



SAMPLE FOUR-YEAR PLAN FOR SPORT SCIENCE

Updated: March 2010

*This plan is designed for Sport Science majors who do not plan to apply to Physical Therapy graduate programs.***JANUARY TERM**

Students admitted Fall 2007 or later are required to complete a minimum of two January terms. Transfer students who transfer in 40 credits or more are required to complete at least one January term.		CR
Elective		3
Elective		3

FIRST YEAR FALL SEMESTER**FIRST YEAR SPRING SEMESTER**

Title	CR	Title	CR
LIB 100 Modes of Inquiry	3	Catholic tradition (LIB 130 or 135)	3
Writing requirement (LIB 105 or ENG 111) or speaking requirement (LIB 110)	3	Writing requirement (LIB 105 or ENG 111) or speaking requirement (LIB 110)	3
PHE 150 Introduction to Kinesiology	3	MAT 117 Pre-Calculus	4
BIO 115 Principles of Biology I	4	PSY 101 Introduction to Psychology or PSY 121 Developmental Psych	3
SSC 140 First Aid and Emergency Care for PA Practitioners	3	General Elective	3

SOPHOMORE YEAR FALL SEMESTER**SOPHOMORE YEAR SPRING SEMESTER**

Title	CR	Title	CR
LIB 220 Democracy & Global Diversity	3	BIO 260 Anatomy/Physiology (AH) (Advanced Gen Ed)	4
CHE 111 General Chemistry I	4	SSC 250 Research Methods in Kinesiology	3
SSC 230 Musculoskeletal Anatomy	3	General Elective	3
SSC 145 Nutrition	3	General Elective	3

JUNIOR YEAR FALL SEMESTER**JUNIOR YEAR SPRING SEMESTER**

Title	CR	Title	CR
PHY 210 Elements of Physics I	4	PHE 336 Motor Development (or Elective if SSC 330 taken in J-term)	3
PHE 344 Theory of Strength & Conditioning	3	SSC 370 Fitness Assessment & Prescription	3
SSC 322 Exercise Physiology	3	Advanced General Education	3
Advanced General Education	3	General Elective	3

SENIOR YEAR FALL SEMESTER**SENIOR YEAR SPRING SEMESTER**

Title	CR	Title	CR
SSC 492 Internship	3	BIO 365 Human Anatomy	4
Advanced General Education- Cluster	6	SSC 439 Exercise Psychology	3
General Elective	3	SSC 432 Biomechanics & Kinesiology	3
LIB 305 Portfolio II	1	General Elective, SSC 493, or Research Project	3