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| Name _____<br>ID# _____  | <b>REQUIREMENTS FOR<br/>BACHELOR OF ARTS<br/>DAKOTA WESLEYAN UNIVERSITY</b> |   | <b>Sport, Exercise and Wellness<br/>(SPX)<br/>2010-2011 Catalog<br/>College of Healthcare Fitness<br/>and Sciences</b> |      |
|  | Semester Hours  | 125   | Minimum Cumulative GPA   | 2.00 |
| 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   |  |      |
| <b>GENERAL EDUCATION REQUIREMENTS-PILLARS</b>  |   | <b>MAJOR</b>  |  |      |
| 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. |  |      |

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| <b>Learn Strong</b>  |    |  |
| LST101 Learn Strong I (or MSL101 or 102)   | 1  |  |
| LST201 Learn Strong II   | .5 |  |
| LST301 Learn Strong III  | .5 |  |
| LST401 Learn Strong IV   | 1  |  |
| <b>Core – Interdisciplinary</b>  |    |  |
| COR101 Interdisciplinary Investigations I  | 3  |  |
| COR301 Interdisciplinary Investigations II   | 3  |  |
| <b>Critical &amp; Collaborative Thinking</b>   |    |  |
| <b>Cognitive Analysis</b><br>PHL212, PSY131, PSY237  | 3  |  |
| <b>Quantitative Reasoning</b><br>MTH115, MTH125, MTH200, MTH210  | 3  |  |
| <b>Historical Thinking &amp; Analysis</b><br>HIS101, HIS102, HIS201, HIS202,<br>HIS302*, HIS/POL351*   | 3  |  |
| <b>Science Technology &amp; Human Experience</b><br>AST100, BIO101, BIO115, BIO120,<br>BIO312, CHM150, PHS100, PHS101  | 8  |  |
| <b>Effective Expression</b>  |    |  |
| <b>Written</b><br>ENG111   | 3  |  |
| <b>Oral</b><br>CTH101  | 3  |  |
| <b>Literary Analysis or Artistic Appreciation</b><br>DRM131, DRM203, ENG205, ENG206,<br>ENG221, ENG222, ENG227, ENG228,<br>ENG314, ENG202, GDS120, GDS205,<br>MUS120 | 3  |  |
| <b>Cultural and Global Awareness</b>   |    |  |
| EDU335, ENG201, ENG315, LAN105,<br>LAN115, MUS250, REL314, REL461,<br>SOC152, SOC227/427, SOC317   | 3  |  |
| <b>Civic Values &amp; Engagement</b>   |    |  |
| BUS/PHL381, CRJ250, PHL220, PHL305,<br>POL153, PSL210, REL240  | 3  |  |
| <b>Personal Growth &amp; Maturity</b>  |    |  |
| PHL101, REL201, REL215, REL216,<br>REL225, REL360*, SOC154   | 3  |  |

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