

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

DEGREE PLAN SHEET 2021-2022
College of Science and Engineering
Health, Leisure, and Sport Sciences

TOTAL HOURS REQUIRED 120
Hours in general education 57
Hours in major 30
Hours in cognate 3
Hours in concentration 22
Hours in electives 8

Name _____
Z # _____ Date _____
Telephone _____ Email _____
Advisor _____

SEMESTER	COURSE		CREDIT	SEMESTER	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	1	_____	BLIT 122	Christian Life II: New Testament	2
_____	COMP 102	Composition II	3	_____	THE 105	Spirit-Empowered Leadership	2
_____	THE 104	Spirit-Empowered Living	2	_____	CHE 101	Principles of Chemistry	3
_____	BIO 101	Principles of Biology Lecture and Lab OR		_____	CHE 101	Principles of Chemistry Lab	1
_____	BIO 150	Human Biology & Global Health Lecture & Lab	4	_____	COM 101	Oral Communication	3
_____	HLSS 200	Introduction to Exercise Science	3	_____	GOV/HIS	Civics	3
_____	BLIT 111	Christian Life I: Old Testament	2	_____	HPE 155	Health Fitness	1
_____	PRFH 070	Swimming Proficiency					15
			15				

Every student must take a "GO" course

SOPHOMORE Semester 3				SOPHOMORE Semester 4			
_____	PHS 223	Human Anatomy	3	_____	HUM	Humanities Elective	3
_____	PHS 223	Human Anatomy Lab	1	_____	HLSS 231	Personal Health Science	3
_____	HUM	Humanities Elective	3	_____	PHS 224	Human Physiology	3
_____		Foreign Language	3	_____	PHS 224	Human Physiology Lab	1
_____	PSY 201	Principles of Psychology	3	_____	BIO 259	Medical Terminology	2
_____		Elective	3	_____	HLSS 233	Safety and First Aid	3
_____	HPE	HPE Activity or Beg Swim (026)	0.5	_____	HPE	HPE Activity	0.5
			16.5				15.5

JUNIOR Semester 5				JUNIOR Semester 6			
_____	HLSS 324	Exercise Physiology	3	_____	HLSS 316	Kinesiology and Biomechanics	3
_____	GEN	SIC Elective	3	_____	HLSS 412	Techniques of Health Fitness Eval	3
_____	MAT 232	Elementary Statistics	3	_____	HLSS 402	Ex Prescription for Special Population	3
_____	NUT 201	Nutrition	3	_____	COMP 303	Critical Reading and Writing	3
_____	HLSS 320	Prevent & Care of Sports Injuries	3	_____	GEN	SIC Elective	3
_____	HPE 030	Weight Training	0.5	_____	HPE	HPE Activity	0.5
			15.5				15.5

SENIOR Semester 7				SENIOR Semester 8			
_____	HLSS 315	Organization & Administration of Program	3	_____	HLSS 481	Internship in Health & Ex Science	12
_____	HLSS 499	Senior Paper/Project	3	_____		Elective	2
_____	GEN	SIC Elective	3	_____	HPE 400	Lifelong Wellness	0.5
_____		Elective	3				14.5
_____	HPE	HPE Activity	0.5				
			12.5				

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.
* - 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)

<u>General Education</u>		<u>Credit Hours</u>
Intro to Whole Person Education (GEN 150) - Counts as HPE		1
Composition (COMP 102, 303)		6
Oral Communication (COM 101)		3
Humanities (HUM 201*, 202*, 203*, 204*, 333, ART 103, 104, 307; DANP 125; DRAM 215, 304; MUS 130) *At least one course must be chosen from list courses marked with asterisks.		6
Civics (GOV 101, 103, HIS 110, 111, or 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 (BIO 111/111L or BIO 150/150L)		4
Social Sciences (PSY 201)		3
Health Science		4
One course per full-time semester at ORU, including HPE 030, 155 and 400, swimming course or proficiency, and choice of electives)		
Scaffolded Interdisciplinary Electives (GEN 301, 380**, 420**, 434**, 456)		9
**At least one course must be chosen from courses marked with asterisks		
GO courses fulfill the GO intercultural experience graduation requirement.		
Students must successfully complete a GO course in order to graduate.		
General Education Total		57
<u>Major</u>	<u>Course</u>	<u>Pre-Req's</u>
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 PHS 223
HLSS 320	Prevention and Care of Sports Injuries	3
HLSS 324	Exercise Physiology	3 PHS 223 & 224
HLSS 402	Exercise Prescription for Special Populations	3 HLSS 324
HLSS 412	Techniques of Health Fitness Evaluation	3 HLSS 324
HLSS 499	Senior Paper/Project	3 COMP 303 & Senior
Major Total		30
<u>Exercise Specialist Concentration</u>		
BIO 259	Medical Terminology	2
HLSS 481	Internship in Health and Exercise Science	12 HLSS 412, & Senior
PHS 223	Human Anatomy (Lecture and Lab)	4
PHS 224	Human Physiology (Lecture and Lab)	4 PHS 223
Concentration Total		22
<u>Cognate</u>		
NUT 201	Nutrition	3
Cognate Total		3
<u>Electives</u>		8
Degree Total		120