

|  |  |
| --- | --- |
| **Catalog Year 2023-2024**  BS, Sport and Exercise Science | ***(For internal use only)***  *No change*  *UCC proposal* |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Course Subject and Title** | **Cr.** | **Min.**  **Grade** | **\*GE,**  **UU or UM** | **\*\*Sem. Offered** | | **Prerequisite** | | **Co-Requisite** |
| Semester One | | | | | | | | |
| GE Objective 1: ENGL 1101 Writing and Rhetoric I | 3 | C- | GE | | F,S,Su | | Appropriate placement score |  |
| MATH 1108: Intermediate Algebra | 3 | C- |  | |  | | Based on placement score |  |
| HPSS 2223: Foundations of Physical Education | 3 | C |  | | F,S | |  |  |
| GE Objective 7 or 8 | 3 |  | GE | |  | |  |  |
| GE Objective 4 | 3 |  | GE | |  | |  |  |
| Total | 15 |  |  | |  | |  |  |
| Semester Two | | | | | | | | |
| GE Objective 1: ENGL 1102 Writing and Rhetoric II | 3 | C- | GE | | F,S,Su | | ENGL 1101 or equivalent |  |
| MATH 1143: College Algebra (fulfills GE Objective 3) | 3 | C | GE | | F,S,Su | | Appropriate placement score |  |
| GE Objective 2: Spoken English | 3 |  | GE | |  | |  |  |
| BIOL 1101/L: Biology I + Lab (fulfills GE Objective 5) | 4 |  | GE | |  | |  | Biology I Lab |
| GE Objective 9: Cultural Diversity | 3 |  | GE | |  | |  |  |
| Total | 16 |  |  | |  | |  |  |
| Semester Three | | | | | | | | |
| CHEM 1111/L: Gen Chem I + Lab (fulfills GE Objective 5) | 5 | C | GE | | F,S | | MATH 1143 | CHEM 1111 Lab |
| HPSS 2222: CPR, First Aid, and Sport Safety | 3 | C |  | | F,S | |  |  |
| PSYC 1101: Intro to Psychology (fulfills 1st part of GE Objective 6) | 3 | C | GE | |  | |  |  |
| GE Objective 4 | 3 |  | GE | |  | |  |  |
| Total | 14 |  |  | |  | |  |  |
| Semester Four | | | | | | | | |
| CHEM 1112/L: Gen Chem II + Lab | 4 | C |  | | F,S | | CHEM 1111 and MATH 1143 | CHEM 1112 Lab |
| MATH 1153: Statistical Reasoning | 3 | C |  | | F,S,Su | | Appropriate placement score |  |
| GE Objective 6: Behavioral and Social Science (2nd course) | 3 | C | GE | |  | |  |  |
| Elective | 3 |  |  | |  | |  |  |
| Elective | 3 |  |  | |  | |  |  |
| Total | 16 |  |  | |  | |  |  |
| Semester Five | | | | | | | | |
| BIOL 3301/L: Human Anatomy & Physiology I + Lab | 4 | C | UM | |  | | BIOL 1101/L |  |
| HPSS 3300: Movement Theory and Motor Development | 3 | C | UM | | F,S | |  |  |
| PHYS 1111/PHYS 1113: Gen Phys I + Lab | 4 | C |  | | F | | MATH 1143 |  |
| Cognate Exercise Elective | 3 | C |  | |  | |  |  |
| Total | 14 |  |  | |  | |  |  |
| Semester Six | | | | | | | | |
| BIOL 3302/L: Human Anatomy & Physiology II + Lab | 4 | C | UM | | F,S | | BIOL 1101/L | BIOL 3302 Lab |
| HPSS 3370: Care and Prevention of Athletic Injuries | 3 | C | UM | | F,S | | BIOL 3301/L and BIOL 3302/L |  |
| HPSS 3322: Introduction to Sport Psychology | 3 | C | UM | | F,S | |  |  |
| Cognate Exercise Elective | 3 | C |  | |  | |  |  |
| Elective | 3 |  |  | |  | |  |  |
| Total | 16 |  |  | |  | |  |  |
| Semester Seven | | | | | | | | |
| HPSS 3301/L: Physiology of Exercise + Lab | 4 | C | UM | | F,S | | BIOL 3301/L + 3302/L | HPSS 3301 Lab |
| HPSS 3302/L: Biomechanics + Lab | 4 | C | UM | | F,S | | PHYS 1111/L and BIOL 3301/L and BIOL 3302/L | HPSS 3302 Lab |
| HPSS 4454: Senior Capstone | 3 | C | UM | | F,S | | Permission of instructor |  |
| HPSS 4490: Practicum | 3 | C | UM | | F,S,Su | |  |  |
| Total | 14 |  |  | |  | |  |  |
| Semester Eight | | | | | | | | |
| HPSS 4414: Athletic Performance Nutrition | 3 | C | UM | | S | | HPSS 3301/L |  |
| HPSS 4482: Mechanical Analysis | 3 | C | UM | | F,S | | HPSS 3302 |  |
| HPSS 4484: Exercise Assessment | 3 | C | UM | | F,S | | HPSS 3301 |  |
| BIOL 4453: Foundations in Neuroscience | 3 | C | UM | | S | | BIOL 3301 |  |
| Elective | 3 | C |  | |  | |  |  |
| Total | 15 |  |  | |  | |  |  |
| \*GE=General Education Objective, UU=Upper Division University, UM= Upper Division Major  \*\*See Course Schedule section of Course Policies page in the e-catalog (or input F, S, Su, etc.) | | | | | | | | |

A Major Academic Plan (MAP) is one way to complete a degree in a set number of semesters. The *example* below is only one strategy. Actual plans for individual students will vary based on advisor recommendations and academic needs. Official Program Requirements including Major, General Education, Electives, and university requirements (see pg.2) are based on Catalog Year.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| BS, Sport and Exercise Science Page 2 | | | | | | |
| **2023-2024 Major Requirements** | **CR** | **GENERAL EDUCATION OBJECTIVES**  **Satisfy Objectives 1,2,3,4,5,6 (7 or 8) and 9** | | | | **36 cr. min** |
| **MAJOR REQUIREMENTS** | **66** | 1. Written English (6 cr. min) ENGL 1101 | | | | 3 |
| **Core (9 Credits)** |  | ENGL 1102 | | | | 3 |
| HPSS 2222: First Aid, CPR, and Sport Safety | 3 | 2. Spoken English (3 cr. min) COMM 1101 | | | | 3 |
| HPSS 2223: Foundations of Physical Education and Sport | 3 | 3. Mathematics (3 cr. min) MATH 1143 | | | | 3 |
| HPSS 4454: Senior Capstone | 3 | 4. Humanities, Fine Arts, Foreign Lang. **(2 courses; 2 categories; 6 cr. min)** | | | | |
|  |  |  | | | |  |
| **Basic Sciences (33 Credits)** |  |  | | | |  |
| BIOL 3301 & 3301L OR BIOL 2227 & 2227L | 4 | 5. Natural Sciences **(2 lectures-different course prefixes, 1 lab; 7 cr. min)** | | | | |
| BIOL 3302 & 3302L OR BIOL 2228 & 2228L | 4 | CHEM 1111 & 1111L: General Chemistry I & Lab | | | | 5 |
| BIOL 4453: Foundations in Neuroscience | 3 |  | | | |  |
| CHEM 1111 & 1111L: General Chemistry I & Lab (Gen. Ed.) | 5 | BIOL 1101/L: Biology I + Lab | | | | 4 |
| CHEM 1112 & 1112L: General Chemistry II & Lab | 4 |  | | | |  |
| PHYS 1111 & 1113: General Physics I & Lab | 4 | 6. Behavioral and Social Science **(2 courses-different prefixes; 6 cr. min)** | | | | |
| MATH 1143: College Algebra (Gen. Ed.) | 3 | PSYC 1101 | | | | 3 |
| MATH 1153: Statistical Reasoning | 3 |  | | | |  |
| PSYC 1101: Introduction to Psychology (Gen. Ed.) | 3 | One Course from EITHER Objective 7 OR 8 **(1course; 3 cr. min)** | | | | |
|  |  | 7. Critical Thinking | | | |  |
| **Specialized Knowledge in Human Movement (14 Credits)** |  | 8. Information Literacy | | | |
| HPSS 3300: Movement Theory & Motor Development | 3 | 9. Cultural Diversity **(1 course; 3 cr. min)** | | | | |
| HPSS 3301 & 3301L: Physiology of Exercise & Lab | 4 |  | | | |  |
| HPSS 3302 & 3302L: Biomechanics & Lab | 4 | General Education Elective to reach 36 cr. min. **(if necessary)** | | | | |
| HPSS 3322: Introduction to Sport Psychology | 3 |  | | | |  |
|  |  |  | | | |  |
| **Assessment and Analysis of Human Movement (12 Credits)** |  | Undergraduate Catalog and GE Objectives by [Catalog Year](https://coursecat.isu.edu/undergraduate/academicinformation/generaleducation/)  *http://coursecat.isu.edu/undergraduate/programs/* | | | | |
| HPSS 3370: Care & Prevention of Athletic Injuries | 3 |
| HPSS 4482: Mechanical Analysis | 3 |  | | | | |
| HPSS 4484: Exercise Assessment | 3 |
| HPSS 4490: Practicum | 3 |
|  |  | **MAP Credit Summary** | | | | **CR** |
| **Development of Knowledge & Skills (9 Credits)** |  | Major | | | | 66 |
| HPSS 4414: Athletic Performance Nutrition | 3 | General Education | | | | 39 |
| Cognate Exercise Electives (work with advisor) | 6 | Free Electives to reach 120 credits | | | | 15 |
|  |  | TOTAL | | | | 120 |
|  |  |  | | | | |
|  |  | **Graduation Requirement Minimum Credit Checklist** | | | **Confirmed** | |
|  |  | Minimum 36 cr. General Education Objectives (15 cr. AAS) | | |  | |
|  |  | Minimum 15 cr. Upper Division in Major (0 cr. Associate) | | |  | |
|  |  | Minimum 36 cr. Upper Division Overall (0 cr. Associate) | | |  | |
|  |  | Minimum of 120 cr. Total (60 cr. Associate) | | |  | |
|  |  |  | |  | | |
| **Advising Notes** | | ***MAP Completion Status (for internal use only)*** | | | | |
| To meet pre-requisite requirements for graduate school students may need to add the following classes depending on their goals (can vary depending on program type/location): | |  | *Date* | | | |
| **Physical Therapy:** Medical Terminology, Abnormal Psychology | |  |  | | | |
| **Occupational Therapy:** Human Development, Sociology, Abnormal Psychology | | *CAA or COT:* |  | | | |
| **Physician Assistant:** Microbiology, Organic Chemistry, Biochemistry, Abnormal Psychology | |  |  | | | |
| **Medicine:** Organic Chemistry, Biochemistry, Microbiology, Immunology | | **Complete College American Momentum Year**  **Math and English course in first year-Specific GE MATH course identified**  **9 credits in the Major area in first year**  **15 credits each semester (or 30 in academic year)**  **Milestone courses** | | | | |
| Students have the choice of taking BIOL 2227 and BIOL 2228 or BIOL 3301 and BIOL 3302. Biology sequence is based on career goals, please connect with advisor. | |
|  | | Form Revised 2.14.2023 | | | | |