

Department of Human Performance & Leisure Studies

Bachelor of Science in Sport Science and Fitness Management

Leisure Studies Option Curriculum Guide

Effective 2019-2020

FRESHMAN YEAR

<i>Fall Semester</i>	<i>CrH</i>	<i>Spring Semester</i>	<i>CrH</i>
ENGL100 Ideas & Their Expr. I (WC)	3	ENGL 101 Ideas & Their Exp II (WC)	3
FRST 101 Student Success	1	A-A Culture & History ^a	3
Humanities/Fine Arts ^a	3	BIOL 100 Biological Science (SR)	4
Global Awareness ^a	3	MATH 102 Fund. Alg & Trig II (MLA)	3
MATH 101 Fund. Alg & Trig (MLA)	3	LSS 160 INTRO TO RECREATION	3
SSFM 130 Intro to Kinesiology	<u>3</u>		16
	16		

SOPHOMORE YEAR

<i>Fall</i>	<i>CrH</i>	<i>Spring</i>	<i>CrH</i>
Scientific Reas. Elective ^c	3	Free Elective ^b	3
SSFM 201 Princip. of Strength & Cond.	3	Social/Behavioral Science ^a	3
SSFM 261 ANAT & PHYS FOR HPLS	4	SSFM 225 Fitness Leadership	3
HPED 250 INFO TECH FOR HPLS	3	SSFM 272 Fitness & Aging	3
LSS 260 COMMUNITY REC	<u>3</u>	LSS 246 CAMP ADMINISTRATION	<u>3</u>
	16		15

JUNIOR YEAR

<i>Fall</i>	<i>CrH</i>	<i>Spring</i>	<i>CrH</i>
SSFM 300 Fitness Facilities Mgmt	3	SSFM 303 Nutrition for Sport & Fitness	3
SSFM 340 Intro to Sport Management	3	SSFM 333 Intro to Sports Medicine	3
HPED 345 Applied Anatomy	3	HPED 370 Exercise Physiology	3
HPED 342 First Aid & Safety	3	HPED 375 Motor Learning & Control	3
LSS 364 GROUP LEADERSHIP	<u>3</u>	LSS 363 OUTDOOR RECREATION	<u>3</u>
	15		15

SENIOR YEAR

<i>Fall</i>	<i>CrH</i>	<i>Spring</i>	<i>CrH</i>
HPLS Elective ^d	3	Free Elective ^b	3
SSFM 469 Msrmnt&Eval for Kines Research	3	LSS 365 PROG PLANNING IN REC	3
SSFM 471 Fit Assess/Exer Prescription	3	SSFM 498 Internship 270 hrs	<u>6</u>
SSFM 472 Ex Progr Special Pops	3		12
Free Elective ^b	<u>3</u>	Total Credit Hours: 120	
	15		

LSS OPTION COURSES IN CAPS

Revised curriculum FALL 2017

(OVER)

- a **12 hours**- All A&T students must take 4 General Education-approved courses. 1 must be a Social/Behavioral Sciences course , 1 Humanities/Fine Arts, 1 Global Awareness, and 1 Knowledge of African- American Culture and History course .
The HPLS dept recommends its students to use **SSFM 226** as their **Soc/Behav Sciences** course.
- b **9 hours**- Students may take any courses for which they meet the pre-requisites.
- c **7 hours**- Students must take 2 courses under the Scientific Reasoning category of General Education. Bus. Admin.option students are required to take BIOL 100 (4 crh); the remaining 3 credit hours must be chosen from the list of approved Scientific Reasoning courses.
- d **3 hours** - Students may choose from any SSFM, HPLS, or LSS course that is not already part of their curriculum

PRE-REQUISITES (must pass with at least a 'C')

*Students must pass Anat&Phys by the end of 1st semester Junior year **at the latest** in order to be able to take SSFM 303, SSFM 333, HPED 370 , & HPED 375 in Spring

*Students must pass HPED 370 by August before Senior year **at the latest** in order to be able to take SSFM 471 and SSFM 472 in the Fall

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