

ORAL ROBERTS UNIVERSITY
 DEGREE: **Bachelor of Science**
 MAJOR: **Health and Exercise Science (HES)**
 CONCENTRATION: **Exercise Specialist (EXSC)**

DEGREE PLAN SHEET 2016-2017
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 minor and electives 21
 Hours in concentration 12

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			
_____	BLIT 110	Survey of OT Literature	3	_____	BLIT 120	Survey of NT Literature	3
_____	CHE 101	Principles of Chemistry*	3	_____	COM 101	Oral Communication	3
_____	CHE 101	Principles of Chemistry Lab*	1	_____	COMP 102	Reading and Writing in the Liberal Arts	3
_____	HUM 103	Christian Worldview and Culture	3	_____	HUM 222	Humanities Elective	3
_____	HIS 101	American History	3	_____	PHS 223	Human Anatomy	3
_____	HPE 001	Health Fitness I	1	_____	PHS 223	Human Anatomy Lab	1
_____	PRFH 070	Swim Proficiency Testing	0	_____	HPE 002	Health Fitness II	1
_____	GEN 099	Whole Person Assessment	0				17
			<u>14</u>				
SOPHOMORE Semester 3				SOPHOMORE Semester 4			
_____	THE 103	Spirit-Empowered Living	3	_____	HLSS 321	Personal Health Science	3
_____	PHS 224	Human Physiology	3	_____	HUM 244	Humanities Elective	3
_____	PHS 224	Human Physiology Lab	1	_____	_____	Minor or Elective	3
_____	HLSS 200	Introduction to Exercise Science	3	_____	GOV 101	American Government	3
_____	HUM 233	Humanities Elective	3	_____	_____	Social Science Elective	3
_____	_____	Minor or Elective	3	_____	HPE _____	HPE Activity	.5/1
_____	HPE _____	HPE Activity	.5/1				<u>15.5</u>
			<u>16.5</u>				
JUNIOR Semester 5				JUNIOR Semester 6			
_____	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	Health Fitness Evaluation*	3
_____	HLSS 315	Organization and Administration of Programs	3	_____	HLSS 316	Kinesiology and Biomechanics*	3
_____	_____	Minor or Elective	4	_____	_____	Minor or Elective	4
_____	HPE 030	Weight Training	.5/1	_____	HPE _____	HPE Activity	.5/1
			<u>16.5</u>				<u>16.5</u>
SENIOR Semester 7				SENIOR Semester 8			
_____	HLSS 499	Senior Paper/Project*	3	_____	NUT 201	Nutrition	3
_____	HLSS 481	Internship in Hlth and Exer Science*	12	_____	HLSS 402	Exercise Prescriptions for Special Populations✓✓ *	3
_____	HPE _____	HPE Activity	.5/1	_____	_____	Minor or Elective	4
			<u>15.5</u>	_____	CSC 112	Microcomputing Applications	3
				_____	_____	Minor or Elective	3
				_____	HPE _____	HPE Activity	.5/1
							<u>16.5</u>

Key
 ✓✓ Offered spring semester of every even year
 * Prerequisites required; see catalog
 + May be replaced by CHE 111

Health, Leisure, and Sport Sciences Department
B.S. in Health and Exercise Science (HES) 2016-2017
Exercise Specialist Concentration (EXSC)

General Education			Credit Hours
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 (CHE 101 or CHE 111 plus PHS 223 and 224)			12
Mathematics (MAT 232)			3
American History (HIS 101)			3
American Government (GOV 101)			3
Social Sciences Elective (Choice of one of the following: PSY 201, MUS 208, SWK 202, SOC 101, SOC 201, SOC 323, BUS 101, FIN 244)			3
Health and Physical Education (one course per full-time each semester) HPE 001 and HPE 002; Swimming proficiency; HPE 030			5
Choice of Electives			5
General Education Total			59
Major			
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
Major Total			30
Exercise Specialist Concentration			
HLSS	481	Internship in Health and Exercise Science	12
Concentration Total			12
Cognate			
CSC	112	Microcomputing Applications in Business	3
NUT	201	Nutrition	3
Cognate Total			6
*Minor and/or Electives			21
Degree Total			128