

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

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

TOTAL HOURS REQUIRED 122
 Hours in general education 52
 Hours in major 30
 Hours in cognate 4
 Hours in concentration 36

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 150	Intro to Whole Person Education	1	_____	BLIT 122	Christian Life II: New Testament	2
_____	THE 104	Spirit-Empowered Living	2	_____	THE 105	Spirit-Empowered Leadership	2
_____	CHE 111	General Chemistry I	3	_____	CHE 112	General Chemistry II	3
_____	CHE 111	General Chemistry I Lab	1	_____	CHE 112	General Chemistry II Lab	1
_____	HLSS 200	Introduction to Exercise Science	3	_____	COM 101	Oral Communication	3
_____	BIO 111	Introductory Biology I	3	_____	PHP 100	Pre-Health Seminar	1
_____	BIO 111	Introductory Biology I Lab	1	_____	GOV/HIS _____	Civics	3
_____	BLIT 111	Christian Life I: Old Testament	2	_____	HPE 155	Health Fitness	1
_____	BIO 105	Essentials of Biology	1				
_____	PRFH 070	Swimming Proficiency					16
			17				

Every student must take a "GO" course

SOPHOMORE Semester 3				SOPHOMORE Semester 4			
_____	PHS 223	Human Anatomy	3	_____	_____	Foreign Language	3
_____	PHS 223	Human Anatomy Lab	1	_____	HLSS 231	Personal Health Science	3
_____	HUM _____	Humanities Elective	3	_____	PHS 224	Human Physiology	3
_____	COMP 102	Composition II	3	_____	PHS 224	Human Physiology Lab	1
_____	MAT 232	Elementary Statistics	3	_____	BIO 259	Medical Terminology	2
_____	SOC 101	Introduction to Sociology	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
_____	HUM _____	Humanities Elective	3	_____	HLSS 412	Techniques of Health Fitness Eval	3
_____	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
_____	PSY 201	Principles of Psychology	3	_____	HLSS 402	Ex Prescription for Special Population	3
_____	HPE 030	Weight Training	0.5	_____	HPE _____	HPE Activity	0.5
			13.5				13.5

SENIOR Semester 7				SENIOR Semester 8			
_____	HLSS 315	Organization & Administration of Program	3	_____	HLSS 481	Internship in Health & Exer Science	5
_____	PSY 301	Developmental Psychology	3	_____	HLSS 499	Senior Paper/Project	3
_____	COMP 303	Critical Reading and Writing	3	_____	PSY 338	Abnormal Psychology	3
_____	NUT 201	Nutrition	3	_____	GEN 356	Biomedical Ethics	3
_____	HLSS 320	Prevent & Care of Sports Injuries	3	_____	HPE 400	Lifelong Wellness	0.5
_____	HPE _____	HPE Activity	0.5				14.5
			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.
- * - 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 300) 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
Pre-Physical Therapy Concentration (PTC)

<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 1*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 111/111L)			4	
Science Elective (BIO 111/111L & BIO 105)			5	
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 356 required)			3	
General Education Total			52	
<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 Standing
Major Total			30	
<u>Pre-Physical Therapy Concentration</u>				
BIO	259	Medical Terminology	2	
CHE	112	General Chemistry II (Lecture and Lab)	4	
HLSS	481	Internship in Health and Exercise Science	5	
PHS	223	Human Anatomy (Lecture and Lab)	4	BIO 111 or CHE 111
PHS	224	Human Physiology (Lecture and Lab)	4	PHS 223
PHY	101	General Physics I (Lecture and Lab)	4	
PHY	102	General Physics II (Lecture and Lab)	4	PHY 101
PSY	301	Developmental Psychology	3	PSY 201
PSY	338	Abnormal Psychology	3	PSY 201
SOC	101	Introduction to Sociology	3	
Concentration Total			36	
<u>Cognate</u>				
PHP	100	Pre-Health Seminar	1	
NUT	201	Nutrition	3	
Cognate Total			4	
Degree Total			122	