

B.A. in Exercise and Sports Science

Code	Title	Semester Hours
St. Mary's University Core ¹		
SMC 1301	Foundations of Civilization	3
SMC 1311	Foundations of Reflection:Self	3
SMC 1312	Foundations of Reflection: Nature	3
SMC 1313	Foundations of Reflection: Others	3
SMC 1314	Foundations of Reflection: God	3
SMC 2301	Foundations of Practice: Ethics	3
SMC 2302	Foundations of Practice: Civic Engagement and Social Action	3
SMC 2303	Foundations of Practice:Fine Arts and Creative Process	3
SMC 2304	Foundations of Practice: Literature	3
SMC 4301	Capstone Seminar: Prospects for Community & Civilization	3
School of Humanities and Social Sciences School Specific Core		
Speech		3
Select one of the following:		
CM 1341	Fundamentals of Oral Communication	
CM 2333	Business and Professional Communication	
CM 3391	Argumentation and Debate	
Rhetoric & Composition ²		3
EN 1311	Rhetoric and Composition	
Mathematics		3
Select one of the following:		
MT 1301	Mathematical Logic for the Humanities	
MT 1302	Mathematical Topics in the Social Sciences	
MT 1303	College Algebra	
MT 1305	Finite Mathematics	
MT 1411	Precalculus	
MT 2306	Business Statistics	
MT 2412	Calculus I	
Foreign Language		6
Select one of the following options:		
6 hours at the sophomore level (2311, 2312) in a Foreign Language previously studied for a minimum of one year		
6 hours of introductory level (1311, 1312) in a Foreign Language not previously studied		
12 hours of CLEP credit for a language previously studied		
History/Social Science		3
BA 1310	Fundamentals of Business Enterprise	
CJ 1301	Introduction to Criminal Justice	
EC 2301	Introductory Macroeconomic Theory	
EC 2303	Introductory Microeconomic Theory	
PO 1311	American National Government	
PO 1312	Texas State & Local Government	
PO 1314	Introduction to Global Affairs	
PS 1301	General Psychology	
SC 1311	Introductory Sociology	
HU 3300	Perspectives and Themes in History, Philosophy and/or Theology	
HU 3303	Perspectives and Themes in Social Science	
Select any HS course		
Science		3

Select one of the following:		
BL 1301	General Biology for Non-Majors	
BL 1302	General Biology for Non-Majors II	
BL 3311	Food & Nutrition I	
BL 3312	Food & Nutrition II	
CH 1303	Preparatory Chemistry	
CH 1304	Chem Concepts & Applications	
CH 1401	General Chemistry I	
CH 1402	General Chemistry II	
ES 1300	General Geology	
ES 1303	Geology of Earth Resources	
ES 1304	Geology of Energy Resources	
ES 1373	Intro. Environmental Science	
PY 1300	Physics Concepts & Application	
PY 1310	Modern Astronomy	
PY 1401	General Physics I	
PY 1402	General Physics II	
Theology		3
Select one of the following:		
Advanced Theology 33XX		
HU 3303		
Fine Arts		3
Select one course from AR, DM, or MU		
Literature		3
Select any EN 23XX literature course		
Exercise and Sport Science Major Courses		
EX 1302	Foundations of Exercise & Sport Science	3
EX 1304	Spring Sports & Activities	3
EX 2302	Fall Sports & Activities	3
EX 3302	Prevention & Care of Activity-Related Injuries	3
EX 3304	Biomechanics of Human Movement	3
EX 3306	Current Issues in Exercise & Sport Science	3
EX 3308	Statistics for Exercise Science	3
EX 3376	Human Anatomy and Physiology of Exercise	3
EX 4301	Wellness	3
EX 4304	Advanced Principles of Exercise and Sport Science	3
Electives		
An elective can be any course taken from any discipline.		30
Proficiency in Information Technology and Information Literacy		
For this major, this requirement will be fulfilled by successfully passing the iSkills test with a score of 250 or higher.		
Total Semester Hours		120

- 1 All St. Mary's Core SMC 13XX "Reflection" courses must be completed before registering for SMC 23XX "Practice" courses. "Reflection" courses can be taken in any order followed by "Practice" courses in any order.
- 2 Grade of "C" or better is required. International students may be required to take EN1313 to fulfill this requirement.

This is a recommended degree plan subject to changes. Please meet with your advisor on a regular basis.

First Year

Fall	Semester Spring Hours	Semester Hours
SMC 13XX	3 SMC 13XX	3
SMC 13XX	3 Speech	3
EN 1311	3 Fine Arts	3

Mathematics	3 Science	3
EX 1302	3 EX 1304	3
ND 0101	0	
15		15

Second Year

Fall	Semester Hours	Spring Hours	Semester Hours
SMC 13XX	3	SMC 23XX	3
SMC 13XX	3	SMC 23XX	3
Foreign Language	3	Foreign Language	3
EX 2302	3	EX 3376	3
Literature	3	Elective	3
15		15	

Third Year

Fall	Semester Hours	Spring Hours	Semester Hours
SMC 23XX	3	SMC 23XX	3
Elective	3	Theology	3
EX 3304	3	EX 3308	3
EX 3302	3	Elective	3
Elective	3	Elective	3
15		15	

Fourth Year

Fall	Semester Hours	Spring Hours	Semester Hours
SMC 4301	3	History	3
EX 4304	3	EX 4301	3
Elective	3	EX 3306	3
Elective	3	Elective	3
Elective	3	Elective	3
15		15	

Total Semester Hours 120