

|  |  |
| --- | --- |
| **Catalog Year 2022-2023**B.S, 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 |  | Appropriate placement score |  |
| GE Objective 4: | 3 |  | GE |  |  |  |
| GE Objective 6: PSYC 1101 Intro to General Psychology | 3 | C | GE |  |  |  |
| HPSS 2223 Foundations of Physical Education and Sport | 3 | C |  | F, S, Su |  |  |
| Free Electives | 3 |  |  |  |  |  |
|  Total | 15 |  |  |  |  |  |
| Semester Two |
| GE Objective 1: ENGL 1102 Writing and Rhetoric II | 3 | C- | GE |  |  |  |
| GE Objective 2: COMM 1101 Principles of Speech | 3 |  | GE |  |  |  |
| GE Objective 3: MATH 1143 COLLEGE ALGEBRA  | 3 | C | GE |  | MATH 1108 OR PLACEMENT |  |
| GE Objective 7 or 8: | 3 |  | GE |  |  |  |
| PE 2222 First Aid, CPR & Sport Safety | 3 | C |  | F, S, Su |  |  |
|  | 15 |  |  |  |  |  |
| Semester Three |
| GE OBJECTIVE 5: CHEM 1111 & 1111L ,Gen Chem I and lab | 5 | C | GE |  | MATH 1143 OR 1147 |  |
| BIOL 3301 and 3301L Anatomy and Phys I w/Lab | 4 | C | UM |  |  |  |
| MATH 1153 INTRODUCTION TO STATISTICS | 3 | C |  |  | MATH 1108 OR PLACEMENT |  |
| GE Objective 4: | 3 |  | GE |  |  |  |
|  Total | 15 |  |  |  |  |  |
| Semester Four |
| BIOL 3302 and 3302L Anatomy and Phys II w/Lab | 4 | C | UM |  |  |  |
| CHEM 1112 GENERAL CHEMISTRY II & 1112L  | 4 | C |  |  | MATH 1143 OR MATH 1147 |  |
| HPSS 3300 MOVEMENT THEORY & MOTOR DEVELOPMENT | 3 | C | UM | F, S |  |  |
| HPSS 3322 INTRODUCTION TO SPORT PSYCHOLOGY  | 3 | C | UM | F, S |  |  |
|  Total | 14 |  |  |  |  |  |
| Semester Five |
| HPSS 3301 PHYSIOLOGY OF EXERCISE | 3 | C | UM |  | PE 2243 OR BIOL 3301/3301L & BIOL 3302/3302L |  |
| HPSS 3301L PHYSIOLOGY OF EXERCISELAB | 1 | C | UM |  |  | PE 3301 |
| GE OBJECTIVE 5: PHYS 1111 Gen Phys I & PHYS 1113 Lab  | 4 | C |  |  | MATH 1143 |  |
| GE Objective 6: | 3 |  | GE |  |  |  |
| Free Electives | 4 |  |  |  |  |  |
|  Total | 15 |  |  |  |  |  |
| Semester Six |
| HPSS 3302 BIOMECHANICS | 3 | C | UM |  | HPSS 2243 OR BIOL 3301/3301L & BIOL 3302/3302L & PHYS 1111 |
| HPSS 3302L BIOMECHANICS LAB  | 1 | C | UM |  |  | HPSS 3302 |
| BIOL 4453 FOUNDATIONS IN NEUROSCIENCE | 3 | C | UM |  | INSTRUCTOR PERMISSION |  |
| HPSS 4484 EXERCISE ASSESSMENT & PRESCRIPTION | 3 | C | UM |  | PE 3301/3301L |  |
| HPSS 4490 PRACTICUM IN EXERCISE SCIENCE  | 3 | C | UM |  |  |  |
| Free Electives | 3 |  |  |  |  |  |
|  Total | 16 |  |  |  |  |  |
| Semester Seven |
| Exercise Science OBJECTIVE #4 Approved Electives | 3 | C |  |  |  |  |
| HPSS 4482 MECH ANALYISIS OF HUMAN MOVEMENT | 3 | C | UM | F, S | PE 3302/3302L |  |
| HPSS 3370 CARE AND PREVENTION OF ATHLETIC INJURIES | 3 | C | UM |  | PE 2243 OR BIOL 3301/3301L & BIOL 3302/3302L |  |
| GE Objective 9:  | 3 |  | GE |  |  |  |
| Free Electives  | 3 |  |  | F, S |  |  |
|  Total  | 15 |  |  |  |  |  |
| Semester Eight  |
| HPSS 4414 ATHLETIC PERFORMANCE NUTRITION | 3 | C | UM |  | MUST BE TAKEN IN LAST SEMESTER |  |
| Exercise Science OBJECTIVE #4 Approved Electives | 3 | C |  |  |  |  |
| HPSS 4454 SENIOR CAPSTONE | 3 | C | UM | F, S | INSTRUCTOR PERMISSION |  |
| Free Electives | 6 |  |  |  |  |  |
| 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.

|  |  |  |  |
| --- | --- | --- | --- |
| **2021-2021 Major Requirements** | **CR** | **GENERAL EDUCATION OBJECTIVES****Satisfy Objectives 1,2,3,4,5,6 (7 or 8) and 9** | **36 cr. min** |
| **MAJOR REQUIREMENTS** | **65** | 1. Written English (6 cr. min) ENGL 1101 | 3 |
| HPSS 2222 First Aid, CPR and Sport Safety | 3 |  ENGL 1102 | 3 |
| HPSS 2223 Foundations of Physical Education and Sport\* | 3 | 2. Spoken English (3 cr. min) COMM 1101 | 3 |
| HPSS 2243 Anatomical Foundations of Human Activity \* | 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)** |
|  |  |  |  |
| Either BIOL 3301 & 3301L Advanced Human Anat and Phys I/L OR BIOL 2227 & 2227L – Human Anat and Phys I/lab | 4 |  |  |
| 5. Natural Sciences **(2 lectures-different course prefixes, 1 lab; 7 cr. min)** |
| Either BIOL 3302 & 3302L Advanced Human Anat and Phys II/lab OR BIOL 2228 & 2228L Human Anat and Phys II/lab |  4 | CHEM 1111 & 1111L General Chem I and lab | 5 |
| PHYS 1111 &1113 General Physics I and Lab | 4 |
| BIOL 4453 – Foundations in Neuroscience | 3 |  |  |
| CHEM 1111 & 1111L General Chem I /lab (Counted in GE Objective 5)  | 6. Behavioral and Social Science **(2 courses-different prefixes; 6 cr. min)** |
| CHEM 1112 & 1112L General Chemistry I /lab | 4 | PSYC 1101 Introduction to Psychology | 3 |
| PHYS 1111 General Physics I & PHYS 1113 (Counted in GE Objective 5) |  |  |
|  |  | One Course from EITHER Objective 7 OR 8 **(1course; 3 cr. min)** |
| MATH 1143 College Algebra\*\* (Counted in GE Objective 3)  | 7. Critical Thinking |  |
| MATH 1153 Statistical Reasoning | 3 | 8. Information Literacy  |
| PSYC 1101 Introduction to Psychology (Counted in GE Objective 6) | 9. Cultural Diversity **(1 course; 3 cr. min)** |
|  |  |  |  |
| HPSS 3300 Movement Theory and Motor Development | 3 | General Education Elective to reach 36 cr. min. **(if necessary)** |
| HPSS 3301 & 3301 L Physiology of Exercise & Lab | 4 |   |  |
| HPSS 3302 & 3302L Biomechanics and Lab | 4 |  **Total GE** | **39** |
| HPSS 3322 Introduction to Sport Psychology | 3 | Undergraduate Catalog and GE Objectives by [Catalog Year](https://www.isu.edu/advising/academic-support/general-education/) *http://coursecat.isu.edu/undergraduate/programs/* |
| HPSS 3370 Care and Prevention of Athletic Injuries | 3 |
| HPSS 4482 Mechanical Analysis of Human Movement | 3 |  |
| HPSS 4484 Exercise Assessment and Prescription | 3 |
| HPSS 4490 Practicum in Physical Education | 3 |
| HPSS 4414 Athletic Performance Nutrition | 3 | **MAP Credit Summary** | **CR** |
|  |  | Major  | 65 |
| Approved Electives (see advisor or catalog) | 6 | General Education  | 39 |
|  |  | Upper Division Free Electives to reach 36 credits | 0 |
|  |  | Free Electives to reach 120 credits | 16 |
|  |  |  TOTAL | 120 |
|  |  |  |
|  |  |
|  |  |
|  |  |
|  |  | **Graduation Requirement Minimum Credit Checklist** | **Confirmed** |
|  |  | Minimum 36 cr. General Education Objectives (15 cr. AAS) | x |
|  |  | Minimum 15 cr. Upper Division in Major (0 cr. Associate) | x |  |
|  |  | Minimum 36 cr. Upper Division Overall (0 cr. Associate) | x |  |
|  |  | Minimum of 120 cr. Total (60 cr. Associate) | x |  |
|  |  |  |  |
| **Advising Notes** | ***MAP Completion Status (for internal use only)*** |
| \*\* Or MATH 1147 (5 credits) |  | *Date* |
| If BIOL 2227 and 2228 are selected instead of BIOL 3301 and 3302, one upper division credit will be needed. |  |  |
| *CAA or COT:* |  |
| Minimum grade of “C” (2.0) in professional courses. |  |  |
| Minimum overall cumulative GPA of 2.7. | **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** |
| Minimum GPA of 3.00 in the major. |
| Completion of candidate portfolio, with review by advisor. |
| Exit interview with advisor. |
| \*[PE 2243](https://next.coursecat.isu.edu/search/?P=PE%202243) requirement is satisfied by [BIOL 3301](https://next.coursecat.isu.edu/search/?P=BIOL%203301), [BIOL 3302](https://next.coursecat.isu.edu/search/?P=BIOL%203302), and labs or  |
| BIOL 2227 and BIOL 2228 and labs.) |  |
|  |  Form Revised 9.10.2019 |

**BS, Sport and Exercise Science Page 2**