**Bachelor of Science**

**SPORT AND EXERCISE SCIENCE**

### DEGREE REQUIREMENTS
- Credits: minimum of 180 credits
- Credits in major: 80
- GPA cumulative minimum: 2.0
- GPA major minimum: 2.0

**CURRICULUM NOTES**
- All major requirements must be completed with a C (2.0) or better.
- SPEX majors must place into MATH 1021 or above in order to enroll in PHYS 1050/1051.
- SPEX majors must receive a grade of C or better in BIOL 2200, BIOL 2210, CHEM 1500/1501 and have a major GPA of 2.5 or above to enroll in SPEX 2310/2311.
- SPEX majors must fulfill the language requirement.

For complete information on courses, pre-requisites, 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.

* Indicates prerequisite required for course  
C Indicates co-requisite required for course

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### TYPICAL 4 YEAR PROGRAM OF STUDY

#### FALL
- UCOR 1XXX (MATH 1021 – Precalculus: Algebra)
- CHEM 1500 General Chemistry I
- CHEM 1501 General Chemistry Lab I
- SPEX 1320 Health and Wellness
- UCOR 1XXX

#### WINTER
- UCOR 1XXX
- BIOL 1610 Biology I: Molecular and Cellular Biology
- UCOR 1XXX
- BIOL 1611 Biology Lab I
- UCOR 2XXX

#### SPRING
- UCOR 1XXX
- BIOL 2210 Anatomy and Physiology I
- Language 1150
- Language 1250
- Language 1350

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### CORE MODULE I REQUIREMENTS
- UCOR 1XXX
- UCOR 2XXX
- PHYS 1050 Mechanics
- General Elective

### CORE MODULE II REQUIREMENTS
- UCOR 2XXX
- UCOR 2XXX
- SPEX Elective
- General Elective

### CORE MODULE III REQUIREMENTS
- UCOR 1XXX
- UCOR 2XXX
- UCOR 2XXX
- UCOR 3XXX

### SCHOOL/COLLEGE CORE REQUIREMENTS
- UCOR 1100 Academic Writing Seminar
- UCOR 1300 Creative Expression and Interpretation
- UCOR 1400 Inquiry Seminar in the Humanities
- UCOR 1600 Inquiry Seminar in the Social Sciences
- UCOR 1200 Theological Explorations
- UCOR 2500 Philosophy of the Human Person
- UCOR 2900-2940 Ethical Reasoning
- UCOR 3100 Religion in a Global Context
- UCOR 3200 Humanities & Global Challenges
- UCOR 3300 Biomechanics and Motor Learning
- UCOR 3400 Humanities & Global Challenges
- UCOR 3600 Social Sciences & Global Challenges

**Arts and Sciences Advising Center**

206.296.2840, Casey 1W
8:30am – 6:00pm M; 8:30am – 4:30pm T, W, TH & F
www.seattleu.edu/artsci/advising/planning/
www.seattleu.edu/advising/degrees

This is a sample plan that is subject to change.
Work closely with your academic advisor to plan your individualized program of study and the other co-curricular components of your educational plan.

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