Bachelor of Science in Sports and Health Sciences

Our Bachelor of Science in Sports and Health Sciences is a scientific study of human movement and human behavior relative to exercise, fitness, nutrition, health, and wellness. This degree is designed to prepare you to meet challenges in these dynamic and emerging fields of study. You will engage in core issues and concepts in areas such as anatomy and physiology, nutrition, kinesiology, and exercise programming and testing. The degree prepares students for entry-level positions in the fitness industry, corporate wellness programs, and strength and conditioning of athletes.

This B.S. degree in Sports and Health Sciences is affiliated with the guidelines of the American Sport Education Program (ASEP [http://www.asep.com]).

Note: Material for lab courses will only be provided once. If you need replacement lab equipment for any reason or need to retake the course later, you will need to purchase your own lab refills.

Degree Program Objectives

In addition to the institutional and general education level learning objectives, this program also seeks the following specific learning outcomes of its graduates. With reference to each of the respective areas of sports and health sciences, graduates in this degree program will be able to:

- Apply fundamental concepts of human anatomy, physiology, nutrition, health, and kinesiology to applications in sports and fitness.
- Perform motivational strategies and tactics designed to guide practice and performance in physical activity.
- Design a healthful diet for varying populations based off sound nutritional principles and concepts generated from the Dietary Guidelines for Americans.
- Critically analyze steroids usage on athletic performance including associated muscle reaction and medical risks.
- Illustrate appropriate procedures for treating upper and lower body sport injuries.
- Construct exercise programs applicable in fitness, rehabilitation, and athletic training settings.
- Evaluate suitability of common exercises based on muscle action for exercise program design.

Degree at a Glance

<table>
<thead>
<tr>
<th>General Education Requirements</th>
<th>30</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major Required</td>
<td>37</td>
</tr>
<tr>
<td>Select one of the following concentrations:</td>
<td>18</td>
</tr>
<tr>
<td>General Concentration (p. 2)</td>
<td></td>
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<tr>
<td>Coaching Studies (p. 3)</td>
<td></td>
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<tr>
<td>Exercise Science (p. 3)</td>
<td></td>
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<tr>
<td>Fitness and Wellness Professional Studies (p. 4)</td>
<td></td>
</tr>
<tr>
<td>Final Program Requirements</td>
<td>3</td>
</tr>
<tr>
<td>Elective Requirements</td>
<td>32</td>
</tr>
<tr>
<td>Total Semester Hours</td>
<td>120</td>
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</tbody>
</table>

Degree Program Requirements

General Education Requirements (30 semester hours)

Arts and Humanities (6 semester hours)

Select 2 courses from the following: 1

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>ARTH200</td>
<td>Art Appreciation</td>
</tr>
<tr>
<td>ARTH241</td>
<td>Film and Literature</td>
</tr>
<tr>
<td>DSIN141</td>
<td>Image Enhancement using Adobe Photoshop</td>
</tr>
<tr>
<td>LITR201</td>
<td>World Literature through the Renaissance</td>
</tr>
<tr>
<td>LITR202</td>
<td>World Literature since the Renaissance</td>
</tr>
<tr>
<td>LITR210</td>
<td>English Literature: Beowulf to 18th Century</td>
</tr>
<tr>
<td>LITR211</td>
<td>English Literature: 18th Century to Present</td>
</tr>
<tr>
<td>LITR220</td>
<td>American Literature before The Civil War</td>
</tr>
<tr>
<td>LITR221</td>
<td>American Literature from The Civil War to Present</td>
</tr>
<tr>
<td>ARAB100</td>
<td>Arabic I</td>
</tr>
<tr>
<td>ARAB101</td>
<td>Arabic II</td>
</tr>
<tr>
<td>FREN100</td>
<td>French I</td>
</tr>
<tr>
<td>FREN101</td>
<td>French II</td>
</tr>
<tr>
<td>GERM100</td>
<td>German I</td>
</tr>
<tr>
<td>GERM101</td>
<td>German II</td>
</tr>
<tr>
<td>JAPN100</td>
<td>Introduction to Japanese</td>
</tr>
<tr>
<td>MUSI200</td>
<td>Music Appreciation</td>
</tr>
<tr>
<td>PHIL101</td>
<td>Introduction to Philosophy</td>
</tr>
<tr>
<td>PHIL110</td>
<td>Critical Thinking</td>
</tr>
<tr>
<td>PHIL200</td>
<td>Introduction to Ethics</td>
</tr>
<tr>
<td>PHIL202</td>
<td>Philosophy of Science</td>
</tr>
<tr>
<td>PORT100</td>
<td>Introduction to Brazilian Portuguese</td>
</tr>
<tr>
<td>RELS201</td>
<td>Introduction to World Religions</td>
</tr>
<tr>
<td>RUSS100</td>
<td>Russian I</td>
</tr>
<tr>
<td>SPAN100</td>
<td>Spanish I</td>
</tr>
<tr>
<td>SPAN101</td>
<td>Spanish II</td>
</tr>
</tbody>
</table>

Civics, Political and Social Sciences (6 semester hours)

Select 2 courses from the following: 1

<table>
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<tr>
<th>Course</th>
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</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>
ANTH100  Introduction to Anthropology
ANTH202  Introduction to Cultural Anthropology
CHFD220  Human Sexuality
COMM211  Social Media and Society
COMM240  Intercultural Communication
ECON101  Microeconomics
ECON102  Macroeconomics
EDUC200  Humane Education: A Global Interdisciplinary Perspective
GEOG101  Introduction to Geography
HOSP110  Practical Food Safety and Awareness
IRLS210  International Relations I
LITR204  Contemporary World Culture Through Literature
LITR205  Cultural Diversity in Contemporary American Literature
POLS210  American Government I
PSYC101  Introduction to Psychology
SOCI111  Introduction to Sociology
SOCI212  Social Problems
SOCI220  American Popular Culture

Communication: Writing, Oral, and Multimedia (8 semester hours)
COMM110  Information & Digital Literacy
ENGL110  Making Writing Relevant
Select 1 course from the following:
COMM200  Public Speaking
ENGL102  Effectiveness in Writing
ENGL200  Composition and Literature
ENGL220  Technical Writing
ENGL221  Scientific Writing
ENGL225  Business Writing
HRMT101  Human Relations Communication
IRLS200  Information Literacy and Global Citizenship
ITCC231  Introduction to Information Technology Writing
MGMT100  Human Relations

History (3 semester hours)
Select 1 course from the following:
HIST101  American History to 1877
HIST102  American History since 1877
HIST111  World Civilization before 1650
HIST112  World Civilization since 1650
HIST121  Western Civilization before The Thirty Years War
HIST122  Western Civilization since The Thirty Years War
HIST221  African-American History before 1877
HIST222  African-American History since 1877
HIST223  History of the American Indian

Mathematics (3 semester hours)
Select 1 course from the following:
MATH110  College Algebra
MATH111  College Trigonometry
MATH225  Calculus

Natural Sciences with Lab (4 semester hours)
BIOL133  General Biology I with Lab

Total Semester Hours 30

1  All literature courses require successful completion of ENGL101 - Proficiency in Writing or ENGL110 - Making Writing Relevant.

Major Required (37 semester hours)
CHEM133  General Chemistry I with Lab
PHYS133  Elements of Physics I with Lab (Prerequisites: MATH110 - College Algebra, MATH111 - College Trigonometry, or MATH225 - Calculus)
BIOL250  Human Anatomy and Physiology with Lab I
BIOL251  Human Anatomy and Physiology with Lab II
SPHE295  Foundations of Nutrition
SPHE421  Kinesiology (Prerequisite: BIOL251 - Human Anatomy and Physiology II)
SPHE314  Exercise Physiology
PSYC460  Sports Psychology
SPHE405  Sports First Aid
SPHE320  Nutrition (Prerequisite: SPHE295 - Foundations of Nutrition)
SPHE420  Exercise Programming and Testing (Prerequisite: BIOL251 - Human Anatomy and Physiology II)

Total Semester Hours 37

Students must choose a concentration for this degree program and may select from a General Concentration, Coaching Studies, Exercise Science, or Fitness and Wellness Professional Studies Concentrations.

General Concentration Requirements (18 semester hours)

This general concentration allows you to select from all concentration courses offered within this program, enabling you to create your own focused area of study.

Select 6 courses from the following:
LSTD209  Sports Law, Risk, and Regulation
Concentration Requirements (18 semester hours)

LSTD209 Sports Law, Risk, and Regulation 3
SPHE318 Coaching Theory and Methodology 3
SPHE323 Sports Conditioning 3
SPHE416 Athletic Programs Administration 3
SPHE417 Leadership Concepts in Coaching 3
Select 1 course from the following: 3
  SPHE350 Coaching Baseball Technical and Tactical Skills
  SPHE351 Coaching Basketball Technical and Tactical Skills
  SPHE352 Coaching Football Technical and Tactical Skills

Total Semester Hours 18

Concentration in Exercise Science (18 semester hours)

Offers scientific knowledge used to train athletes and clients in fitness and athletic performance, including exercise prescription principles for training variation, injury prevention, and reconditioning. Examines sports nutrition and supplementation, lower and upper extremities function during exercise, and mental training strategies aimed at improving athletic performance.

Objectives

Students who successfully complete this program will be able to:

- Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness.
- Apply exercise prescription principles for training variation, injury prevention, and reconditioning.
- Analyze sport movements and design movement-oriented exercise prescriptions.

Concentration Requirements (18 semester hours)

MATH302 Statistics (Prerequisite: MATH110 - College Algebra, MATH111 - College Trigonometry or MATH225 - Calculus) 3
SPHE315 Training and Conditioning 3
SPHE317 Sports Medicine (Prerequisites: BIOL250 - Human Anatomy and Physiology and BIOL251 - Human Anatomy and Physiology II) 3
SPHE323 Sports Conditioning 3
SPHE324 Biomechanics (Prerequisites: BIOL250 - Human Anatomy and Physiology and BIOL251 - Human Anatomy and Physiology II) 3

Total Semester Hours 18
Elective Requirements (32 semester hours)

Select any courses that have not been used to fulfill major requirements. Credits applied toward a minor or certificate in an unrelated field may be used to fulfill elective credit for the major.