

Advisor: _____

Name: _____
 Date admitted into Major: _____
 Transfer credits: _____

**BACHELOR OF SCIENCE
 SPORT AND MOVEMENT SCIENCE
 AQUATIC MANAGEMENT CONCENTRATION**

GENERAL EDUCATION CORE REQUIREMENTS

COURSES IN MAJOR (48 credits total)

Competencies			
<input type="checkbox"/>	Basic College Math		
<input type="checkbox"/>	Reading Comprehension		
<input type="checkbox"/>	Computer Literacy		
ENG	101	Composition I	3 _____
ENG	102	Composition II	3 _____
SPC	101	(Public Speaking)	3 _____
SMS	_____	(Health)	3 _____
SMS	_____	(Activity)	.5 _____
SMS	_____	(Activity)	.5 _____
Distribution Sequences (18-20 credits)			
*	BIO	121	Diversity of Life 4 _____
*	BIO	122	World of Cells 4 _____
	HIS	101	World History I 3 _____
	HIS	102	World History II 3 _____
	_____	_____	(Literature I) 3 _____
	_____	_____	(Literature II) 3 _____
Distribution Electives (15 credits)			
Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.			
Humanities (Division I)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Science/Mathematics (Division II)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Social Sciences (Division III)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
(Note: Courses allowable as distribution electives are marked DI, DII, or DIII in the College Catalog.)			
QUANTITATIVE (Q)	_____	DIVERSITY (V)	_____
		WRITING (W)	_____

Freshman Year			
SMS	171	Fund. of Exercise & Conditioning	1 _____
SMS	100	Intro to SMS	1 _____
SMS	176	Swim Coach & Conditioning	3 _____
SMS	140	Basic Swim. & Water Safety	1 _____
Sophomore Year			
SMS	200	Perceptual Motor Development OR	
SMS	201	Perceptual Motor Learning	3 _____
SMS	175	First Responder Training	3 _____
SMS	220	Lifeguard Training	3 _____
SMS	_____	Dance	1 _____
SMS	_____	_____	1 _____
SMS	_____	_____	1 _____
SMS	_____	_____	1 _____
Junior Year			
SMS	320	Aquatic Administration & Facility Operation	3 _____
SMS	373	Leisure/Fitness Programming & Management	3 _____
SMS	352	Exercise Physiology	3 _____
SMS	_____	_____	3 _____
SMS	_____	Adventure	1 _____
SMS	_____	_____	1 _____
SMS	_____	_____	1 _____
Senior Year			
SMS	420	Aquatic Therapy	3 _____
SMS	300	Kinesiology	3 _____
+	SMS	_____	3 _____
	SMS	_____	3 _____
	SMS	_____	1 _____
	SMS	_____	1 _____
Required Support Courses (4 credits)			
BIO	206	Structure/Function of Human Body	4 _____
FREE ELECTIVES (20 credits minimum)			
May be necessary to take additional credits to attain the minimum 120 credits required for graduation.			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

* These are **required** support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.
 Note: If a course is used to satisfy two or more requirements, (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the total credits required for graduation.
 + Recommended Major Electives: SMS 250, 331, 350, 370, 372, 421, 425, 520.
 LEVEL I TO BE COMPLETED IN THE FIRST 30 CREDITS LEVEL II TO BE COMPLETED IN THE FIRST 53 CREDITS LEVEL III TO BE COMPLETED BEFORE GRADUATION
 Exceptions in the timing of courses will be made for transfer students.

Advisor: _____

Name: _____

Date admitted into Major: _____

Transfer credits: _____

**BACHELOR OF SCIENCE
SPORT AND MOVEMENT SCIENCE
DANCE CONCENTRATION**

GENERAL EDUCATION CORE REQUIREMENTS

Competencies			
<input type="checkbox"/>	Basic College Math		
<input type="checkbox"/>	Reading Comprehension		
<input type="checkbox"/>	Computer Literacy		
ENG	101	Composition I	3 _____
ENG	102	Composition II	3 _____
SPC	101	(Public Speaking)	3 _____
SMS	_____	(Health)	3 _____
SMS	_____	(Activity)	.5 _____
SMS	_____	(Activity)	.5 _____
Distribution Sequences (18-20 credits)			
_____	_____	(Lab Science I)	3-4 _____
_____	_____	(Lab Science II)	3-4 _____
HIS	101	World History I	3 _____
HIS	102	World History II	3 _____
_____	_____	(Literature I)	3 _____
_____	_____	(Literature II)	3 _____
Distribution Electives (15 credits)			
Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.			
Humanities (Division I)			
MUS	100	Introduction to Music	3 _____
THE	101	Introduction to Theatre Arts	3 _____
_____	_____	_____	_____
Science/Mathematics (Division II)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Social Sciences (Division III)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
(Note: Courses allowable as distribution electives are marked DI, DII, or DIII in the College Catalog.)			
QUANTITATIVE (Q)	_____	DIVERSITY (V)	_____
		WRITING (W)	_____

COURSES IN MAJOR (54 credits total)

Freshman Year			
SMS	150	Modern Dance I	1 _____
SMS	154	Ballet I	1 _____
SMS	178	Introduction to Dance	3 _____
SMS	179	Dance Workshop I	3 _____
SMS	140	Basic Swim. & Water Safety	1 _____
Sophomore Year			
THE	102	Stage Technology	3 _____
SMS	151	Modern Dance II	1 _____
SMS	155	Ballet II	1 _____
SMS	201	Perceptual Motor Learning	3 _____
SMS	250	Nutrition and Physical Performance	3 _____
SMS	240	Dance Composition I	3 _____
Junior Year			
SMS	170	Yoga	1 _____
SMS	152	Modern Dance III	1 _____
SMS	156	Ballet III	1 _____
SMS	175	First Responder Training	3 _____
SMS	340	Dance Production	3 _____
SMS	_____	_____	1 _____
Senior Year			
SMS	440	Dance: Theory & Style	4 _____
SMS	441	Dance Pedagogy	4 _____
SMS	442	Dance Workshop II	4 _____
SMS	443	Dance Composition II	3 _____
MAJOR ELECTIVES (6 credits minimum)			
SMS	_____	_____	_____
SMS	_____	_____	_____
FREE ELECTIVES (18-20 credits minimum)			
May be necessary to take additional credits to attain the minimum 120 credits required for graduation.			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

* These are **required** support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.

Note: If a course is used to satisfy two or more requirements, (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the total credits required for graduation.

LEVEL I TO BE COMPLETED IN THE FIRST 30 CREDITS LEVEL II TO BE COMPLETED IN THE FIRST 53 CREDITS LEVEL III TO BE COMPLETED BEFORE GRADUATION

Exceptions in the timing of courses will be made for transfer students.

Advisor: _____

Name: _____

Date admitted into Major: _____

Transfer credits: _____

**BACHELOR OF SCIENCE
SPORT AND MOVEMENT SCIENCE
FITNESS/WELLNESS CONCENTRATION**

GENERAL EDUCATION CORE REQUIREMENTS

Competencies			
<input type="checkbox"/>	Basic College Math		
<input type="checkbox"/>	Reading Comprehension		
<input type="checkbox"/>	Computer Literacy		
ENG	101	Composition I	3 _____
ENG	102	Composition II	3 _____
SPC	101	(Public Speaking)	3 _____
SMS	_____	(Health)	3 _____
SMS	_____	(Activity)	.5 _____
SMS	_____	(Activity)	.5 _____
Distribution Sequences (18-20 credits)			
*	BIO	121	Diversity of Life 4 _____
*	BIO	122	World of Cells 4 _____
	HIS	101	World History I 3 _____
	HIS	102	World History II 3 _____
	_____	_____	(Literature I) 3 _____
	_____	_____	(Literature II) 3 _____
Distribution Electives (15 credits)			
Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.			
Humanities (Division I)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Science/Mathematics (Division II)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Social Sciences (Division III)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
(Note: Courses allowable as distribution electives are marked DI, DII, or DIII in the College Catalog.)			
QUANTITATIVE (Q)	_____	DIVERSITY (V)	_____
		WRITING (W)	_____

COURSES IN MAJOR (51 credits total)

Freshman Year

SMS	171	Fund. of Exercise & Conditioning	1 _____
SMS	100	Intro to SMS Studies	1 _____
SMS	175	First Responder Training	3 _____
SMS	_____	_____	1 _____
SMS	_____	_____	1 _____

Sophomore Year

SMS	200	Perceptual Motor Development	
	OR		
SMS	201	Perceptual Motor Learning	3 _____
SMS	250	Nutrition and Physical Performance	3 _____
SMS	_____	Adventure	1 _____
SMS	_____	_____	1 _____
SMS	_____	_____	1 _____

Junior Year

SMS	140	Basic Swim. & Water Safety	1 _____
SMS	300	Kinesiology	3 _____
SMS	350	Design & Eval. of Fitness/Wellness Prog.	3 _____
SMS	352	Exercise Physiology	3 _____
SMS	373	Leisure/Fitness Prog. & Mgmt.	3 _____
SMS	_____	Dance	1 _____
SMS	_____	_____	1 _____

Senior Year

SMS	390	Legal Issues in Sport Science	3 _____
SMS	260	Intro. to Health Edu & Health Promotion	3 _____
SMS	455	Dir.Fld. Exp. in Fitness/Wellness	3 _____
SMS	_____	_____	1 _____
SMS	_____	_____	1 _____

MAJOR ELECTIVES (9 credits minimum)

+	_____	_____	3 _____
+	_____	_____	3 _____
+	_____	_____	3 _____

REQUIRED SUPPORT COURSES (4 credits minimum)

BIO	206	Struct./Funct. of Human Body	4 _____
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FREE ELECTIVES (17 credits minimum)

May be necessary to take additional credits to attain the minimum 120 credits required for graduation.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

* These are **required** support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.

Note: If a course is used to satisfy two or more requirements, (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the total credits required for graduation.

+ Recommended Major Electives chosen from SMS 230, 302, 351, 370, 372, 550.

LEVEL I TO BE COMPLETED IN THE FIRST 30 CREDITS LEVEL II TO BE COMPLETED IN THE FIRST 53 CREDITS LEVEL III TO BE COMPLETED BEFORE GRADUATION

Exceptions in the timing of courses will be made for transfer students.

Total minimum credits for graduation: 120

Effective: 9/09

Salem State College

Advisor: _____

Name: _____

Date admitted into Major: _____

Transfer credits: _____

**BACHELOR OF SCIENCE
SPORT AND MOVEMENT SCIENCE
HEALTH & CONSUMER SCIENCE CONCENTRATION
HEALTH/FAMILY AND CONSUMER SCIENCE TEACHER LICENSURE (PRE-K-12)**

GENERAL EDUCATION CORE REQUIREMENTS

Competencies				
<input type="checkbox"/>	Basic College Math			
<input type="checkbox"/>	Reading Comprehension			
<input type="checkbox"/>	Computer Literacy			
ENG	101	Composition I		3 _____
ENG	102	Composition II		3 _____
SPC	101	(Public Speaking)		3 _____
SMS	_____	(Health)		3 _____
SMS	_____	(Activity)		.5 _____
SMS	_____	(Activity)		.5 _____
Distribution Sequences (20 credits)				
*	BIO	200	Anatomy & Physiology I W/lab	4 _____
*	BIO	201	Anatomy & Physiology II W/lab	4 _____
	HIS	101	World History I	3 _____
	HIS	102	World History II	3 _____
	_____	_____	(Literature I)	3 _____
	_____	_____	(Literature II)	3 _____
Distribution Electives (15 credits)				
Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.				
Humanities (Division I)				

Science/Mathematics (Division II)				
*	CHE	124	Gen. Chem. Life Sci.	4 _____
*	CHE	125	Chem. Life Processes	4 _____
Social Sciences (Division III)				
*	PSY	101	General Psychology	3 _____
*/+	HIS	_____	American Government	3 _____
(Note: Courses allowable as distribution electives are marked DI, DII, or DIII in the College Catalog.)				
QUANTITATIVE (Q) _____ DIVERSITY (V) _____ WRITING (W) _____				

COURSES IN MAJOR (43 credits total)

Freshman Year

SMS	171	Fund. of Exercise & Conditioning	1 _____
SMS	100	Intro to SMS Studies	1 _____
SMS	177	Movement Science and Health Pedagogy	3 _____

Sophomore Year

SMS	200	Perceptual Motor Development	3 _____
SMS	260	Intro to Health Ed & Health Promotion	3 _____
SMS	250	Nutrition & Physical Performance	3 _____
SMS	261	Consumer Health	3 _____
SMS	_____	Adventure	1 _____

Junior Year

SMS	361	Issues In Public and Community Health	3 _____
SMS	362	Techniques for Healthy & Safe Food Prep	3 _____
SMS	351	Disease & Illness of the Physically Active	3 _____
SMS	_____	_____	3 _____
SMS	140	Basic Swim. & Water Safety	1 _____
SMS	_____	Dance	1 _____

Senior Year

SMS	175	First Responder Training	3 _____
SMS	382	Phys Ed & Health for Child W/Special Needs	3 _____
SMS	460	Methods & Mats in Hlth/Fam & Consum Sci	3 _____
SMS	465	Directed Fld Exp Hlth/Family & Consum Sci	2 _____

REQUIRED SUPPORT COURSES (28 credits total)

*	BIO	105	Biological Systems	4 _____
*	IDS	320	Human Sexuality	3 _____
*	PSY	218	Childhood and Adolescence	3 _____
*	SOC	332	Sociology of the American Family	3 _____
*	EDU	319A	Day Care Teaching and Administration	3 _____
	EDU	473B	Stdnt Teach in Hlth/Fam & Consum Sci(PreK-12)12	_____

* These are **required** support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.

Note: If a course is used to satisfy two or more requirements, (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the total credits required for graduation.

+ Students may choose from HIS 204, 208, or 319.

LEVEL I TO BE COMPLETED IN THE FIRST 30 CREDITS LEVEL II TO BE COMPLETED IN THE FIRST 53 CREDITS LEVEL III TO BE COMPLETED BEFORE GRADUATION

Exceptions in the timing of courses will be made for transfer students.

Advisor: _____

Name: _____

Date admitted into Major: _____

Transfer credits: _____

**BACHELOR OF SCIENCE
SPORT AND MOVEMENT SCIENCE
LEISURE STUDIES CONCENTRATION**

GENERAL EDUCATION CORE REQUIREMENTS

Competencies			
<input type="checkbox"/>	Basic College Math		
<input type="checkbox"/>	Reading Comprehension		
<input type="checkbox"/>	Computer Literacy		
ENG	101	Composition I	3 _____
ENG	102	Composition II	3 _____
SPC	101	(Public Speaking)	3 _____
SMS	_____	(Health)	3 _____
SMS	_____	(Activity)	.5 _____
SMS	_____	(Activity)	.5 _____
Distribution Sequences (18-20 credits)			
*	BIO	121	Diversity of Life 4 _____
*	BIO	122	World of Cells 4 _____
	HIS	101	World History I 3 _____
	HIS	102	World History II 3 _____
	_____	_____	(Literature I) 3 _____
	_____	_____	(Literature II) 3 _____
Distribution Electives (15 credits)			
Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.			
Humanities (Division I)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Science/Mathematics (Division II)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
Social Sciences (Division III)			
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
(Note: Courses allowable as distribution electives are marked DI, DII, or DIII in the College Catalog.)			
QUANTITATIVE (Q)	_____	DIVERSITY (V)	_____
		WRITING (W)	_____

COURSES IN MAJOR (48 credits total)

Freshman Year

SMS	171	Fund. of Exercise & Conditioning	1	_____
SMS	100	Intro to SMS Studies	1	_____
SMS	_____	_____	1	_____

Sophomore Year

SMS	200	Perceptual Motor Development OR		
SMS	201	Perceptual Motor Learning	3	_____
SMS	175	First Responder Training	3	_____
SMS	270	Intro. to Leisure Studies	3	_____
SMS	140	Basic Swim. & Water Safety	1	_____
SMS	_____	_____	3	_____
SMS	_____	_____	1	_____
SMS	_____	_____	1	_____
SMS	_____	_____	1	_____

Junior Year

SMS	352	Exercise Physiology	3	_____
SMS	370	Leisure Services & Facilities	3	_____
SMS	373	Leisure/Fitness Prog. & Mgmt.	3	_____
SMS	374	Commercial Recreation	3	_____
SMS	_____	Adventure	1	_____
SMS	_____	Dance	1	_____
SMS	_____	_____	1	_____
SMS	_____	_____	1	_____

Senior Year

SMS	470	Rec. Leadership & Group Dynamics	3	_____
+	SMS	_____	3	_____
	SMS	_____	3	_____
	SMS	_____	3	_____
	SMS	_____	1	_____

REQUIRED SUPPORT COURSES (7 credits total)

BIO	206	Struct./Funct. of Human Body	4	_____
MGT	231	Management Theory & Practice	3	_____

FREE ELECTIVES (17 credits minimum)

May be necessary to take additional credits to attain the minimum 120 credits required for graduation.

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

* These are **required** support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.

Note: If a course is used to satisfy two or more requirements, (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the total credits required for graduation.

+ Concentration Elective chosen from SMS 302, 320, 350, 371, 372, 390, 475, 570.

LEVEL I TO BE COMPLETED IN THE FIRST 30 CREDITS LEVEL II TO BE COMPLETED IN THE FIRST 53 CREDITS LEVEL III TO BE COMPLETED BEFORE GRADUATION

Exceptions in the timing of courses will be made for transfer students.

Total minimum credits for graduation: 120

Effective: 9/09

Salem State College

Advisor: _____

Name: _____

Date admitted into Major: _____

Transfer credits: _____

**BACHELOR OF SCIENCE
SPORT AND MOVEMENT SCIENCE
PHYSICAL EDUCATION CONCENTRATION
TEACHER LICENSURE ELEMENTARY OPTION**

GENERAL EDUCATION CORE REQUIREMENTS

Competencies				
<input type="checkbox"/>		Basic College Math		
<input type="checkbox"/>		Reading Comprehension		
<input type="checkbox"/>		Computer Literacy		
ENG	101	Composition I	3	_____
ENG	102	Composition II	3	_____
SPC	101	(Public Speaking)	3	_____
SMS	_____	(Health)	3	_____
SMS	_____	(Activity)	.5	_____
SMS	_____	(Activity)	.5	_____
Distribution Sequences (18-20 credits)				
*	BIO	121	Diversity of Life	4 _____
*	BIO	122	World of Cells	4 _____
	HIS	101	World History I	3 _____
	HIS	102	World History II	3 _____
	_____	_____	(Literature I)	3 _____
	_____	_____	(Literature II)	3 _____
Distribution Electives (15 credits)				
Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.				
Humanities (Division I)				
_____	_____	_____	_____	_____
Science/Mathematics (Division II)				
_____	_____	_____	_____	_____
Social Sciences (Division III)				
*	PSY	101	General Psychology	3 _____
*	PSY	251	Child Growth	3 _____
+	_____	_____	American Government Course	_____
(Note: Courses allowable as distribution electives are marked DI, DII, or DIII in the College Catalog.)				
QUANTITATIVE (Q)	_____	DIVERSITY (V)	_____	WRITING (W)

COURSES IN MAJOR (51 credits total)

Freshman Year				
SMS	100	Intro to SMS	1	_____
SMS	140	Basic Swim. & Water Safety	1	_____
SMS	171	Fund. of Exercise & Conditioning	1	_____
SMS	177	Movement Science/Hlth Pedagogy	3	_____
SMS	_____	_____	1	_____
Sophomore Year				
SMS	160	Basic Gymnastics	1	_____
SMS	161	Trgt/Strk/Fld Games	1	_____
SMS	164	Movement Exp for Children	1	_____
SMS	175	First Responder Training	3	_____
SMS	200	Perceptual Motor Development	3	_____
†	SMS	_____	Adventure	1 _____
Junior Year				
SMS	162	Territorial Games	1	_____
SMS	163	Net/Wall Games	1	_____
SMS	300	Kinesiology	3	_____
SMS	380	Teaching Elementary Physical Education	3	_____
SMS	382	P.E. & Health for Children W/ Special Needs	3	_____
SMS	383	Tests, Measurements & Assessment	3	_____
SMS	390	Legal Issues in Sport Science	3	_____
#	SMS	_____	Dance	1 _____
SMS	_____	_____	_____	1 _____
Senior Year				
SMS	352	Exercise Physiology	3	_____
SMS	480	Philosophical Aspects of PE.	3	_____
SMS	485	Directed Field Experience in PE.	3	_____
SMS	_____	_____	_____	3 _____
SMS	_____	_____	_____	3 _____
REQUIRED SUPPORT COURSES (4 credits Total)				
BIO	206	Struct./Funct. of Human Body	4	_____
PRACTICUM (12 credits Total)				
EDU	462C	Student Teaching in Elementary PE	12	_____
FREE ELECTIVES (5 credits minimum)				
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

May be necessary to take additional credits to attain the minimum 120 credits required for graduation.

- * These are **required** support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.
- Note: If a course is used to satisfy two or more requirements, (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the total credits required for graduation.
- + Students may choose from HIS 204, 208, or 319
- † It is strongly suggested that Physical Education students take SMS131 during their academic career.
- # Physical Education students may choose from SMS157 or SMS158.

LEVEL I TO BE COMPLETED IN THE FIRST 30 CREDITS LEVEL II TO BE COMPLETED IN THE FIRST 53 CREDITS LEVEL III TO BE COMPLETED BEFORE GRADUATION

Exceptions in the timing of courses will be made for transfer students.

Total minimum credits for graduation: 120

Effective: 9/09

Salem State College

Advisor: _____

Name: _____

Date admitted into Major: _____

Transfer credits: _____

**BACHELOR OF SCIENCE
SPORT AND MOVEMENT SCIENCE
PHYSICAL EDUCATION CONCENTRATION
TEACHER LICENSURE SECONDARY OPTION**

GENERAL EDUCATION CORE REQUIREMENTS

Competencies			
<input type="checkbox"/>	Basic College Math		
<input type="checkbox"/>	Reading Comprehension		
<input type="checkbox"/>	Computer Literacy		
ENG	101	Composition I	3 _____
ENG	102	Composition II	3 _____
SPC	101	(Public Speaking)	3 _____
SMS	_____	(Health)	3 _____
SMS	_____	(Activity)	.5 _____
SMS	_____	(Activity)	.5 _____
Distribution Sequences (18-20 credits)			
*	BIO	121	Diversity of Life 4 _____
*	BIO	122	World of Cells 4 _____
	HIS	101	World History I 3 _____
	HIS	102	World History II 3 _____
	_____	_____	(Literature I) 3 _____
	_____	_____	(Literature II) 3 _____
Distribution Electives (15 credits)			
Among the distribution electives, the student must earn at least 3 but no more than 9 additional semester hours in each of the three divisions.			
Humanities (Division I)			
_____	_____	_____	_____
Science/Mathematics (Division II)			
_____	_____	_____	_____
Social Sciences (Division III)			
*	PSY	101	General Psychology 3 _____
*	PSY	252	Adolescent Psychology 3 _____
*/+	_____	_____	American Government Course _____
(Note: Courses allowable as distribution electives are marked DI, DII, or DIII in the College Catalog.)			
QUANTITATIVE (Q)	_____	DIVERSITY (V)	_____
		WRITING (W)	_____

COURSES IN MAJOR (51 credits total)

Freshman Year			
SMS	100	Intro to SMS	1 _____
SMS	140	Basic Swim. & Water Safety	1 _____
SMS	171	Fund. of Exercise & Conditioning	1 _____
SMS	177	Movement Science/Hlth Pedagogy	3 _____
SMS	_____	_____	1 _____
Sophmore Year			
SMS	160	Basic Gymnastics	1 _____
SMS	161	Trgt/Strk/Fld Games	1 _____
SMS	175	First Responder Training	3 _____
SMS	201	Perceptual Motor Learning	3 _____
+	SMS	_____	Adventure 1 _____
SMS	_____	_____	1 _____
Junior Year			
SMS	162	Territorial Games	1 _____
SMS	163	Net/Wall Games	1 _____
SMS	300	Kinesiology	3 _____
SMS	381	Teaching Secondary Physical Education	3 _____
SMS	382	P.E. & Health for Children W/ Special Needs	3 _____
SMS	383	Tests, Measurements & Assessment	3 _____
SMS	390	Legal Issues in Sport Science	3 _____
#	SMS	_____	Dance 1 _____
SMS	_____	_____	1 _____
Senior Year			
SMS	352	Exercise Physiology	3 _____
SMS	480	Philosophical Aspects of PE.	3 _____
SMS	485	Directed Field Experience in PE.	3 _____
SMS	_____	_____	3 _____
SMS	_____	_____	3 _____
REQUIRED SUPPORT COURSES (4 credits)			
BIO	206	Struct./Funct. of Human Body	4 _____
PRACTICUM (12 credits)			
EDU	472C	Student Teaching in Secondary PE	12 _____
FREE ELECTIVES (5 credits minimum)			
_____	_____	_____	_____
_____	_____	_____	_____

May be necessary to take additional credits to attain the minimum 120 credits required for graduation.

* These are **required** support courses which may also be used to satisfy the indicated Distribution requirements. A student may choose to fulfill Distribution requirements with courses other than the ones listed, but these listed courses must still be taken.

Note: If a course is used to satisfy two or more requirements, (for example, a support course and a distribution elective), the credits are counted in only one place. Using a course to satisfy more than one requirement does **not** reduce the total credits required for graduation.

+ Students may choose from HIS 204, 208, or 319.

† It is strongly suggested that Physical Education students take SMS131 during their academic career.

Physical Education students may choose from SMS157 or SMS158.

LEVEL I TO BE COMPLETED IN THE FIRST 30 CREDITS LEVEL II TO BE COMPLETED IN THE FIRST 53 CREDITS LEVEL III TO BE COMPLETED BEFORE GRADUATION

Exceptions in the timing of courses will be made for transfer students.

Total minimum credits for graduation: 120

Effective: 9/09

Salem State College

