

Bachelor of Science in Sports and Health Sciences

Our Bachelor of Science in Sports and Health Sciences is a scientific study of human movement and human behavior relative to exercise, fitness, nutrition, health, and wellness. This degree is designed to prepare you to meet challenges in these dynamic and emerging fields of study. You will engage in core issues and concepts in areas such as anatomy and physiology, nutrition, kinesiology, and exercise programming and testing. The degree prepares students for entry-level positions in the fitness industry, corporate wellness programs, and strength and conditioning of athletes.

This B.S. degree in Sports and Health Sciences is affiliated with the guidelines of the American Sport Education Program (ASEP (<http://www.asep.com>)).

Note: Material for lab courses will only be provided once. If you need replacement lab equipment for any reason or need to retake the course later, you will need to purchase your own lab refills.

Degree Program Objectives

In addition to the institutional and degree level learning objectives, graduates of this program are expected to achieve these learning outcomes:

- Apply fundamental concepts of human anatomy, physiology, nutrition, health, and kinesiology to applications in sports and fitness.
- Perform motivational strategies and tactics designed to guide practice and performance in physical activity.
- Design a healthful diet for varying populations based off sound nutritional principles and concepts generated from the Dietary Guidelines for Americans.
- Critically analyze steroids usage on athletic performance including associated muscle reaction and medical risks.
- Illustrate appropriate procedures for treating upper and lower body sport injuries.
- Construct exercise programs applicable in fitness, rehabilitation, and athletic training settings.
- Evaluate suitability of common exercises based on muscle action for exercise program design.

Degree at a Glance

Code	Title	Semester Hours
	General Education Requirements	31
	Major Required	37
	Select one of the following concentrations:	18
	General Concentration (p. 3)	
	Coaching Studies (p. 3)	
	Exercise Science (p. 3)	
	Fitness and Wellness Professional Studies (p. 4)	
	Nutrition for Health and Fitness (p. 4)	
	Final Program Requirements	3
	Elective Requirements	31
	Total Semester Hours	120

Degree Program Requirements

General Education Requirements (31 semester hours)

Code	Title	Semester Hours
Arts and Humanities (6 semester hours)		
Select 2 courses from the following: ¹		6
ARAB100	Arabic I	
ARAB101	Arabic II	
ARTH200	Art Appreciation	
ARTH241	Film and Literature	
DSIN141	Image Enhancement using Adobe Photoshop	
FREN100	French I	
FREN101	French II	
GERM100	German I	
GERM101	German II	
JAPN100	Introduction to Japanese	
LITR215	Literature of American Encounters, Revolution, and Rebellion	
LITR218	From Abolition to #MeToo: Literature of the American Civil Rights Movement	
LITR222	Pivotal Figures in Early British Literature	
LITR225	British Literature from Wordsworth through the Wasteland	
LITR231	Leadership in World Literature: Antiquity to the Early Modern Period	
LITR233	Literature of the Newly Globalized World: The Individual's Struggle to Adapt	

MUSI200	Music Appreciation
MUSI250	World Music and Cultures
PHIL101	Introduction to Philosophy
PHIL110	Critical Thinking
PHIL200	Introduction to Ethics
PHIL202	Philosophy of Science
PORT100	Introduction to Brazilian Portuguese
RELS201	Introduction to World Religions
RUSS100	Russian I
SPAN100	Spanish I
SPAN101	Spanish II
STEM270	Thinking and Acting Ethically

Civics, Political and Social Sciences (6 semester hours)

Select 2 courses from the following: ¹ 6

ANTH100	Introduction to Anthropology
ANTH202	Introduction to Cultural Anthropology
CHFD220	Human Sexuality
COMM211	Social Media and Society
COMM240	Intercultural Communication
ECON101	Microeconomics
ECON102	Macroeconomics
EDUC200	Humane Education: A Global Interdisciplinary Perspective
GEOG101	Introduction to Geography
HOSP110	Practical Food Safety and Awareness
IRLS210	International Relations I
LITR212	Forgotten America—Under Represented Cultures in American Literature
LITR235	Four Points of the Compass: Culture and Society Around the World
POLS101	Introduction to Political Science
POLS210	American Government I
PSYC101	Introduction to Psychology
SOCI111	Introduction to Sociology
SOCI212	Social Problems
SOCI220	American Popular Culture
STEM280	Exploring Society and Cultures via Science Fiction

Communication: Writing, Oral, and Multimedia (9 semester hours)

COMM120	Information and Digital Literacy	3
ENGL110	Making Writing Relevant	3
Select 1 course from the following:		3
COMM200	Public Speaking	
ENGL101	Proficiency in Writing	
ENGL115	Argumentation and Rhetoric	

ENGL210	Introduction to Literature
ENGL220	Technical Writing
ENGL221	Scientific Writing
ENGL226	Effective Business Communication
HRMT101	Human Relations Communication
IRLS200	Information Literacy and Global Citizenship
ITCC231	Introduction to Information Technology Writing
MGMT100	Human Relations

History (3 semester hours)

Select 1 course from the following: 3

HIST101	American History to 1877
HIST102	American History since 1877
HIST111	World Civilization before 1650
HIST112	World Civilization since 1650
HIST121	Western Civilization before The Thirty Years War
HIST122	Western Civilization since The Thirty Years War
HIST221	African-American History before 1877
HIST222	African-American History since 1877
HIST223	History of the American Indian
HIST270	History of Science
STEM185	The History and Context of STEM

Mathematics (3 semester hours)

Select 1 course from the following: 3

MATH110	College Algebra
MATH111	College Trigonometry
MATH225	Calculus

Natural Sciences (4 semester hours)

BIOL133	General Biology I with Lab	4
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Total Semester Hours 31

¹ All literature courses require successful completion of ENGL101 - Proficiency in Writing or ENGL110 - Making Writing Relevant.

Major Required (37 semester hours)

Code	Title	Semester Hours
CHEM133	General Chemistry I with Lab	4
PHYS133	Elements of Physics I with Lab	4
BIOL250	Human Anatomy and Physiology with Lab I	4
BIOL251	Human Anatomy and Physiology with Lab II	4
SPHE295	Foundations of Nutrition	3
SPHE421	Kinesiology	3
SPHE314	Exercise Physiology	3
PSYC460	Sports Psychology	3
SPHE250	Sports First Aid and Safety	3

SPHE322	Sports Nutrition	3
SPHE420	Exercise Programming and Testing	3
Total Semester Hours		37

Students must choose a concentration for this degree program and may select from a General Concentration, Concentration in Coaching Studies, Concentration in Exercise Science, Concentration in Fitness and Wellness Professional Studies, Concentration in Nutrition for Health and Fitness.

General Concentration Requirements (18 semester hours)

This general concentration allows you to select from all concentration courses offered within this program, enabling you to create your own focused area of study.

Code	Title	Semester Hours
Select 6 courses from the following:		18
LSTD209	Sports Law, Risk, and Regulation	
MATH302	Statistics	
PBHE209	Wellness: Health Promotion and Disease Prevention	
PBHE315	Health Economics and Finance	
PBHE427	Epidemiology	
SPHE315	Training and Conditioning	
SPHE317	Sports Medicine	
SPHE318	Coaching Theory and Methodology	
SPHE423	Advanced Strength and Conditioning	
SPHE324	Biomechanics	
SPHE360	Scientific Principles of Coaching	
SPHE417	Leadership Concepts in Coaching	
SPHE425	Therapeutic Exercise	
SPHE460	Business Aspects of Fitness and Wellness	
SPHE461	Current Issues and Trends in Fitness and Wellness	
SPMT316	Sports and Recreation Facility Management	
SPHE416	Athletic Programs Administration	
Total Semester Hours		18

Concentration in Coaching Studies (18 semester hours)

Explores strategies of effective communication with athletes, coaches, officials, administrators, and parents. The curriculum evaluates technical and tactical sport skills, as well as leadership strategies and their

application to coaching principles. A focus on coaching leadership can also be applied to other business endeavors and personal life.

Objectives

Upon successful completion of this concentration, the student will be able to:

- Identify strategies to effectively communicate athletes, fellow coaches, officials, school administrators, and parents.
- Examine methods for teaching and evaluating technical and tactical sport skills.
- Analyze and evaluate leadership strategies and apply them to coaching principles.

Concentration Requirements (18 semester hours)

Code	Title	Semester Hours
LSTD209	Sports Law, Risk, and Regulation	3
SPHE318	Coaching Theory and Methodology	3
SPHE423	Advanced Strength and Conditioning	3
SPHE417	Leadership Concepts in Coaching	3
SPHE416	Athletic Programs Administration	3
SPHE360	Scientific Principles of Coaching	3
Total Semester Hours		18

Concentration in Exercise Science (18 semester hours)

Offers scientific knowledge used to train athletes and clients in fitness and athletic performance, including exercise prescription principles for training variation, injury prevention, and reconditioning. Examines sports nutrition and supplementation, lower and upper extremities function during exercise, and mental training strategies aimed at improving athletic performance.

Objectives

Upon successful completion of this concentration, the student will be able to:

- Apply scientific knowledge to train athletes and clients for the primary goals of improving athletic performance and fitness.
- Apply exercise prescription principles for training variation, injury prevention, and reconditioning.
- Analyze sport movements and design movement-oriented exercise prescriptions.

Concentration Requirements (18 semester hours)

Code	Title	Semester Hours
MATH302	Statistics	3
SPHE315	Training and Conditioning	3
SPHE317	Sports Medicine	3
SPHE423	Advanced Strength and Conditioning	3
SPHE324	Biomechanics	3
SPHE425	Therapeutic Exercise	3
Total Semester Hours		18

Concentration in Fitness and Wellness Professional Studies (18 semester hours)

Examines health care financing and economic principles, as well as environmental, sociocultural, and other factors that influence fitness and wellness practices. Topics include the physical, intellectual, and social components of wellness, as well as sports facility and event management and other business aspects, including risk management, marketing, leadership, and personnel.

Objectives

Upon successful completion of this concentration, the student will be able to:

- Analyze the structure of healthcare financing and economic principles.
- Evaluate environmental, sociocultural, and economic factors that influence fitness and wellness professional practices throughout society.
- Integrate healthy lifestyle and behavior practices for improving overall well-being.

Concentration Requirements (18 semester hours)

Code	Title	Semester Hours
PBHE209	Wellness: Health Promotion and Disease Prevention	3
PBHE315	Health Economics and Finance	3
PBHE427	Epidemiology	3
SPHE460	Business Aspects of Fitness and Wellness	3
SPHE461	Current Issues and Trends in Fitness and Wellness	3
SPMT316	Sports and Recreation Facility Management	3
Total Semester Hours		18

Concentration in Nutrition for Health and Fitness

Nutrition and physical activity are essential components of health and well-being. The Nutrition for Health and Fitness concentration extends the core nutrition theories beyond basic sports nutrition concepts taught in the Sports and Health Sciences curriculum. Students will learn to apply cultural food practices, advanced nutrition topics, wellness and disease prevention principles, and skills to integrate nutrition coaching/well-being techniques to health and fitness programs.

Objectives

Upon successful completion of this concentration, the student will be able to:

- Apply fundamental principles and concepts of nutrition science (e.g., nutrients, hydration, and alcohol consumption), cultural food practices, and disease prevention to essential health and fitness principles.
- Evaluate current fitness and wellness topics using appropriate nutrition and physical activity principles.
- Develop strategies that help clients select appropriate foods, manage cultural food restrictions, and overcome life/training hurdles to build healthy eating habits that improve their well-being.

Concentration Requirements (18 semester hours)

Code	Title	Semester Hours
PBHE209	Wellness: Health Promotion and Disease Prevention	3
SOCI315	Food and Culture	3
SOCI423	Sociology of Health and Illness	3
SPHE461	Current Issues and Trends in Fitness and Wellness	3
SPHE340	Nutrition Throughout the Lifecycle	3
SPHE435	Advanced Nutrition	3
Total Semester Hours		18

Final Program Requirements (3 semester hours)

Code	Title	Semester Hours
SPHE490	Senior Seminar in Sports and Health Science (to be taken as the last course before graduation) ¹	3
Total Semester Hours		3

¹ Prerequisite: Senior Standing and completion of all major courses prior to enrollment.

Elective Requirements (31 semester hours)

Code	Title	Semester Hours
Select any courses not already taken to fulfill the requirements listed above. Credits applied toward a minor or certificate in an unrelated field may be used to fulfill elective credit for the major.		31
<hr/> Total Semester Hours		31