

Name _____ ID# _____	REQUIREMENTS FOR BACHELOR OF ARTS DAKOTA WESLEYAN UNIVERSITY		Sport, Exercise and Wellness (SPX) 2009-2010 Catalog College of Healthcare Fitness and Sciences		
			Semester Hours	125	Minimum Cumulative GPA
Upper Level Credits	42	Major Credit Hours	48-54		
Basic English Proficiency Exam		General Education Cum. GPA	2.00		
Personal Electronic Portfolio		Minor Cr. Hours			
GENERAL EDUCATION REQUIREMENTS-PILLARS			MAJOR		
Courses for fulfillment of General Education requirements must be from the approved General Education course list published in the Dakota Wesleyan University catalog.			Grades of NC, CR, or below a C- are not acceptable for a major.		
			Students must declare one major and one minor. Students may elect to earn two majors. No course may count for both a major and a minor or both majors. Grades of NC, CR, or below a C- are not acceptable for a major or a minor.		

Learn Strong		
LST101 Learn Strong I	1	
LST201 Learn Strong II	.5	
LST301 Learn Strong III	.5	
LST401 Learn Strong IV	1	
Core – Interdisciplinary		
COR101 Interdisciplinary Course 1	3	
COR301 Interdisciplinary Course 2	3	
Critical & Collaborative Thinking		
Cognitive Analysis PHL212, PSY131, PSY237	3	
Quantitative Reasoning MTH115, MTH125, MTH200, MTH210	3	
Historical Thinking & Analysis HIS101, HIS102, HIS201, HIS202, HIS302, HIS/PHL351	3	
Science Technology & Human Experience AST100, BIO101, BIO115, BIO312, CHM150, PHS100, PHS101	8	
Effective Expression		
Written ENG111	3	
Oral CTH101	3	
Literary Analysis or Artistic Appreciation ART120, DRM131, DRM203, ENG205, ENG206, ENG221, ENG222, ENG227, ENG228, ENG314, ENG202, MUS120	3	
Cultural and Global Awareness		
EDU335, ENG201, ENG315, LAN105, LAN115, MUS250, REL314, SOC152, SOC227/447, SOC317	3	
Civic Values & Engagement		
CRJ250, PHL220, PHL305, POL153, PSL210, REL240, BUS/ECO/PHL381	3	
Personal Growth & Maturity		
PHL101, REL201, REL215, REL216, REL225, REL360, SOC154	3	

Major Requirements			
SPX140	Introduction to Sports, Exercise and Wellness	2	
SPX240	Methods of Weight and Conditioning	3	
SPX310	Motor Learning & Control	3	
SPX315	Kinesiology	3	
SPX320	Exercise and Special Populations	3	
SPX345	Organization and Administration of Physical Education	3	
SPX362	Psychological Dynamics of Sport	3	
SPX410	Physiology of Exercise	3	
SPX450	Internship	6-12	
ATN305	Evaluation & Prescription of Health & Fitness Program	3	
ATN320	Human Nutrition	3	
BIO211	Human Anatomy	4	
BIO312	Human Physiology	4	
HLT210	First Aid and CPR	2	
MTH200	Statistical Methods I	3	
Encouraged Electives:			
SOC350	Adjustment to Aging	3	
SPM431	Sports and Law	3	

