

1 SPE Undergraduate Plan of Study Schema: Approved 2025 for admissions Fall 2025

First year					Second year									
Term I		Term II			Term I		Term II							
	D o n e		D o n e			D o n e		D o n e						
Core (D2, E1, E2, E3, IT1, IT2, IT3) or minor course that meets core, or targeted elective. *	3			PYC 1000 Intro to PSY (C2)	3			BIO 2040 Applied Nutrition or SPE 2010 Applied Nutrition & Sports Nutrition	3			SOC 1000 Intro to Soc (C2)	3	
MTH 1010 Algebra (B1) or MTH (1020+1030+1040) or MTH 1400 Pre Calc or MTH 1410 Calc	3 or 3 or 3 or 4			BIO 1200 General Biology or BIO 1210 Gen Biology Lab or BIO 1220 Gen Bio 11 or BIO 1230 Gen Bio 11 Lab	3 or 2 or 3 or 2			Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective. *	3			SPE 3031 Adapted Sports	3	
PHL 1000 Intro to Philosophy (D1)	3			Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective. *	3			BIO 2300 A&P (C1) or BIO 2310 A&P lab	3 or 1			HOM 3585 Health Org. Management	3	
ENL 1310 Academic Writing (A2)	3			STA 2250 Statistics (B2) or BIO 2900 Biostats	3 or 3			Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective*	3			BIO 2320 A&P II or BIO 2303 A&P Lab	3 or 1	
CST 1010 Speech (A1)	3			Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective. *	3			HLH 2009 Medical Conditions and Implications	3			Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective*	3	
Semester TOTAL	15				17				16				16	
Curriculum Total Cr hours	15			Curriculum Total Cr hours	32			Curriculum Total Cr hours	48			Curriculum Total Cr hours	64	

*When choosing core courses, electives, or minor courses consult with an advisor to ensure that selected courses fulfill degree/minor requirements. The students beginning with MTH 1410 Calculus will have an extra credit upon graduation not calculated in the curriculum total. Students completing CHM 1040 will have one less credit hour.

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Third Year					Fourth Year					
Term I		Term II			Term I		Term II			
	D o n e		D o n e			D o n e		D o n e		
HLS 3013 Physical Health and Wellness	3			SPE 3400 Exercise Testing and Prescription	3			SPE 4000 Internship/Experiential Learning	3	
CHM 1050 Introduction to General Chemistry or CHM 1070 Gen Chem + CHM 1100 Gen Chem Lab or CHM 1040 CHM for HLS	4 or 3 1 or 3			SPE 3081 Kinesiology	3			Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective*	3	
SPE 3200 Exer Physiology SPE 3300 Exer Phys. Lab	2 1			Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective*	3			SPE 4011 Biomechanics and Movement Science	3	
Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective*	3			ETH 3580 Ethics (F1)	3			Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective*	3	
REL 3530 Dynamics of Spirituality Growth (D3, IT5, IT6) or HLS 3037 Care of the Human Spirit or ADS 4600 Health & Spirituality	3			Core (D2, E1, E2, E3, IT1, IT2, IT3), or minor course that meets core, or targeted elective*	3			SPE 4800 Clinical Research	3	
								SPE 4010 Senior Seminar	3	
Semester TOTAL If CHM 1040	16 15			Semester TOTAL	15			Semester TOTAL	12	
Curriculum Total Cr hours	79-80			Curriculum Total Cr hours	94-95			Curriculum Total Cr hours	106-107	
								Curriculum Total Cr hours	121-122	

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