

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

DEGREE PLAN SHEET 2009-2010
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 minor
 Hours in electives 4
 Hours in concentration: 29

Name _____
 ID _____ 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			
_____	BLIT 110	Biblical Literature	3	_____	BLIT 120	Biblical Literature	3
_____	CHE 111	General Chemistry I	3	_____	COM 101	Oral Communication	3
_____	CHE 111	General Chemistry Lab	1	_____	COMP 102	Reading and Writing in the Liberal Arts	3
_____	HUM 101	Humanities	3	_____	HUM _____	Humanities Elective	3
_____	BIO 111	Introductory Biology I	3	_____	PHS 223	Human Anatomy	3
_____	BIO 111	Introductory Biology I Lab	1	_____	PHS 223	Human Anatomy Lab	1
_____	HPE 001	Health Fitness I	1	_____	HPE 002	Health Fitness II	1
_____	GEN 099	Whole Person Assessment	0				
			<u>15</u>				<u>17</u>
SOPHOMORE Semester 3				SOPHOMORE Semester 4			
_____	THE 103	Theology	3	_____	HPE 231	Personal Health Science	3
_____	PHS 224	Human Physiology	3	_____	HUM _____	Humanities Elective	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 _____	Humanities Elective	3	_____	CHE 112	General Chemistry II Lab	1
_____	HIS 101	American History	3	_____	BIO 459	Science Terminology	2
_____	HPE 054	Racquetball	1-5	_____	_____	Elective	
			<u>16.5</u>	_____	HPE 27	Swim Conditioning or	1-5
				_____	HPE 124	Lifeguarding	
							<u>16.5</u>
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	1-5	_____	HPE _____	Creative Aerobics, Step Aerobics, Power Step Aerobics, or Body Sculpting	1-5
			<u>16.5</u>				<u>16.5</u>
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	1-5
_____	HPE _____	HPE Activity	1-5				
			<u>15.5</u>				<u>14.5</u>

KEY

- ✓✓ - Offered every even spring semester 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: _____

Health and Exercise Science Major 2009-2010

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 101)			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
Theology (THE 103)			3
Laboratory Science (CHEM 101 or 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 (Health Fitness I and II; Weight Training; Swim Conditioning or Lifeguarding; Racquetball; Creative Aerobics; Step Aerobics, Power Step Aerobics, or Body Sculpting; and two elective activities)			5
General Education Total			59
Major			
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
Concentration			
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	459	2
Concentration Total			29
Cognate			
Microcomputer Applications in Business	CSC	112	3
Nutrition	NUT	201	3
Cognate Total			6
Electives			4
Degree Total			128