BACHELOR OF SCIENCE
MAJOR: Sports Health

UNIVERSITY REQUIREMENTS

ENGL110 Critical Reading/Writing (3) _____

First Year Experience (FYE) _____
(Satisfied by KAAP155)

Discover Learning Experience (DLE) _____
(Satisfied by Seminar for Pre-AT sequence)

Multi-Cultural Course (May count toward a breadth requirement below) _____

Breadth Requirements (12 credits – minimum of C- grade required)

A college education requires some breadth of knowledge across diverse fields and perspectives. With this in mind, all students are required to complete a minimum of 12 credits from the list of University breadth courses. This includes 3 credits from each of the following categories. Students must earn a minimum grade of C- in each course to meet this requirement:

Creative Arts and Humanities (3) §
History and Cultural Change (3)
Social and Behavioral Sciences (3) €
Mathematics, Natural Sciences & Technology (3) *

* Students are required by the major to take either MATH115 (Pre-Calculus) or MATH221 (Calculus) ---- please note [The University of Delaware requires an assessment of your mathematical knowledge prior to enrolling in a math course. --- https://www.mathsci.udel.edu/courses-placement/ud-math-placement]

§ and € denote courses used to satisfy University breadth requirements

Note that students must take breadth courses from four different subject areas (e.g. the four-letter subject code ACCT, HIST, etc.). Students may not use a course that is cross-listed with a subject area that has already been used to satisfy a university breadth requirement. Students enrolled in a single major may not satisfy the breadth requirement with courses in the subject area of that major (e.g. sports health majors may not use KAAP courses).

Students who are enrolled in more than one major or degree are allowed to meet the University breadth requirement by taking approved breadth courses from within the subject areas of their majors. The requirement may be fulfilled through a course or courses taken to complete other degree requirements, subject to the limitations above.

MAJOR REQUIREMENTS (104 credits)
(C- or better required)

BHAN311 - Issues in Health Behavior Science	3
BISC207 - Introductory Biology	4
CHEM103 – General Chemistry I	4
HDFS201 – Life Span Development	3
HLTH241 – Ethical Aspects of Healthcare §	3
KAAP106 – Seminar for Pre-Athletic Training I	1
KAAP107 – Seminar for Pre-Athletic Training II	1
KAAP155 – Lifestyle Awareness for Athletic Trainers	3
KAAP206 - Seminar for Pre-Athletic Training III	1
KAAP207 - Seminar for Pre-Athletic Training IV	1
KAAP210 - Emergency Management of Injuries/Illnesses	3
KAAP220 - Fundamentals of Anatomy and Physiology I	3
KAAP221 - Fundamentals of Anatomy and Physiology II	3
KAAP305 - Fundamentals of Sports Health Care	3
KAAP306 - Seminar for Pre-Athletic Training V	1
KAAP307 - Seminar for Pre-Athletic Training VI	1
KAAP320 - Principles of Strength/Conditioning	3
KAAP400 – Research Methods	3
KAAP426 – Biomechanics	4
KAAP430 – Exercise Physiology	4
KAAP463 - Practicum in Exercise Science (CAPSTONE)	3
MMSC200 – The Language of Medicine	3
NTDT200 – Nutrition Concepts	3
NTDT310 – Nutrition and Activity	3
PHYS201 – Introductory Physics I	3
PSYC100 – General Psychology €	3
STAT200 – Basic Statistical Practice	3

After required course are completed, sufficient additional restricted elective credits must be taken to meet the minimum credit requirement (120) for the degree

Students will choose from a list of the following restricted elective classes to complete the Sports Health major during the senior year in order to fulfill the major requirements for the BS degree in Sports Health. A minimum of 18 credits must be taken from the restricted elective list below:

BISC 208 - Introductory Biology II	4
CHEM104 – General Chemistry II	4
HLTH411 – Topics in Health	3
KAAP301 – Life Motor Development	3
KAAP309 – Human Anatomy & Physiology I	4
KAAP310 - Human Anatomy & Physiology II	4
KAAP350 – Basic Concepts in Kinesiology	3
KAAP420 – Functional Human Anatomy *	5
KAAP428 – Motor Control and Learning	4
KAAP434 - 12-Lead Electrocardiogram Interpretation	3
KAAP440 - Topics in Exercise Science	3
KAAP447 - Advanced Topics in Strength/Conditioning *	3
KAAP475 – Clinical Exercise Physiology	4
KAAP484 – Women in Sports	3
KAAP487 – Research in Sports Medicine	1-6
MMSC301 – Introduction to Biotechnology	3
NSCI320 – Introduction to Neuroscience	3
NURS411 – Topics in Healthcare Delivery	3
NURS412 – Multicultural Topics in Healthcare Delivery	3
PHYS202 – Introductory Physics II	4
PSYC325 – Child Psychology	3
PSYC334 – Abnormal Psychology	3

*Designates classes that are cross-listed with graduate level courses taken during the 1st year of the MS-AT degree program of study.

MINIMUM CREDITS TO GRADUATE: 120

** For those Sports Health students wishing to pursue graduate education in physical therapy, physician assistant, or other allied health professions, it is highly recommended that CHEM104, BISC208, PHYS202, and PSYC325 or 334 be taken at some point during their tenure as a student! Please check with your academic advisor for further assistance.