EXERCISE AND SPORT SCIENCE, B.S. - SPORT SCIENCE-HUMAN PERFORMANCE
M.S. ACCELERATED PATHWAY

The program outline and graduation requirements are listed below. In addition, free electives are selected to reach 120 credits overall and a 3.0 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.southerncst.edu/academics/hms/programs

GENERAL EDUCATION REQUIREMENTS

All bachelor’s degree programs include liberal education (LEP) and writing (W) course requirements. To review more detailed information regarding these requirements, please visit http://catalog.southerncst.edu/undergraduate/degree-requirements.html (General Education Requirements). Courses in the major and/or cognate may also be used to satisfy LEP requirements where noted below (*).

MAJOR REQUIREMENTS (53 Credits)

**Exercise and Sport Science 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 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 392 - Conditioning for Strength and Human Performance (‘C‘ or better)
- 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)*

**Accelerated Pathway Requirements (6 Credits)**
HMS 554 - Research Methods ('C' or better)
HMS 552 - Biomechanics & Applied Kinesiology ('C' or better)

**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