ORAL ROBERTS UNIVERSITY DEGREE PLAN SHEET 2021-2022 TOTAL HOURS REQUIRED 120 DEGREE: Bachelor of Science College of Science and Engineering Hours in general education 57 MAJOR: Health & Exercise Science Health, Leisure, and Sport Sciences Hours in major 30 CONCENTRATION: Exercise Specialist (EXSC) 3 Hours in cognate Hours in concentration 22 Hours in electives 8 Name Z# Date Email Telephone Advisor SEMESTER COURSE CREDITSEMESTER COURSE CREDIT TAKEN CODE COURSE TITLE HOURS TAKEN CODE **COURSE TITLE HOURS** FRESHMAN Semester 1 **FRESHMAN Semester 2 GEN** 150 Intro to Whole Person Education BLIT 122 Christian Life II: New Testament 2 **COMP 102** Composition II THE 105 Spirit-Empowered Leadership Principles of Chemistry THE Spirit-Empowered Living 2 101 3 104 CHE Principles of Biology Lecture and Lab **OR** Principles of Chemistry Lab BIO 101 CHE 101 Human Biology & Global Health Lecture & Lab BIO 150 COM 101 Oral Communication Introduction to Exercise Science 3 HLSS 200 GOV/HIS Civics 3 155 Christian Life I: Old Testament 2 HPE Health Fitness BLIT 111 PRFH 070 **Swimming Proficiency** 15 15 Every student must take a "GO" course **SOPHOMORE Semester 3 SOPHOMORE Semester 4** PHS 223 3 HUM **Humanities Elective** 3 **Human Anatomy** 231 PHS 223 Human Anatomy Lab HLSS Personal Health Science 3 Human Physiology HUM Humanities Elective 3 PHS 224 3 Human Physiology Lab Foreign Language 3 PHS 224 PSY 201 3 Medical Terminology Principles of Psychology BIO 259 2 Safety and First Aid 3 Elective HLSS 233 3 HPE HPE Activity or Beg Swim (026) HPE Activity 0.5 HPE 0.5 16.5 15.5 JUNIOR Semester 5 **JUNIOR Semester 6** HLSS 324 Exercise Physiology 3 HLSS 316 Kinesiology and Biomechanics 3 3 HLSS 412 **GEN** SIC Elective Techniques of Health Fitness Eval 3 MAT 232 **Elementary Statistics** HLSS 402 Ex Prescription for Special Population 3 3 NUT 201 Nutrition **COMP 303** Critical Reading and Writing 3 HLSS 320 Prevent & Care of Sports Injuries 3 GEN SIC Elective 3 **HPE Activity HPE** Weight Training 0.5 **HPE** 0.5 15.5 15.5

KEY HPE requirements are one course per full-time semester at ORU, including GEN 150, HPE 155, HPE 400, swimming course or proficiency, and electives.

HLSS 315

HLSS 499

GEN

HPE

SENIOR Semester 7

Senior Paper/Project

SIC Elective

HPE Activity

Elective

Organization & Administration of Program

3

3

3

0.5 12.5 **SENIOR Semester 8**

Lifelong Wellness

Elective

Internship in Health & Ex Science

HLSS 481

400

HPE

12

2

^{* -} Offered in fall only

^{+ -} Offered in spring only

Ω Humanities (HUM 201*, 202*, 203*, 204*, 333, ART 103, ART 104, ART 307, DANP 125, DRAM 215, DRAM 304, MUS 130) at least one course with an asterisk

Civics (GOV 101, GOV 103, HIS 110, HIS 111, or HIS 200) - GOV 103 recommended to meet GO course requirement

Health, Leisure, and Sport Sciences Department B.S. in Health and Exercise Science (HES) 2021-2022 Exercise Specialist Concentration (EXSC)

Intro to Whole Person Education (GEN 150) - Counts as HPE 1 Composition (COMP 102, 303) 6 Oral Communication (COM 101) 3 Humanities (HUM 2011, 2021, 2031, 2041, 333, ART 103, 104, 307; DANP 125; 6 DFAM 213, 3041, MUS 130) "At least one course must be chosen from list courses marked with asterisks. Civics (GOV 101, 103, HIS 110, 111, 07 200) 3 Foreign Language (101, 102, 203, or 204) 3 Biblical Literature (BLIT 111 / BiB 222 & BLIT 122 / BiB 261) 4 Theology (THE 104, 105) 4 Quantitative Literacy (MAT 232) 3 Laboratory Science (CHE 101/101L) 4 Science Elective (BO 111/1111, or BIO 150/150L) 4 Science Elective (BO 111/1111, or BIO 150/150L) 4 Science (PSY 201) 4 Health Science 4 One course per full-time semester at ORU, including HPE 030, 155 and 400, swimming ocurse or proficiency, and choice of electives) 9 Scaffolded Interdisciplinary Electives (GEN 301, 380**, 420**, 434**, 456) 9 **Val teast one course must be chosen from courses marked with asterisks 5 GO courses **The Science Proficiency, and choice of electives)	Genera	l Educ	ation	Credit Hou	ırs	
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Theology (THE 104, 105)	_	_	- ·	3		
Quantitative Literacy (MAT 232)			,			
Laboratory Science (CHE 101/101L)	-		•			
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