SPORT and EXERCISE SCIENCE

Bachelor of Science

TYPICAL 4 YEAR PROGRAM OF STUDY

2013-2014

DEGREE REQUIREMENTS	CURRICULUM NOTES
Credits: minimum of 180 credits **Credits in major:** 85 **GPA cumulative minimum:** 2.0 **GPA major minimum:** 2.0	• These courses must be completed with a C (2.0) or better: CHEM 121/131, CHEM 122/132, BIOL 200, BIOL 210, PHYS 105, PSYC 120, SPEX 132, SPEX 211, SPEX 231, SPEX 312, SPEX 313, SPEX 321, SPEX 322, SPEX 331, SPEX 411, SPEX 421, SPEX 495, SPEX 499. • SPEX majors must place into MATH 120 or above in order to enroll in CHEM 121/131. • SPEX majors must complete MATH 121 or above in order to enroll in PHYS 105. **For complete information on courses, prerequisites, etc, use this information in conjunction with the online Catalog (http://catalog.seattleu.edu/) for the current year.**

The example below assumes you have completed no degree requirements. Your personal program of study may vary from this due to prior educational experience or individual goals.

	FALL		WINTER		SPRING	
	COURSE	CREDITS	COURSE	CREDITS	COURSE	CREDITS
FRESHMAN	UCOR 1XXX (MATH 120 – Precalculus: Algebra)	5	UCOR 1XXX	5	UCOR 1XXX	5
	UCOR 1XXX	5	CHEM 121 General Chemistry I	4	CHEM 122 General Chemistry II	4
	UCOR 1XXX	5	CHEM 131 General Chemistry Lab I	1	CHEM 132 General Chemistry Lab II	1
			HIST 121 Modern Civ. or 231 Survey of U.S.	5	MATH 121 Precalculus: Trigonometry	2
SOPHOMORE	BIOL 200 Anatomy and Physiology I	5	BIOL 210 Anatomy and Physiology II	5	PSYC 120	5
	SPEX 132 Health and Wellness	5	SPEX 211 Responding to Emergencies	5	SPEX 231 Sport and Exercise Physiology	5
	Language 115	5	Language 125	5	Language 135	5
JUNIOR	UCOR 1XXX	5	UCOR 2XXX	5	UCOR 2XXX	5
	PHYS 105 Mechanics	5	SPEX 313 Biomechanics and Motor Learning	5	SPEX 322 Prin. of Resistance and Metabolic Training	5
	SPEX 312 Nutrition for Sport and Exercise	5	SPEX 321 Care and Prevention of Athletic Injuries	5	SPEX 331 Exercise for Rehabilitation	5
SENIOR	UCOR 2XXX	5	UCOR 3XXX	5	UCOR 3XXX	5
	SPEX 411 Fitness Testing and Technology	5	UCOR 3XXX	5	General Elective	5
	SPEX 421 Sport and Exercise Psychology	5	SPEX 495 Internship	5	General Elective	5

CORE MODULE I REQUIREMENTS	CORE MODULE II REQUIREMENTS	CORE MODULE III REQUIREMENTS	SCHOOL/COLLEGE CORE REQUIREMENTS
UCOR 1100 Academic Writing Seminar	UCOR 2100 Theological Explorations	UCOR 3100 Religion in a Global Context	HIST 121 Modern Civ. or 231 Survey of U.S.
Mathematics & Quantitative Reasoning fulfilled by MATH 120	UCOR 2500 Philosophy of the Human Person	UCOR 3400-3440 Humanities & Global Challenges	Language 115
UCOR 1300 Creative Expression and Interpretation	UCOR 2900-2940 Ethical Reasoning	UCOR 3600-3640 Social Sciences & Global Challenges	Language 125
UCOR 1400-1440 Inquiry Seminar in the Humanities			Language 135
UCOR 1600-1640 Inquiry Seminar in the Social Sciences			
Inquiry Seminar in the Natural Sciences fulfilled in the major			

COLLEGE OF ARTS AND SCIENCES

COLLEGE OF ARTS & SCIENCES

Academic Advising Support Center
206.296.2840, Casey 1W
8:30am – 6:00pm M, W & TH; 8:30am – 4:30pm, T & F

Work closely with your academic advisor to plan your program of study and the other co-curricular components of your educational plan.