

ORAL ROBERTS UNIVERSITY
 DEGREE: **Bachelor of Science**
 MAJOR: **Health and Exercise Science**
 CONCENTRATION: **Exercise Specialist**

DEGREE PLAN SHEET 2009-2010
School of Science and Engineering
Health, Physical Education, and Recreation

TOTAL HOURS REQUIRED 128
 Hours in general education 59
 Hours in major 30
 Hours in cognate 6
 Hours in minor and electives 21
 Hours in concentration 12

Name _____
 ID _____ Date _____
 Telephone _____ Email _____
 Advisor _____

SEMESTER TAKEN	COURSE CODE	COURSE TITLE	CREDIT HOURS	SEMESTER TAKEN	COURSE CODE	COURSE TITLE	CREDIT HOURS
FRESHMAN Semester 1				FRESHMAN Semester 2			
_____	BLIT 110	Biblical Literature	3	_____	BLIT 120	Biblical Literature	3
_____	CHE 101	Principles of Chemistry	3	_____	COM 101	Oral Communication	3
_____	CHE 101	Principles of Chemistry Lab	1	_____	COMP 102	Reading and Writing in the Liberal Arts	3
_____	HUM 101	Humanities	3	_____	HUM _____	Humanities Elective	3
_____	HIS 101	American History	3	_____	PHS 223	Human Anatomy	3
_____	HPE 001	Health Fitness I	1	_____	PHS 223	Human Anatomy Lab	1
_____	GEN 099	Whole Person Assessment	0	_____	HPE 002	Health Fitness II	1
			<u>14</u>				<u>17</u>
SOPHOMORE Semester 3				SOPHOMORE Semester 4			
_____	THE 103	Theology	3	_____	HPE 321	Personal Health Science	3
_____	PHS 224	Human Physiology	3	_____	HUM _____	Humanities Elective	3
_____	PHS 224	Human Physiology Lab	1	_____	_____	Minor or Elective	3
_____	HPE 200	Introduction to HPE	3	_____	GOV 101	American Government	3
_____	HUM _____	Humanities Elective	3	_____	_____	Social Science Elective	3
_____	_____	Minor or Elective	3	_____	HPE 027	Swim Conditioning or	
_____	HPE 054	Racquetball	1-5	_____	HPE 124	Lifeguarding	1-5
			<u>16.5</u>				<u>15.5</u>
JUNIOR Semester 5				JUNIOR Semester 6			
_____	HPE 320	Prevention and Care of Sports Injuries	3	_____	COMP 303	Critical Reading and Writing	3
_____	HPE 324	Exercise Physiology*	3	_____	HPE 233	Safety and First Aid	3
_____	MAT 232	Mathematics	3	_____	HPE 412	Health Fitness Evaluation*	3
_____	HPE 315	Program Administration	3	_____	HPE 316	Kinesiology	3
_____	_____	Minor or Elective	4	_____	_____	Minor or Elective	4
_____	HPE 030	Weight Training	1-5	_____	HPE _____	Step Aerobics, Power Step Aerobics, Body Sculpting, or Creative Aerobics	1-5
			<u>16.5</u>				<u>16.5</u>
SENIOR Semester 7				SENIOR Semester 8			
_____	HPE 499	Research in HPE (Senior Paper)*	3	_____	NUT 201	Nutrition	3
_____	HPE 481	Internship* in Hlth and Exer Science*	12	_____	HPE 402	Exercise Prescriptions for Special Populations✓✓ *	3
_____	HPE _____	HPE Activity	1-5	_____	_____	Minor or Elective	4
			<u>15.5</u>	_____	CSC 112	Microcomputing Applications	3
				_____	_____	Minor or Elective	3
				_____	HPE _____	HPE Activity	1-5
							<u>16.5</u>

- ✓✓ - Offered spring of every even year
- * - Prerequisites required; see catalog
- + - May be replaced by CHE 111

Student Assistantship Requirement

All majors must complete one assistantship during their senior year:

Health Fitness I or Health Fitness II

Date: _____ Instructor: _____

Health and Exercise Science Major 2009-2010

Concentration: Exercise Specialist

			Credit Hours
General Education			
Whole Person Assessment (GEN 099)			0
English (COMP 102, 303)			6
Oral Communication (COM 101)			3
Humanities (HUM 101)			3
Humanities (Choice of one of the following: HUM 222, 233, 244, 301, 333)			3
Humanities (Choice of two of the following: HUM 222, 233, 244, 301, 333, 250, 255, 260, 270, ART 103, ART 104, MUS 300, DRAM 215, COMP 101)			6
Biblical Literature (BLIT 110, 120)			6
Theology (THE 103)			3
Laboratory Science (CHE 101 or 111, PHS 223, and 224)			12
Elementary Statistics (MAT 232)			3
American History (HIS 101)			3
American Government (GOV 101)			3
Health, Physical Education, and Recreation			5
Health Fitness I & II; Power Step Aerobics, Creative Aerobics or Body Sculpting; Swim Conditioning or Lifeguarding, Racquetball, Weight Training, and two elective activities			
Social Sciences Elective (Choice of one of the following:)			3
PSY 201 Introduction to Psychology			
MUS 208 Music in World Cultures			
SWK 202 Introduction to Social Work			
SOC 101 Introduction to Sociology			
SOC 201 Marriage and the Family			
SOC 323 Child and Family in the Social Context			
BUS 101 Principles of Economics I			
FIN 244 Personal Financial Planning			
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		General Education Total	59
Major			
HPE 200		Introduction to HPE	3
HPE 231		Personal Health Science	3
HPE 233		Safety and First Aid	3
HPE 315		Program Administration	3
HPE 316		Kinesiology and Biomechanics	3
HPE 320		Prevention and Care of Sports Injuries	3
HPE 324		Exercise Physiology	3
HPE 402		Exercise Prescriptions for Special Populations	3
HPE 412		Techniques of Health Fitness Evaluation	3
HPE 499		Research in HPE (Senior Paper)	3
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		Major Total	30
Concentration			
HPE 481		Internship in Health and Exercise Science	12
			<hr/>
		Concentration Total	12
Cognate			
CSC 112		Microcomputing Applications in Business	3
NUT 201		Nutrition	3
			<hr/>
		Cognate Total	6
Minor and/or Electives			<hr/>
			21
		Degree Total	<hr/>
			128