

Haskell Indian Nations University  
Degree Checklist for Associate of Science in  
Health, Sports, and Exercise Science (62 credit hours)

Student:

ID:

**GENERAL EDUCATION REQUIREMENTS (36-38 credit hours)**

Outcome	Outcome Categories, Credit Hours	Complete the following courses:	Sem.	Grade
<b>Communication</b>	Written Communication 6 hours (both required)	ENGL 101 English I (C or better required to complete course) Prerequisite: placement or completion of ENGL 090 with C or ENGL 102 English II (C or better required to complete course) Prerequisite: completion of ENGL 101 with C or better		
	Oral Communication 3 hours (choose one)	--COMS 131 Public Speaking --COMS 151 Speech Communication Co-requisite: ENGL 101 – English I		
<b>Qualitative and Quantitative Thinking</b>	Humanities and Arts 3 hours (choose one)	--ART 100 Art Appreciation --ART 240/241 Art History --EED 208 Exploring Cultural Art, Music, and Dance with Technology --ENGL 210 Themes and Issues in Literature --ENGL 215 Fiction and Film (prereq ENGL 102) --MCOM 231 Mass Communication --MUS 137/138 Music Appreciation through Classical Period/Contemporary Times --THEAT 100 Introduction to Theatre		
	Quantitative Reasoning 3 hours (choose one)	--MATH 101 College Algebra (C or better required to complete course) --MATH 102 Liberal Arts Math --MATH 207 Statistics		
	Laboratory Science 5 hours (choose one)	--BIOL 103 General Biology and Lab --CHEM 101 General Chemistry I --PHYS 211 College Physics I --PSCI 100 Physical Science		
<b>Historical and Cultural Forces</b>	Historical/Contemporary Indigenous Issues 6 hours (choose two)	--AIS 102 American Indian Issues I --AIS 110 History of North American Indian Tribes --ART 255 Tribal Art Forms --ENGL 212 American Indian Literature --LANG 101/102, 110/111 Indigenous Languages --SW 110 Chemical Dependency and the Native American --TMGMT 101 Introduction to Tribal Management --TMGMT 201 Tribal/Federal Government Relations		
	Multicultural, World or Comparative Issues 3 hours (choose one)	--AIS 301 Native and Western Views of Nature --COMS 246 Intercultural Communication --GEOG 110 World Geography --GEOG 230 Cultural Geography --HIST 101/102 U. S. History Through/Since the Civil War --HIST 110/112 Western Civilization I/II --HIST 221/222 World Civilization I/II		
	Human Behavior 3 hours (choose one)	--BUS 251 Human Relations --COMS 226 Interpersonal Communication --COMS 256 Working in Groups and Teams --COMS 276 Persuasion and Social Influence --PSYC 101 General Psychology --SOC 100 Introduction to Sociology		
<b>Wellness</b>	Orientation 3 hour	--UNIV 105 Haskell Seminar		
	Physical Activity Course or Health Class 1-3 hours (choose one)	--HSES 100 Personal Hygiene (2 credits) --HSES 101/104/105/106/107/108/127 Physical Activity Courses (all 1 credit) --HSES 124 Cultural Well-Being: Concepts and Practice to Living Well (3 credits) --HSES 125 Fitness for Life (2 credits) --HSES 126 Fitness for Life (3 credits) --HSES 141 Introduction to Native Games and Activities (3 credits) --HSES 160 Basic Nutrition (3 credits) --HSES 195 Weight Management and Fitness in Young Adults (1 credit) --HSES 210 The Art and Science of Walking, Jogging and Running (3 credits)		

**HEALTH, SPORTS AND EXERCISE SCIENCE MAJOR REQUIREMENTS (12 credit hours)**

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade
HSES 112	Intro to Health, Sport, and Exercise Science	3			HSES 230	Care and Prevention of Athletic Injuries	3		
HSES 201	Personal and Community Health	3			HSES 240	Sport in Society	3		

**ELECTIVES (12-14 credit hours) 2 credit maximum activity course**

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade

Approved by Acting Vice-President for Academics on 05/07/2018 – General Education Requirements updated on 11/25/2023