

GENERAL EDUCATION REQUIREMENTS (33 credit hours)

Outcome	Outcome Categories, Credit Hours	Complete the following courses:	Sem.	Grade
Communication	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 better 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		
Qualitative and Quantitative Thinking	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 208 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		
Historical and Cultural Forces	Historical/Contemporary Indigenous Issues 3 hours (choose one)	--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		
Wellness	Orientation 3 hours	--UNIV 105 Haskell Seminar		
	Physical Activity Course 1 hour (choose one)	--HSES 101 Weight Training/Conditioning --HSES 103 Fundamentals/Conditioning Basketball --HSES 104 Body Weight Control --HSES 105 Golf & Archery --HSES 106 Racquetball --HSES 107 Jogging/Basketball --HSES 108 Beginning Swimming --HSES 109 Intermediate Swimming --HSES 110 Advanced Swimming --HSES 127 Volleyball-Indoor --HSES 128 Volleyball-Sand/Beach --HSES 129 Volleyball-Outdoor --HSES 135 Kickball --HSES 171 Introduction to Yoga		

HSES FOUNDATION REQUIREMENTS (11 credit hours in total)

Number	Course	Credit Hours	Sem	Grade	Number	Course	Credit Hours	Sem.	Grade
HSES 112	Intro to Health, Sport, and Exercise Science	3			HSES 226	Kinesiology	3		
HSES 204	First Aid	2			HSES 244	Stress Management	3		

ELECTIVES (16 credit hours) Self-Designed and/or Specific Tracks Available (see page 2)

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

Specialized Track for Associate of Science

**A student can follow the HSES degree plan and self-design their associate degree. A student can also follow the HSES degree plan and one of the defined tracks listed below.*

July 11, 2025

ATHLETIC TRAINING TRACK (16 credits)		
Number	Course	Credit Hours
HSES 225	Applied Anatomy	3
HSES 227	Exercise Physiology	3
HSES 230	Care and Prevention of Athletic Injuries	3
HSES 260	Internship in Care and Prevention of Athletic Injuries	4
HSES	Elective	3

COACHING TRAINING TRACK (16 credits)		
Number	Course	Credit Hours
	Techniques of Officiating (sport): select ONE 2 credit course from below:	
HSES 202	Techniques of Officiating - Football	2
HSES 203	Techniques of Officiating – Basketball	2
HSES 221	Techniques of Officiating – Volleyball	2
HSES 231	Theory and Principles of Coaching	3
	Coaching of (sport): select TWO courses from below:	
HSES 232	Coaching Baseball and Softball	3
HSES 233	Coaching Basketball	3
HSES 234	Coaching Cross Country and Track & Field	3
HSES 235	Coaching Football	3
HSES 236	Coaching Golf	3
HSES 238	Coaching Volleyball	3
HSES 242	Psychology of Coaching	3
HSES 250	Practicum in Coaching Team Sports (prerequisite: Coaching course)	2

EXERCISE SCIENCE TRACK (16 credits)		
Number	Course	Credit Hours
HSES 225	Applied Anatomy	3
HSES 227 or HSES 340	Exercise Physiology or Applied Biomechanics	3
HSES 241	Sport and Exercise Psychology	3
HSES 228	Motor Control and Learning	3
HSES 251	Methods of Strength Training and Conditioning	3
HSES	Elective	1

SPORTS MANAGEMENT TRACK (16 credits)		
Number	Course	Credit Hours
	Select THREE courses from below:	
HSES 245	Introduction to Sports Marketing and Promotion	3
HSES 247	Sport Media and Communication	3
HSES 248	Sport Law and Ethics	3
HSES 249	Sport Facilities	3
HSES 255	Administration of Sport Programs	3
HSES 261	Internship in Health, Sport and Exercise Science	4