

BS, Sport and Exercise Science (SPEX)

2019-2021 Course Offerings

Non-SPEX Courses

Course	Title	CR	FQ	WQ	SQ	FQ	WQ	SQ	Pre & Co-Requisites/Notes
BIOL 1610	Biology I: Molecular & Cellular Biology	4	X	X		X	X		PREQ: HS CHEM + placement into Math 1021 or higher. COREQ: BIOL 1611
BIOL 1611	Biology Lab I	1	X	X		X	X		PREQ: HS CHEM + placement into Math 1021 or higher. COREQ: BIOL 1610
CHEM 1500	General Chemistry I	4	X	X		X	X		PREQ: HS CHEM + placement into Math 1021 or higher. COREQ: CHEM 1501
CHEM 1501	General Chemistry Lab I	1	X	X		X	X		PREQ: HS CHEM + placement into Math 1021 or higher. COREQ: CHEM 1500
BIOL 2200	Anatomy & Physiology I	5	X	X		X	X		PREQ: BIOL 1610/1611 (with C or better), CHEM 1500/1501 (with C- or better)
BIOL 2210	Anatomy & Physiology II	5		X	X		X	X	PREQ: BIOL 2200 (with C or better)
PHYS 1050	Mechanics	4	X			X			PREQ: MATH 1021/MATH 1022, or equivalent. COREQ: PHYS 1051
PHYS 1051	Mechanics Lab	1	X			X			PREQ: MATH 1021/MATH 1022, or equivalent. COREQ: PHYS 1050

SPEX Courses

Course	Title	CR	19 FQ	20 WQ	20 SQ	20 FQ	21 WQ	21 SQ	Pre & Co-Requisites/Notes
SPEX 1320	Health & Wellness	5	X		X		X	X	
SPEX 1550	Intro to Kinesiology	3	X	X					
SPEX 2110	Responding to Emergencies	2	X		X				
SPEX 2310	Sport & Exercise Physiology	4		X	X		X	X	PREQ: C grade or higher in BIOL 2200 & 2210, CHEM 1500/1501. COREQ: SPEX 2311
SPEX 2311	Sport & Exercise Physiology Lab	1		X	X		X	X	PREQ: C grade or higher in BIOL 2200 & 2210, CHEM 1500/1501. COREQ: SPEX 2310
SPEX 2710	Exercise Psychology	5		X	X	X			PREQ: SPEX 1320. Major-only; non-majors contact instructor.
SPEX 3130	Biomechanics	4	X		X	X	X		PREQ: PHYS 1050/1051. COREQ: SPEX 3131
SPEX 3131	Biomechanics Lab	1	X		X	X	X		PREQ: PHYS 1050/1051. COREQ: SPEX 3130
SPEX 4950	Internship	VAR*	X	X	X	X	X	X	PREQ: SENIOR STANDING, DEPARTMENTAL PERMISSION.
SPEX 4990	Research Seminar	5	X	X		X			PREQ: SPEX 2310/2311, SPEX 3130/3131
SPEX ELECTIVES									
SPEX 2510	Sport Psychology	5					X		
SPEX 3120	Nutrition for Sport & Exercise**	5	X					X	PREQ: SPEX 2310*
SPEX 3220	Resistance & Metabolic Training	4			X			X	PREQ: SPEX 2310/2311. COREQ: SPEX 3221
SPEX 3221	Resistance & Metabolic Training Lab	1			X			X	PREQ: SPEX 2310/2311. COREQ: SPEX 3220
SPEX 3510	Fitness Assessment & Exercise Prescription	5			X		X		PREQ: SPEX 2310/2311, SPEX 3130/3131
SPEX 4910	Special Topics***	5		X			X		TBD

* Variations can occur - consult with your Academic Advisor for more information.

**Dependent on your catalog year - consult with your Academic Advisor for more information.

***Special Topics offerings rotate - consult department or Academic Advisor for specific information on future offerings.

Last updated 7.8.2019. Subject to change, contact department with questions (206-296-2454)