

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

DEGREE PLAN SHEET 2011-2012
School of Science and Engineering
Health, Physical Education, and Recreation

TOTAL HOURS REQUIRED 129
Hours in general education 60
Hours in major 30
Hours in cognate 6
Hours in concentration: 33

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			
_____	BIO 111	Introductory Biology I	3	_____	BIO 112	Introductory Biology II	3
_____	BIO 111	Introductory Biology I Lab	1	_____	BIO 112	Introductory Biology II Lab	1
_____	CHE 111	Chemistry I	3	_____	CHE 112	General Chemistry II	3
_____	CHE 111	Chemistry I Lab	1	_____	CHE 112	General Chemistry II Lab	1
_____	MAT 201	Mathematics	4	_____	COM 101	Oral Communication	3
_____	COMP 102	Reading and Writing in the Liberal Arts	3	_____	PHS 223	Human Anatomy	3
_____	HPE 001	Health Fitness I	1	_____	PHS 223	Human Anatomy Lab	1
_____	GEN 099	Whole Person Assessment	0	_____	HPE 002	Health Fitness II	1
			16				16

SOPHOMORE Semester 3				SOPHOMORE Semester 4			
_____	CHE 211	Organic Chemistry I	3	_____	CHE 212	Organic Chemistry II	3
_____	CHE 211	Organic Chemistry I Lab	1	_____	CHE 212	Organic Chemistry II Lab	1
_____	PHS 224	Human Physiology	3	_____	HPE 316	Kinesiology	3
_____	PHS 224	Human Physiology Lab	1	_____	BLIT 120	Biblical Literature	3
_____	HPE 200	Introduction to HPE	3	_____	HUM _____	Humanities Elective	3
_____	BLIT 110	Biblical Literature	3	_____	GOV 101	American Government	3
_____	HUM 101	Humanities	3	_____	HPE _____	Swim Conditioning or Lifeguarding	1-.5
_____	HPE 030	Weight Training	1-.5				16.5
			17.5				

JUNIOR Semester 5				JUNIOR Semester 6			
_____	PHY 101	General Physics I	3	_____	PHY 102	General Physics II	3
_____	PHY 101	General Physics I Lab	1	_____	PHY 102	General Physics II Lab	1
_____	HPE 324	Exercise Physiology*	3	_____	HPE 412	Health Fitness Evaluation*	3
_____	THE 103	Theology	3	_____	COMP 303	Critical Reading & Writing	3
_____	HIS 101	American History	3	_____	HUM _____	Humanities Elective	3
_____	HUM _____	Humanities Elective	3	_____	PSY 201	Introduction to Psychology	3
_____	HPE 054	Racquetball	1-.5	_____	HPE _____	Creative Aerobics, Step Aerobics, Power Step Aerobics, or Body Sculpting	1-.5
			16.5				16.5

TAKE MCAT this spring semester

SENIOR Semester 7				SENIOR Semester 8			
_____	HPE 481	Internship*	5	_____	HPE 402	Exercise Prescriptions for Special Populations✓✓ *	3
_____	HPE 499	Research in HPE (Senior Paper)*	3	_____	NUT 201	Nutrition	3
_____	HPE 320	Prevention and Care of Sports Injuries	3	_____	HPE 233	Safety and First Aid	3
_____	HPE 315	Program Administration	3	_____	HPE 231	Personal Health Science	3
_____	HPE _____	HPE Activity	1-.5	_____	CSC 112	Microcomputer Applications	3
			14.5	_____	HPE _____	HPE Activity	1-.5
							15.5

KEY

- ✓✓ - Offered in spring 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:_____

Health and Exercise Science Major 2011-2012

Concentration: Pre-Sports Medicine

			Credit Hours
General Education			
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 (CHE 111, PHS 223, & PHS 224)			12
Mathematics (MAT 201)			4
American History (HIS 101)			3
American Government (GOV 101)			3
Introduction to Psychology (PSY 201)			3
Health, Physical Education, and Recreation			5
Health Fitness I and II; Step Aerobics, Power Step Aerobics, Creative Aerobics or Body Sculpting; Swim Conditioning or Lifeguarding; Racquetball, Weight Training			
General Education Total			60
Major			
HPE	200	Introduction to HPER	3
HPE	231	Personal Health Science	3
HPE	233	Safety and First Aid	3
HPE	315	Program Administration	3
HPE	316	Kinesiology and Biomechanics	3
HPE	320	Prevention and Care of Sports Injuries	3
HPE	324	Exercise Physiology	3
HPE	402	Exercise Prescriptions for Special Populations	3
HPE	412	Techniques of Health Fitness Evaluation	3
HPE	499	Research in HPE (Senior Paper)	3
Major Total			30
Concentration			
BIO	111	Introductory Biology I (lecture and lab)	4
BIO	112	Introductory Biology II (lecture and lab)	4
CHE	112	General Chemistry II (lecture and lab)	4
CHE	211	Organic Chemistry I (lecture and lab)	4
CHE	212	Organic Chemistry II (lecture and lab)	4
PHY	101	General Physics I (lecture and lab)	4
PHY	102	General Physics II (lecture and lab)	4
HPE	481	Internship in Health and Exercise Science	5
Concentration Total			33
Cognate			
CSC	112	Microcomputer Applications in Business	3
NUT	201	Nutrition	3
Cognate Total			6
Degree Total			129