

# Kansas Wesleyan University

## Department Sport and Exercise Science: Health Science Major

Concentration: Pre-Athletic Training

Student Name: \_\_\_\_\_

Major Requirements (See back of this sheet)						
Course Prefix	Course Number	Major Requirements (Pre-Requisite)	Liberal Studies	Req. Hours	Semester & Term Taught	Earned Hours
		<b>Health Science Core Courses: (43-46)</b>				
SPES	125	Pharmacology for Exercise and Health Professionals		2	Spring (even yrs)	
SPES	148	First Aid & CPR		1	Spring/Fall	
SPES	150	Foundations of SPES (required sem. 1 of freshman yr.)		3	Fall	
SPES	175	Principles of Nutrition		3	Fall/Spring	
SPES	180	Medical Terminology	X	3	Fall/Spring	
SPES	256	Care and Prevention		3	Fall/Spring	
SPES	341	Introduction to Motor Behaviors		3	Fall	
SPES	356	Therapeutic Modalities for the Allied Health Professional		3	Fall	
SPES	357	Therapeutic Exercise		3	Spring	
SPES	359	Exercise Leadership		3	Fall	
SPES	376	Measurements and Assessment in SPES		3	Spring	
SPES	380	Physiology of Exercise		3	Spring	
SPES	440	Advanced Exercise Testing and Prescription		3	Spring	
SPES	443	Kinesiology		3	Fall	
SPES	460	Internship		3-6	Summer of graduation	
SPES	470	Senior Seminar		1	Spring	
		<b>Science/Supporting Requirements (Pre-AT 42 credit Hrs.)</b>				
BIOL	221	Human Anatomy & Physiology I		3	Fall	
BIOL	222	Human Anatomy & Physiology II		3	Spring	
BIOL	110	General Biology: The Study of Life and Our Role in It	X	4	Fall and Spring	
BSHS	210	Elementary Statistics		3	Fall/Spring	

CHEM	123	General Chemistry I		4	Fall	
Math	120	College Alg.		3	Fall/Spring	
PHYS	201	Fundamentals of Physics I		4	Fall/Spring	
PSYC	101	Intro to Psychology: The World of You	x	3	Fall/Spring	
PSYC	385	Psychology of Sport and Exercise		3	Fall	
SPES	117	Pathway to Wellness	x	3	Spring	
SPES	345	Org & Admin. Of PE, Recreation, and Athletic Training		3	Fall/Spring	
SPES	456	Advanced Care & Prevention of Injuries		3	Fall and Spring	
<b>Total MajorHours:</b>				<b>84</b>		

<b>DEGREE REQUIREMENTS</b>			
<b>BACHELOR OF Arts:</b>			
Liberal Studies (36 hours)	36		
ELECTIVES:			
<b>TOTAL GRADUATION HOURS:</b>	<b>120</b>		

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**SUGGESTED SEQUENCE**

**Major: Health Science: Pre-Athletic Training  
Suggested Sequence**

FALL OF YEAR ONE			SPRING OF YEAR ONE		
ENG 120	English (Core)	3	ENGL 121	English (Core)	3
INTD 105	The Wesleyan Experience (Core)	2	SPES 180 *	Medical Terminology (lib studs)	3
SPES 110 *	General Biology (Lib.Stud) Required	4	SPES 175	Principles of Nutrition	3
INTD 115	Wesleyan Heritage (Core)	1	PSYC 101 *	General Psych (Lib. Stu) required	3
SPES 150	Foundations of SPES – Required	3	SPES 117 *	Pathway to Wellness (Lib Stu) Req	3
Math 120	College Alg. (Core)	3			
	Total	16		Total	15

FALL OF YEAR TWO			SPRING OF YEAR TWO		
BIOL 221	Anatomy & Physiology I	3	BIOL 222	Anatomy & Physiology II	3
SPES 256	Care and Prevention of Athletic Injuries	3	SPES 125	Pharmacology E&H Professional Even Spring	3
LS	Liberal St.	3	BSHS 210	Elementary Statistics	3
Chem 123	General Chemistry I	4	LS	Liberal Studies	6
	Total	16		Total	15

FALL OF YEAR THREE			SPRING OF YEAR THREE		
PSYCH 201	Physics I	3	PHYS 202	Physics II	4
SPES 356	Therapeutic Modalities	4	SPES 380	Exercise Physiology	3
SPES 345	Administration of PE, Rec, and Athletic Training	3	SPES 357	Therapeutic Exercise	3
PSYC 385	Psychology of Sport and Exercise	3	SPES 376	Measurements and Assessment	3
LS	Liberal Studies	3	LS	Liberal Studies	3
	Total	16		Total	16

FALL OF YEAR FOUR			SPRING OF YEAR FOUR		
SPES 120*	Community and Glob Health ( <b>Lib stu</b> )	3	SPES 376	Measurements and Assessment	3
SPES 359	Exercise Leadership	3	SPES 440	Advanced Exercise Testing and Prescription	3
			SPES 456	Advance Care and Prev. of Inj	3
SPES 443	Kinesiology	3	SPES 470	Senior Seminar	1
LS	<b>Liberal Studies/Elective</b>	4-9		Elective	5-11
	Total	13		Total	12

Summer		
SPES 460	Internship	3
	Total	3-6

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**Total Hours = 120**