

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

DEGREE PLAN SHEET 2016-2017  
**College of Science and Engineering**  
**Health, Leisure, and Sport Sciences**

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<br>TAKEN                     | COURSE<br>CODE | COURSE TITLE                              | CREDIT<br>HOURS | SEMESTER<br>TAKEN           | COURSE<br>CODE | COURSE TITLE  | CREDIT<br>HOURS |
|---------------------------------------|----------------|---|-----------------|-----------------------------|----------------|---|-----------------|
| <b>FRESHMAN Semester 1</b>            |                |   |                 | <b>FRESHMAN Semester 2</b>  |                |   |                 |
| _____                                 | 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        | Calculus I                                | 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               |
| _____                                 | PRFH 070       | Swim Proficiency testing                  | 0               | _____                       | HPE 002        | Health Fitness II                                     | 1               |
| _____                                 | GEN 099        | Whole Person Assessment                   | 0               |                             |                |   | 16              |
|                                       |                |   | 16              |                             |                |   |                 |
| <b>SOPHOMORE Semester 3</b>           |                |   |                 | <b>SOPHOMORE Semester 4</b> |                |   |                 |
| _____                                 | 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               | _____                       | HLSS 231       | Personal Health Science                               | 3               |
| _____                                 | PHS 224        | Human Physiology Lab                      | 1               | _____                       | BLIT 120       | Survey of New Testament Literature                    | 3               |
| _____                                 | HLSS 200       | Introduction to Exercise Science          | 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 _____      | HPE Activity  | .5/1            |
| _____                                 | HPE 030        | Weight Training                           | .5/1            |                             |                |   | 16.5            |
|                                       |                |   | 17.5            |                             |                |   |                 |
| <b>JUNIOR Semester 5</b>              |                |   |                 | <b>JUNIOR Semester 6</b>    |                |   |                 |
| _____                                 | 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               |
| _____                                 | HLSS 324       | Exercise Physiology*                      | 3               | _____                       | HLSS 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 _____      | HPE Activity                              | .5/1            | _____                       | HPE _____      | HPE Activity  | .5/1            |
|                                       |                |   | 16.5            |                             |                |   | 16.5            |
| <b>TAKE MCAT this spring semester</b> |                |   |                 |                             |                |   |                 |
| <b>SENIOR Semester 7</b>              |                |   |                 | <b>SENIOR Semester 8</b>    |                |   |                 |
| _____                                 | HLSS 481       | Internship*                               | 5               | _____                       | HLSS 402       | Exercise Prescriptions<br>for Special Populations✓✓ * | 3               |
| _____                                 | HLSS 499       | Senior Paper/Project                      | 3               | _____                       | NUT 201        | Nutrition   | 3               |
| _____                                 | HLSS 320       | Prevention and Care of<br>Sports Injuries | 3               | _____                       | HLSS 233       | Safety and First Aid                                  | 3               |
| _____                                 | HLSS 315       | Program Administration                    | 3               | _____                       | HLSS 316       | Kinesiology and Biomechanics*                         | 3               |
| _____                                 | HPE _____      | HPE Activity                              | .5/1            | _____                       | CSC 112        | Microcomputer Applications                            | 3               |
|                                       |                |   | 14.5            | _____                       | HPE _____      | HPE Activity  | .5/1            |
|                                       |                |   |                 |                             |                |   | 15.5            |

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

**B.S. in Health and Exercise Science (HES) 2016-2017****Pre-Sports Medicine Concentration (PSMC)****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 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 and Physical Education (one course per full-time status each semester) | 5         |
| Choice of Electives and HPE 001 and 002; Swimming proficiency; HPE 030        |           |
| <b>General Education Total</b>  | <b>60</b> |

**Major**

|                    |  |           |
|--------------------|--|-----------|
| HLSS 200           | Intro duction to Exercise Science              |           |
| 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> |

**Pre-Sports Medicine Concentration**

|                            |   |           |
|----------------------------|---|-----------|
| BIO 111                    | Introductory Biology I (lecture and lab)  |           |
| 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         |
| HLSS 481                   | Internship in Health and Exercise Science | 4         |
| <b>Concentration Total</b> |   | <b>5</b>  |
|                            |   | <b>33</b> |

**Cognate**

|                      |  |            |
|----------------------|--|------------|
| CSC 112              | Microcomputer Applications in Business |            |
| NUT 201              | Nutrition                              | 3          |
| <b>Cognate Total</b> |  | <b>3</b>   |
|                      |  | <b>6</b>   |
| <b>Degree Total</b>  |  | <b>129</b> |