

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.