

SPORT AND EXERCISE SCIENCE, BACHELOR OF SCIENCE

College: College of Science and Health

Department: Biological Sciences

Student Type: Traditional Undergraduate

Degree: Bachelor of Science

Campus: Lisle Campus

Requirements - Major

Sport and Exercise Science majors must pass the following major courses with a "C" or better at Benedictine University:

Code	Title	Hours
CHEM 1101	Introduction to Chemistry	3
or CHEM 1113	General Chemistry I	
BIOL 1197	Principles of Organismal Biology	3
or BIOL 1198	Principles of Biology	
BIOL 1155	Anatomy and Physiology	4
or BIOL 1157 & BIOL 1158	Introductory Anatomy & Physiology I and Introductory Anatomy & Physiology II	
Select one of the following:		3
MATH 1150	Introduction to Statistics	
MATH 2229	Biostatistics	
MGT 1150	Business Statistics I	
PSYC 2250	Basic and Applied Statistics	
SOCL 2250	Basic and Applied Statistics	
BIOL 2206	Applied Exercise Science	4
NUTR 2201	Nutrition in Health and Exercise	3
SES 1000-level electives		2
SES 2170	Motor Development	3
SES 2200	Introduction to Kinesiology	3
SES 2216	Sport Sociology	3
SES 2237	Sport Psychology	3
SES 2257	Wellness	3
SES 2270	Motor Learning	3
SES 2351	Exercise Psychology	3
SES 3302	Applied Kinesiology	3
SES 3261	Athletic Injury Care and Prevention	3
SES 3355	Biomechanics	3
SES 4310	Research Methods in Sport and Exercise Science	3
or SES 4319	Thesis in Sport and Exercise Science	
Total Hours		55

Sport and Exercise Science majors must also pass the following field experiences and internship with a "C" or better at Benedictine University:

Code	Title	Hours
SES 3297	Field Experience in Sport and Exercise Science I	1
or SES 4197	Internship in Sport and Exercise Science I	
SES 3298	Field Experience in Sport and Exercise Science II	1
or SES 4297	Internship in Sport and Exercise Science II	

SES 3299	Field Experience in Sport and Exercise Science III	1
or SES 4397	Internship in Sport and Exercise Science III	
SES 4399	Internship in Sport and Exercise Science III	3
or SES 4497	Internship in Sport and Exercise Science IV	
Total Hours		6

Students transferring into the major within the University or transferring into Benedictine University may apply substitutes for any of the following courses at the discretion of the program director:

Code	Title	Hours
SES 1000-level courses		2
SES 2170	Motor Development	3
SES 2200	Introduction to Kinesiology	3
SES 2216	Sport Sociology	3
SES 2237	Sport Psychology	3
SES 2257	Wellness	3
SES 2270	Motor Learning	3
SES 2351	Exercise Psychology	3
BIOL 1197	Principles of Organismal Biology	3
BIOL 1198	Principles of Biology	3
BIOL 1155	Anatomy and Physiology	4
BIOL 1157	Introductory Anatomy & Physiology I	4
BIOL 1158	Introductory Anatomy & Physiology II	4
CHEM 1101	Introduction to Chemistry	3
CHEM 1113	General Chemistry I	3
MATH 1150	Introduction to Statistics	3
MATH 2229	Biostatistics	3
PSYC 2250	Basic and Applied Statistics	3
SOCL 2250	Basic and Applied Statistics	3
MGT 1150	Business Statistics I	3
NUTR 2201	Nutrition in Health and Exercise	3
BIOL 2206	Applied Exercise Science	4

Additionally, the SES program provides the opportunity for students to complete prerequisite coursework that makes them eligible to apply for graduate programs in athletic training. Prerequisites for graduate programs in athletic training vary between universities. Therefore, students are encouraged to work closely with an advisor to determine which courses are most appropriate for their specific graduate school plans. Students majoring in SES who are interested in progressing toward admission to graduate programs in athletic training should complete at least fifteen (15) credits in coursework including but not limited to:

Code	Title	Hours
BIOL 1198	Principles of Biology	3
CHEM 1104	Introduction to Organic Chemistry and Biochemistry Laboratory	1
CHEM 1103	Introduction to Organic Chemistry	2
CHEM 1109	Introduction to Biochemistry	2
CHEM 1113	General Chemistry I	3
CHEM 1114	General Chemistry I Laboratory	1
CHEM 1123	General Chemistry II	3
CHEM 1124	General Chemistry II Laboratory	1
HLSC 2291	Medical Terminology	2
MATH 1111	College Trigonometry	3

PHYS 1113	College Physics I	3
PHYS 1114	College Physics I Laboratory	1
PHYS 1118	College Physics II	3
PHYS 1119	College Physics II Laboratory	1

Pre-Professional Health Studies Concentration

Students must complete, with a grade of "C" or better, at least 12 semester credit hours of coursework from the following:

Code	Title	Hours
BIOL 3258	Human Physiology	4
BIOL 3259	Human Physiology Laboratory	1
CHEM 1104	Introduction to Organic Chemistry and Biochemistry Laboratory	1
CHEM 1103	Introduction to Organic Chemistry	2
CHEM 1109	Introduction to Biochemistry	2
CHEM 1114	General Chemistry I Laboratory	1
CHEM 1123	General Chemistry II	3
CHEM 1124	General Chemistry II Laboratory	1
HLSC 2291	Medical Terminology	2
PHYS 1113	College Physics I	3
PHYS 1114	College Physics I Laboratory	1
PHYS 1118	College Physics II	3
PHYS 1119	College Physics II Laboratory	1