

ORAL ROBERTS UNIVERSITYDEGREE: **Bachelor of Science**MAJOR: **Health & Exercise Science**CONCENTRATION: **Pre-Sports Medicine (PSMC)****DEGREE PLAN SHEET 2017-2018****College of Science and Engineering****Health, Leisure, and Sport Sciences**

TOTAL HOURS REQUIRED

Hours in general education

Hours in major

Hours in cognate

Hours in concentration:

129

60

30

6

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
_____	THE 103	Spirit-Empowered Living	3	_____	COM 101	Oral Communication	3
_____	COMP 102	Reading and Writing in the Liberal Arts	3	_____	PHS 223	Human Anatomy	3
_____	GEN 150	Intro to Whole Person Education	1	_____	PHS 223	Human Anatomy Lab	1
_____	PRFH 070	Swim Proficiency testing	0	_____	HPE 001	Health Fitness I	1
			15				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	_____	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 002	Health Fitness II	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
_____	HLSS 324	Exercise Physiology*	3	_____	HLSS 412	Techniques of Health Fitness Evaluation*	3
_____	MAT 201	Calculus 1	4	_____	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 030	Weight Training	.5/1	_____	HPE _____	HPE Activity	.5/1
			17.5				16.5

TAKE MCAT this spring semester

SENIOR Semester 7				SENIOR Semester 8			
_____	HLSS 481	Internship*	5	_____	HLSS 402	Exercise Prescriptions for Special Populations✓✓ *	3
_____	HLSS 499	Senior Paper/Project	3	_____	NUT 201	Nutrition	3
_____	HLSS 320	Prevention and Care of 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) 2017-2018**Pre-Sports Medicine Concentration (PSMC)****General Education****Intro to Whole Person Education (GEN 150)**

English (COMP 102, 303)

Oral Communication (COM 101)

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)

*At least one course must be chosen from list courses with asterisks.

Biblical Literature (BLIT 110, 120)

Spirit-Empowered Living (THE 103)

Laboratory Science (CHE 111, PHS 223, & PHS 224)

Mathematics (MAT 201)

American History (HIS 101)

American Government (GOV 101)

Introduction to Psychology (PSY 201)

Health and Physical Education (one course per full-time status each semester)

and HPE 001 and 002; swimming proficiency; HPE 030

Choice of Electives

General Education Total**Major**

HLSS 200

Intro duction to Exercise Science

HLSS 231

Personal Health Science

HLSS 233

Safety and First Aid

HLSS 315

Organization and Administration of Programs

HLSS 316

Kinesiology and Biomechanics

HLSS 320

Prevention and Care of Sports Injuries

HLSS 324

Exercise Physiology

HLSS 402

Exercise Prescriptions for Special Populations

HLSS 412

Techniques of Health Fitness Evaluation

HLSS 499

Senior Paper/Project

Major Total**Pre-Sports Medicine Concentration**

BIO 111

Introductory Biology I (lecture and lab)

BIO 112

Introductory Biology II (lecture and lab)

CHE 112

General Chemistry II (lecture and lab)

CHE 211

Organic Chemistry I (lecture and lab)

CHE 212

Organic Chemistry II (lecture and lab)

PHY 101

General Physics I (lecture and lab)

PHY 102

General Physics II (lecture and lab)

HLSS 481

Internship in Health and Exercise Science

Concentration Total**Cognate**

CSC 112

Microcomputer Applications in Business

NUT 201

Nutrition

Cognate Total**Degree Total****Credit Hours****1****6****3****12****6****3****12****4****3****3****3****4****60****3****3****3****3****3****3****3****3****3****3****30****4****4****4****4****4****4****4****5****33****3****3****6****129**