

FRESHMAN

Freshman Fall (16 hrs.)			Cr.	Semester/Grade/Course ID	Freshman Spring (16 hrs.)			Cr.	Semester/Grade/Course ID
Common Core Requirements					Common Core Requirements				
BIBL 1013	Introduction to Christian Scripture	3			BIBL 1023	Christian Theology & Ethics	3		
ENGL 1153	English Composition: Exposition & Argument	3			ENGL 1163	English: Composition & Classical Literature	3		
MATH 1033	Contemporary Mathematics	3				Laboratory Science Course	4		
PHED 1001	The Wellness Lifestyle	1			Supportive Core Requirements				
Supportive Core Requirements						World Language Course	3		
Major Requirements					Major Requirements				
SAR 1483	Introduction to Sports and Recreation	3			EXSC 1733	Introduction to Nutrition	3		

SOPHOMORE

Sophomore Fall (16 hrs.)			Cr.	Semester/Grade/Course ID	Sophomore Spring (16 hrs.)			Cr.	Semester/Grade/Course ID
Common Core Requirements					Common Core Requirements				
ENGL 2013	European Civilization: Literature	3			ENGL 2023	Modern West: Literature	3		
HIST 2013	European Civilization: History	3			HIST 2023	Modern West: History	3		
FNAR 2063 or PHIL 1043	Arts and Western Culture Introduction to Philosophy	3			Supportive Core Requirements				
Major Requirements					BSAD 3003 or COMS 1093	Business Communications Introduction to Speech Communication	3		
EXSC 1534	Functional Human Anatomy	4			Major Requirements				
EXSC 2353	Legal Issues in Exer Sci, Sports & Rec	3			EXSC 1544	Functional Human Physiology	4		
					EXSC 2723	Care and Prevention of Athletic Injuries	3		

JUNIOR

Junior Fall (13 hrs.)			Cr.	Semester/Grade/Course ID	Junior Spring (15 hrs.)			Cr.	Semester/Grade/Course ID
Supportive Core Requirements					Major Requirements				
POLI 1223 or SOCI 1223	American National Government Introduction to Sociology	3			COMS 3453	Communication & Conflict Mgmt (odd)	3		
Major Requirements					EXSC 2103	Inclusive Physical Activities (even)	3		
EDUC 3013	Human Development	3			EXSC 3103	Motor Learning	3		
EXSC 1101	First Aid/CPR	1			EXSC 3403	Sport and Exercise Nutrition	3		
SAR 3103	Ethics in Sports	3			SAR 3223	Psychology of Coaching	3		
	Athletic Coaching Emphasis Options	3				Athletic Coaching Emphasis Options	3		

SENIOR

Senior Fall (13-15 hrs.)			Cr.	Semester/Grade/Course ID	Senior Spring (13-15 hrs.)			Cr.	Semester/Grade/Course ID
Major Requirements					Major Requirements				
EXSC 4183	Organization and Administration	3			COMS 3453	Communication & Conflict Mgmt (odd)	3		
SAR 3913	Advanced Coaching Pedagogy	3			EXSC 2103	Inclusive Physical Activities (even)	3		
SAR 4769	Internship in Sports and Recreation	1-3			SAR 3603	Sport Governance and Regulations	3		
	Athletic Coaching Emphasis Options	3			SAR 4909	Sports and Recreation Capstone	1		
	Electives	3				Electives	6-8		

Athletic Coaching Emphasis Options: Select 9 Hours

- EXSC 2201 Design/Teach Fitness Activities
- EXSC 3233 Sport and Exercise Psychology (spring)
- EXSC 3504 Exercise Testing and Prescription
- EXSC 3553 Current Health Issues (spring)
- PSYC 3763 Basic Counseling Skills
- PSYC 4403 Aggression and Violence: A Social Psychological Approach (spring odd)
- SAR 2079 Practicum in Sports and Recreation
- SAR 3153 Promotion of Sports and Recreation Programs (spring)
- SAR 3243 Leadership in Sports and Recreation (spring)
- SAR 3503 Managing Sporting Events (fall)
- SAR 4403 Sport and Recreation Facility Design and Utilization (fall)