

# B.A. in Exercise and Sports Science with Teacher Certification

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## St. Mary's University Core <sup>1</sup>

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

Rhetoric and Composition <sup>2</sup> 3

EN 1311 Rhetoric and Composition

Mathematics 3

MT 1303 College Algebra

or MT 1411 Precalculus

Foreign Languages 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/AP credit

History/Social Science 3

Any HS course

BA 1310 Fundamentals of Business Enterprise

CJ 1301 Introduction to Criminal Justice

EC 2301 Introductory Macroeconomic Theory

EC 2303 Introductory Microeconomic Theory

MN 3330 Organizational Behavior

PO 1311 American National Government

PO 1312 Texas State & Local Government

PO 1314 Introduction to Global Affairs

SC 1311 Introductory Sociology

SC 3321 Social Issues

HU 3300 Perspectives and Themes in History, Philosophy and/or Theology

HU 3303 Perspectives and Themes in Social Science

Science 3

Select one of the following:

BL 1301 General Biology for Non-Majors

BL 1302 General Biology for Non-Majors

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	Perspectives and Themes in Social Science	
Fine Arts		3
Select one course from AR, DM, or MU		
Literature		3
Select any EN 23XX literature course		
<b>Exercise and Sport Science Major Courses</b>		
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
<b>Professional Development Courses</b>		
ED 3302	The American Secondary School	3
ED 3330	Teaching Diverse Populations	3
ED 3350	Reading-- Teaching Reading in the Secondary Content Areas	3
ED 3361	Adolescent Development in the School Setting	3
ED 3362	Teaching-Learning and Secondary Methods	3
ED 4388	Professional Development Seminar-Secondary	3
ED 4689	Student Teaching-Secondary	6
<b>Electives</b>		
An elective can be any course taken from any discipline.		6
<b>Proficiency in Information Technology and Information Literacy</b>		
For this major, this requirement will be fulfilled by passing the iSkill test with 250 or higher, CS 1300 or ED 3302 with B- or better.		
Total Semester Hours		120

<sup>1</sup> 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.

<sup>2</sup> Grade of "C" or better is required. International students may be required to take EN 1313 to fulfill this requirement.

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

#### First Year

Fall	Semester Spring Hours	Semester Hours
SMC 13XX	3 SMC 13XX	3

SMC 13XX	3 Foreign Language	3
EN 1311	3 Mathematics	3
Fine Arts	3 Speech	3
Foreign Language	3 EX 1304	3
ND 0101	0	
	<b>15</b>	<b>15</b>

**Second Year**

<b>Fall</b>	<b>Semester Spring Hours</b>	<b>Semester Hours</b>
SMC 13XX	3 SMC 23XX	3
SMC 13XX	3 SMC 23XX	3
Science	3 Advanced Theology	3
Literature	3 EX 3302	3
EX 1302	3 EX 3306	3
EX 2302	3 EX 3308	3
	<b>18</b>	<b>18</b>

**Third Year**

<b>Fall</b>	<b>Semester Spring Hours</b>	<b>Semester Hours</b>
SMC 23XX	3 SMC 23XX	3
History	3 EX 3304	3
EX 3376	3 EX 4301	3
ED 3302	3 ED 3330	3
Elective	3 ED 3361	3
	<b>15</b>	<b>15</b>

**Fourth Year**

<b>Fall</b>	<b>Semester Spring Hours</b>	<b>Semester Hours</b>
SMC 4301	3 ED 4388	3
EX 4304	3 ED 4689	6
ED 3362	3	
ED 3350	3	
Elective	3	
	<b>15</b>	<b>9</b>

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Total Semester Hours 120