EXERCISE AND SPORT SCIENCE, B.S. - SPORT SCIENCE

The program outline and graduation requirements are listed below. In addition, free electives are selected to reach 120 credits overall and a 2.5 cumulative GPA is required for graduation.

The department website provides an overview of the program, admission requirements (when applicable), faculty biographies, learning outcomes, and careers: https://www.southernct.edu/academics/hms/programs

GENERAL EDUCATION REQUIREMENTS

All bachelor’s degree programs include liberal education (LEP) and writing (W) course requirements. Detailed information on these requirements is published in this section of the catalog: https://catalog.southernct.edu/undergraduate/general-information/lep.html

Writing courses are not additional course requirements, course sections that meet this requirement are designated with a ‘W’ on the class schedule. Courses in the major and/or cognate may also be used to satisfy LEP requirements where noted below (*).

MAJOR REQUIREMENTS (47 Credits)

HMS 160 - Introduction to Human Performance (C- or better)
HMS 204 - Field Experience in Group Exercise Instruction
HMS 281 - Human Anatomy & Physiology I (C- or better)
   or BIO 200 - Human Biology I (C- or better)
HMS 282 - Human Anatomy & Physiology II (C- or better)
   or BIO 201 - Human Biology II (C- or better)
HMS 283 - Functional Anatomy (C- or better)
HMS 301 - Exercise and Nutrition (C or better)
HMS 308 - Conditioning for Strength and Human Performance (C or better)
HMS 380 - Sport Psychology (C or better)
HMS 383 - Biomechanics (C or better)
HMS 384 - Exercise Psychology (C or better)
HMS 387 - Standard First Aid and Personal Safety
HMS 401 - Exercise for Special Populations (C or better)
HMS 421 - Organization and Administration in Human Performance (C or better)
HMS 455 - Conditioning for Strength and Human Performance II
HMS 485 - Measurement and Statistics in Exercise Science (C or better)
HMS 497 - Exercise and Sport Science Internship (T3)*
COGNATE REQUIREMENTS (18 Credits)

Select one (C- or better) (T2LE)*:
BIO 100 - General Zoology
BIO 120 - Microbiology

Select one (C- or better) (T1QR)*:
MAT 107 - Elementary Statistics
MAT 122 - Precalculus
PCH 200 - Introduction to Nutrition (C- or better)
PHY 103 - Physics and Technology for Healthcare Professionals (C- or better) (T1TF)*
PSY 100 - Introduction to Psychology (C- or better) (T2MB)*
PSY 228 - Personality