

ORAL ROBERTS UNIVERSITY
DEGREE: **Bachelor of Science**
MAJOR: **Health & Exercise Science**
CONCENTRATION: **Pre-Physical Therapy**

DEGREE PLAN SHEET 2012-2013
School of Science and Engineering
Health, Physical Education, and Recreation

TOTAL HOURS REQUIRED 128
Hours in general education 59
Hours in major 30
Hours in cognate 6
Hours in electives 4
Hours in concentration: 29

Name _____
Z# _____ Date _____
Telephone _____ Email _____
Advisor _____

SEMESTER TAKEN	COURSE CODE	COURSE TITLE	CREDIT HOURS	SEMESTER TAKEN	COURSE CODE	COURSE TITLE	CREDIT HOURS
FRESHMAN Semester 1				FRESHMAN Semester 2			
_____	GEN 099	Whole Person Assessment	0	_____	BLIT 120	Biblical Literature	3
_____	BLIT 110	Biblical Literature	3	_____	COM 101	Oral Communication	3
_____	CHE 111	General Chemistry I	3	_____	COMP 102	Reading and Writing in the Liberal Arts	3
_____	CHE 111	General Chemistry Lab	1	_____	HUM 222	Ancient and Medieval Humanities	3
_____	HUM 103	Christian Worldview and Culture	3	_____	PHS 223	Human Anatomy	3
_____	BIO 111	Introductory Biology I	3	_____	PHS 223	Human Anatomy Lab	1
_____	BIO 111	Introductory Biology I Lab	1	_____	HPE 002	Health Fitness II	1
_____	HPE 001	Health Fitness I	1				
			15				17

SOPHOMORE Semester 3				SOPHOMORE Semester 4			
_____	THE 103	Spirit-Empowered Living	3	_____	HPE 231	Personal Health Science	3
_____	PHS 224	Human Physiology	3	_____	HUM 244	Romantic and Modern Humanities	3
_____	PHS 224	Human Physiology Lab	1	_____	GOV 101	American Government	3
_____	HPE 200	Introduction to HPE	3	_____	CHE 112	General Chemistry II	3
_____	HUM 233	Renaissance and Enlightenment	3	_____	CHE 112	General Chemistry II Lab	1
_____	HIS 101	American History	3	_____	BIO 259	Science Terminology	2
_____	HPE 054	Racquetball	.5/1	_____	_____	Elective	
			16.5	_____	HPE _____	Choice of one: HPE 027, 029, 0r 124	.5/1
							16.5

JUNIOR Semester 5				JUNIOR Semester 6			
_____	HPE 320	Prevention and Care of Sports Injuries	3	_____	COMP 303	Critical Reading and Writing	3
_____	HPE 324	Exercise Physiology*	3	_____	HPE 233	Safety and First Aid	3
_____	MAT 232	Mathematics	3	_____	HPE 412	Techniques of Health Fitness Evaluation*	3
_____	PHY 101	General Physics I	3	_____	HPE 316	Kinesiology and Biomechanics*	3
_____	PHY 101	General Physics I Lab	1	_____	PHY 102	General Physics II	3
_____	PSY 201	Introduction to Psychology	3	_____	PHY 102	General Physics II Lab	1
_____	HPE 030	Weight Training	.5/1	_____	HPE _____	Choice of one: HPE 042, 044, 045, or 093	.5/1
			16.5				16.5

SENIOR Semester 7				SENIOR Semester 8			
_____	HPE 315	Program Administration	3	_____	NUT 201	Nutrition	3
_____	HPE 499	Research in HPE (Senior Paper)*	3	_____	HPE 402	Exercise Prescriptions for Special Populations ✓✓ *	3
_____	CSC 112	Microcomputer Appl. in Business	3	_____	HPE 481	Internship in Health and Exercise Science*	5
_____	PSY 301	Developmental Psychology	3	_____	_____	Elective	3
_____	SOC 101	Introduction to Sociology	3	_____	HPE _____	HPE Activity	.5/1
_____	HPE _____	HPE Activity	.5/1				14.5
			15.5				

Key

- ✓✓ Offered spring semester of every even year
* Prerequisites required; see catalog

Student Assistantship Requirement

All majors must complete one assistantship during their senior year:

Health Fitness I or Health Fitness II

Date: _____ Instructor: _____

Note: Health, Physical Education, and Recreation: (one course per full-time semester at ORU, including HPE 001 and 002, swimming course or proficiency, and electives)

Health and Exercise Science Major 2012-2013

Concentration: Pre-Physical Therapy

General Education			Credit Hours
Whole Person Assessment (GEN 099)			0
English (COMP 102, 303)			6
Oral Communication (COM 101)			3
Humanities (HUM 103) Christian Worldview and Culture			3
Humanities (Choice of one of the following: HUM 222, 233, 244, 301, 333)			3
Humanities (Choice of two of the following: HUM 222, 233, 244, 301, 333, 250, 255, 260, 270, ART 103, ART 104, MUS 300, DRAM 215, COMP 101)			6
Biblical Literature (BLIT 110, 120)			6
Spirit-Empowered Living (THE 103)			3
Laboratory Science (CHEM 111, PHS 223 and 224)			12
Mathematics (MAT 232)			3
American History (HIS 101)			3
American Government (GOV 101)			3
Social Sciences Elective (PSY 201)			3
Health, Physical Education, and Recreation			5
HPE 001 and HPE 002; Swimming proficiency; HPE 030; HPE 054			
Choice of one of the following: HPE 042; HPE 044; HPE 045; HPE 093; and			
Choice of one of the following: HPE 027, HPE 029, or HPE 124; and			
Choice of two HPE Electives			
General Education Total			59
<u>Major</u>			
Introduction to HPE	HPE	200	3
Personal Health Science	HPE	231	3
Safety and First Aid	HPE	233	3
Program Administration	HPE	315	3
Kinesiology and Biomechanics	HPE	316	3
Prevention and Care of Sports Injuries	HPE	320	3
Exercise Physiology	HPE	324	3
Exercise Prescriptions for Special Populations	HPE	402	3
Techniques of Health Fitness Evaluation	HPE	412	3
Research in HPER (Senior Paper)	HPE	499	3
Major Total			30
<u>Concentration</u>			
Introductory Biology I (lecture and lab)	BIO	111	4
General Chemistry II (lecture and lab)	CHE	112	4
General Physics I (lecture and lab)	PHY	101	4
General Physics II (lecture and lab)	PHY	102	4
Developmental Psychology	PSY	301	3
Introduction to Sociology	SOC	101	3
Internship to Health and Exercise Science	HPE	481	5
Scientific Terminology	BIO	259	2
Concentration Total			29
<u>Cognate</u>			
Microcomputer Applications in Business	CSC	112	3
Nutrition	NUT	201	3
Cognate Total			6
 Electives			4
Degree Total			128