

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

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 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
FRESHMAN Semester 1				FRESHMAN Semester 2			
_____	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>

SOPHOMORE Semester 3				SOPHOMORE Semester 4			
_____	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>

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	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>

SENIOR Semester 7				SENIOR Semester 8			
_____	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) 2016-2017
 Pre-Physical Therapy Concentration (PTC)

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 (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
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
Pre-Physical Therapy Concentration	
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
Concentration Total	29
Cognate	
CSC 112 Microcomputer Applications in Business	3
NUT 201 Nutrition	3
Cognate Total	6
Electives	
	4
Degree Total	128