\_\_  
 Telephone \_\_\_\_\_ Email \_\_\_\_\_  
 Advisor \_\_\_\_\_

| SEMESTER TAKEN             | COURSE CODE | COURSE TITLE                       | CREDIT HOURS | SEMESTER TAKEN             | COURSE CODE | COURSE TITLE                            | CREDIT HOURS |
|----------------------------|-------------|------------------------------------|--------------|----------------------------|-------------|-----------------------------------------|--------------|
| <b>FRESHMAN Semester 1</b> |             |                                    |              | <b>FRESHMAN Semester 2</b> |             |                                         |              |
| _____                      | GEN 099     | Whole Person Assessment            | 0            | _____                      | BLIT 120    | Survey of New Testament Literature      | 3            |
| _____                      | BLIT 110    | Survey of Old Testament Literature | 3            | _____                      | COM 101     | Oral Communication                      | 3            |
| _____                      | CHE 111     | General Chemistry I                | 3            | _____                      | COMP 102    | Reading and Writing in the Liberal Arts | 3            |
| _____                      | CHE 111     | General Chemistry Lab              | 1            | _____                      | HUM 222     | Ancient and Medieval Humanities         | 3            |
| _____                      | HUM 103     | Christian Worldview and Culture    | 3            | _____                      | PHS 223     | Human Anatomy                           | 3            |
| _____                      | BIO 111     | Introductory Biology I             | 3            | _____                      | PHS 223     | Human Anatomy Lab                       | 1            |
| _____                      | BIO 111     | Introductory Biology I Lab         | 1            | _____                      | HPE 002     | Health Fitness II                       | 1            |
| _____                      | HPE 001     | Health Fitness I                   | 1            |                            |             |                                         |              |
| _____                      | PRFH 070    | Swim Proficiency Testing           | 0            |                            |             |                                         |              |
|                            |             |                                    | <u>15</u>    |                            |             |                                         | <u>17</u>    |

|                             |           |                                  |             |                             |           |                                |             |
|-----------------------------|-----------|----------------------------------|-------------|-----------------------------|-----------|--------------------------------|-------------|
| <b>SOPHOMORE Semester 3</b> |           |                                  |             | <b>SOPHOMORE Semester 4</b> |           |                                |             |
| _____                       | THE 103   | Spirit-Empowered Living          | 3           | _____                       | HLSS 231  | Personal Health Science        | 3           |
| _____                       | PHS 224   | Human Physiology                 | 3           | _____                       | HUM 244   | Romantic and Modern Humanities | 3           |
| _____                       | PHS 224   | Human Physiology Lab             | 1           | _____                       | GOV 101   | American Government            | 3           |
| _____                       | HLSS 200  | Introduction to Exercise Science | 3           | _____                       | CHE 112   | General Chemistry II           | 3           |
| _____                       | HUM 233   | Renaissance and Enlightenment    | 3           | _____                       | CHE 112   | General Chemistry II Lab       | 1           |
| _____                       | HIS 101   | American History                 | 3           | _____                       | BIO 259   | Science Terminology            | 2           |
| _____                       | HPE _____ | HPE Activity                     | .5/1        | _____                       | _____     | Elective                       |             |
|                             |           |                                  | <u>16.5</u> | _____                       | HPE _____ | HPE Activity                   | .5/1        |
|                             |           |                                  |             |                             |           |                                | <u>16.5</u> |

|                          |          |                                        |             |                          |           |                                          |             |
|--------------------------|----------|----------------------------------------|-------------|--------------------------|-----------|------------------------------------------|-------------|
| <b>JUNIOR Semester 5</b> |          |                                        |             | <b>JUNIOR Semester 6</b> |           |                                          |             |
| _____                    | HLSS 320 | Prevention and Care of Sports Injuries | 3           | _____                    | COMP 303  | Critical Reading and Writing             | 3           |
| _____                    | HLSS 324 | Exercise Physiology*                   | 3           | _____                    | HLSS 233  | Safety and First Aid                     | 3           |
| _____                    | MAT 232  | Elementary Statistics                  | 3           | _____                    | HLSS 412  | Techniques of Health Fitness Evaluation* | 3           |
| _____                    | PHY 101  | General Physics I                      | 3           | _____                    | HLSS 316  | Kinesiology and Biomechanics*            | 3           |
| _____                    | PHY 101  | General Physics I Lab                  | 1           | _____                    | PHY 102   | General Physics II                       | 3           |
| _____                    | PSY 201  | Introduction to Psychology             | 3           | _____                    | PHY 102   | General Physics II Lab                   | 1           |
| _____                    | HPE 030  | Weight Training                        | .5/1        | _____                    | HPE _____ | HPE Activity                             | .5/1        |
|                          |          |                                        | <u>16.5</u> |                          |           |                                          | <u>16.5</u> |

|                          |           |                                             |             |                          |           |                                                     |             |
|--------------------------|-----------|---------------------------------------------|-------------|--------------------------|-----------|-----------------------------------------------------|-------------|
| <b>SENIOR Semester 7</b> |           |                                             |             | <b>SENIOR Semester 8</b> |           |                                                     |             |
| _____                    | HLSS 315  | Organization and Administration of Programs | 3           | _____                    | NUT 201   | Nutrition                                           | 3           |
| _____                    | HLSS 499  | Senior Paper/Project                        | 3           | _____                    | HLSS 402  | Exercise Prescriptions for Special Populations ✓✓ * | 3           |
| _____                    | CSC 112   | Microcomputer Appl. in Business             | 3           | _____                    | HLSS 481  | Internship in Health and Exercise Science*          | 5           |
| _____                    | PSY 301   | Developmental Psychology                    | 3           | _____                    | _____     | Elective                                            | 3           |
| _____                    | SOC 101   | Introduction to Sociology                   | 3           | _____                    | HPE _____ | HPE Activity                                        | .5/1        |
| _____                    | HPE _____ | HPE Activity                                | .5/1        |                          |           |                                                     |             |
|                          |           |                                             | <u>15.5</u> |                          |           |                                                     | <u>14.5</u> |

**Key**

✓✓ Offered spring semester of every even year

\* Prerequisites required; see catalog

**Health, Leisure, and Sport Sciences Department**  
**B.S. in Health and Exercise Science (HES) 2015-2016**  
 Pre-Physical Therapy Concentration (PTC)

| <b>General Education</b>                                                                                                                      | <b>Credit Hours</b> |
|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------|
| Whole Person Assessment (GEN 099)                                                                                                             | 0                   |
| English (COMP 102, 303)                                                                                                                       | 6                   |
| Oral Communication (COM 101)                                                                                                                  | 3                   |
| Humanities (HUM 103 plus three of the following can count for: HUM 222*, 233*, 244*, 333*, 350*, 250, 255, 260, 270, COMP 101, MAT 315)       | 12                  |
| *At least one course must be chosen from list courses with asterisks.                                                                         |                     |
| Biblical Literature (BLIT 110, 120)                                                                                                           | 6                   |
| Spirit-Empowered Living (THE 103)                                                                                                             | 3                   |
| Laboratory Science (CHEM 111, PHS 223 and 224)                                                                                                | 12                  |
| Mathematics (MAT 232)                                                                                                                         | 3                   |
| American History (HIS 101)                                                                                                                    | 3                   |
| American Government (GOV 101)                                                                                                                 | 3                   |
| Social Sciences Elective (PSY 201)                                                                                                            | 3                   |
| Health and Physical Education (one course every semester of full-time HPE 001 and HPE 002; Swimming proficiency; HPE 030 Choice of Electives) | 5                   |
| <b>General Education Total</b>                                                                                                                | <b>59</b>           |
| <br>                                                                                                                                          |                     |
| <b>Major</b>                                                                                                                                  |                     |
| HLSS 200 Introduction to Exercise Science                                                                                                     | 3                   |
| HLSS 231 Personal Health Science                                                                                                              | 3                   |
| HLSS 233 Safety and First Aid                                                                                                                 | 3                   |
| HLSS 315 Organization and Administration of Programs                                                                                          | 3                   |
| HLSS 316 Kinesiology and Biomechanics                                                                                                         | 3                   |
| HLSS 320 Prevention and Care of Sports Injuries                                                                                               | 3                   |
| HLSS 324 Exercise Physiology                                                                                                                  | 3                   |
| HLSS 402 Exercise Prescriptions for Special Populations                                                                                       | 3                   |
| HLSS 412 Techniques of Health Fitness Evaluation                                                                                              | 3                   |
| HLSS 499 Senior Paper/Project                                                                                                                 | 3                   |
| <b>Major Total</b>                                                                                                                            | <b>30</b>           |
| <br>                                                                                                                                          |                     |
| <b>Pre-Physical Therapy Concentration</b>                                                                                                     |                     |
| BIO 111 Introductory Biology I (lecture and lab)                                                                                              | 4                   |
| CHE 112 General Chemistry II (lecture and lab)                                                                                                | 4                   |
| PHY 101 General Physics I (lecture and lab)                                                                                                   | 4                   |
| PHY 102 General Physics II (lecture and lab)                                                                                                  | 4                   |
| PSY 301 Developmental Psychology                                                                                                              | 3                   |
| SOC 101 Introduction to Sociology                                                                                                             | 3                   |
| HLSS 481 Internship to Health and Exercise Science                                                                                            | 5                   |
| BIO 259 Scientific Terminology                                                                                                                | 2                   |
| <b>Concentration Total</b>                                                                                                                    | <b>29</b>           |
| <br>                                                                                                                                          |                     |
| <b>Cognate</b>                                                                                                                                |                     |
| CSC 112 Microcomputer Applications in Business                                                                                                | 3                   |
| NUT 201 Nutrition                                                                                                                             | 3                   |
| <b>Cognate Total</b>                                                                                                                          | <b>6</b>            |
| <br>                                                                                                                                          |                     |
| <b>Electives</b>                                                                                                                              |                     |
|                                                                                                                                               | 4                   |
| <b>Degree Total</b>                                                                                                                           | <b>128</b>          |