

ORAL ROBERTS UNIVERSITY
 DEGREE: **Bachelor of Science**
 MAJOR: **Health & Exercise Science**
 CONCENTRATION: **Pre-Sports Medicine (PSMC)**

DEGREE PLAN SHEET 2014-2015
College of Science and Engineering
Health, Physical Education, and Recreation

TOTAL HOURS REQUIRED 129
 Hours in general education 60
 Hours in major 30
 Hours in cognate 6
 Hours in concentration: 33

Name _____
 Z# _____ Date _____
 Telephone _____ Email _____
 Advisor _____

SEMESTER TAKEN	COURSE CODE	COURSE TITLE	CREDIT HOURS	SEMESTER TAKEN	COURSE CODE	COURSE TITLE	CREDIT HOURS
FRESHMAN Semester 1				FRESHMAN Semester 2			
_____	BIO 111	Introductory Biology I	3	_____	BIO 112	Introductory Biology II	3
_____	BIO 111	Introductory Biology I Lab	1	_____	BIO 112	Introductory Biology II Lab	1
_____	CHE 111	Chemistry I	3	_____	CHE 112	General Chemistry II	3
_____	CHE 111	Chemistry I Lab	1	_____	CHE 112	General Chemistry II Lab	1
_____	MAT 201	Mathematics	4	_____	COM 101	Oral Communication	3
_____	COMP 102	Reading and Writing in the Liberal Arts	3	_____	PHS 223	Human Anatomy	3
_____	HPE 001	Health Fitness I	1	_____	PHS 223	Human Anatomy Lab	1
_____	GEN 099	Whole Person Assessment	0	_____	HPE 002	Health Fitness II	1
			16				16

SOPHOMORE Semester 3				SOPHOMORE Semester 4			
_____	CHE 211	Organic Chemistry I	3	_____	CHE 212	Organic Chemistry II	3
_____	CHE 211	Organic Chemistry I Lab	1	_____	CHE 212	Organic Chemistry II Lab	1
_____	PHS 224	Human Physiology	3	_____	HPE 231	Personal Health Science	3
_____	PHS 224	Human Physiology Lab	1	_____	BLIT 120	Survey of New Testament Literature	3
_____	HPE 200	Introduction to HPER	3	_____	HUM ____	Humanities Elective	3
_____	BLIT 110	Survey of Old Testament Literature	3	_____	GOV 101	American Government	3
_____	HUM 103	Christian Worldview and Culture	3	_____	HPE ____	Choice of one: HPE 024, 027, or 124	.5/1
_____	HPE 030	Weight Training	.5/1				16.5
			17.5				

JUNIOR Semester 5				JUNIOR Semester 6			
_____	PHY 101	General Physics I	3	_____	PHY 102	General Physics II	3
_____	PHY 101	General Physics I Lab	1	_____	PHY 102	General Physics II Lab	1
_____	HPE 324	Exercise Physiology*	3	_____	HPE 412	Techniques of Health Fitness Evaluation*	3
_____	THE 103	Spirit-Empowered Living	3	_____	COMP 303	Critical Reading & Writing	3
_____	HIS 101	American History	3	_____	HUM ____	Humanities Elective	3
_____	HUM ____	Humanities Elective	3	_____	PSY 201	Introduction to Psychology	3
_____	HPE 054	Racquetball	.5/1	_____	HPE ____	Choice of one: HPE 042, 044, 045, or 093	.5/1
			16.5				16.5

TAKE MCAT this spring semester

SENIOR Semester 7				SENIOR Semester 8			
_____	HPE 481	Internship*	5	_____	HPE 402	Exercise Prescriptions for Special Populationsü ü *	3
_____	HPE 499	Research in HPER (Senior Paper)*	3	_____	NUT 201	Nutrition	3
_____	HPE 320	Prevention and Care of Sports Injuries	3	_____	HPE 233	Safety and First Aid	3
_____	HPE 315	Program Administration	3	_____	HPE 316	Kinesiology and Biomechanics*	3
_____	HPE ____	HPE Activity	.5/1	_____	CSC 112	Microcomputer Applications	3
			14.5	_____	HPE ____	HPE Activity	.5/1
							15.5

Student Assistantship Requirement

All majors must complete one assistantship during their senior year:

ü ü Offered in spring semester of every even year
 * Prerequisites required; see catalog

Health Fitness I or Health Fitness II

Date: _____ Instructor: _____

Health and Exercise Science Major (HES) 2014-2015

Pre-Sports Medicine Concentration (PSMC)

		Credit Hours
<u>General Education</u>		
Whole Person Assessment (GEN 099)		0
English (COMP 102, 303)		6
Oral Communication (COM 101)		3
Humanities (HUM 103, plus three of the following: HUM 222*, 233*, 244*, 333*, 250, 255, 260, 270, COMP 101)		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 (CHE 111, PHS 223, & PHS 224)		12
Mathematics (MAT 201)		4
American History (HIS 101)		3
American Government (GOV 101)		3
Introduction to Psychology (PSY 201)		3
Health, Physical Education, and Recreation		5
HPE 001 and HPE 002; Swimming proficiency; HPE 030; HPE 054		
Choice of one of the following: HPE 042; HPE 044; HPE 045; HPE 093; and		
Choice of one of the following: HPE 024, HPE 027, or HPE 124; and		
Choice of Electives		
General Education Total		60
<u>Major</u>		
HPE 200	Introduction to HPER	3
HPE 231	Personal Health Science	3
HPE 233	Safety and First Aid	3
HPE 315	Organization and Administration of Programs	3
HPE 316	Kinesiology and Biomechanics	3
HPE 320	Prevention and Care of Sports Injuries	3
HPE 324	Exercise Physiology	3
HPE 402	Exercise Prescriptions for Special Populations	3
HPE 412	Techniques of Health Fitness Evaluation	3
HPE 499	Research in HPER (Senior Paper)	3
Major Total		30
<u>Pre-Sports Medicine Concentration</u>		
BIO 111	Introductory Biology I (lecture and lab)	4
BIO 112	Introductory Biology II (lecture and lab)	4
CHE 112	General Chemistry II (lecture and lab)	4
CHE 211	Organic Chemistry I (lecture and lab)	4
CHE 212	Organic Chemistry II (lecture and lab)	4
PHY 101	General Physics I (lecture and lab)	4
PHY 102	General Physics II (lecture and lab)	4
HPE 481	Internship in Health and Exercise Science	5
Concentration Total		33
<u>Cognate</u>		
CSC 112	Microcomputer Applications in Business	3
NUT 201	Nutrition	3
Cognate Total		6
Degree Total		129