

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 (76 credits)

(C- or better required --- *exceptions include all Pre-AT Seminars and KAAP309 & KAAP310 whereby a "B" or better is required*)

BHAN311 - Issues in Health Behavior Science 3
BISC205 – Biology for Health Sciences - OR - 4
BISC207 - Introductory Biology I * 4
CHEM103/133 – General Chemistry I with Lab * 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
KAAP305 - Fundamentals of Sports Health Care 3
KAAP306 - Seminar for Pre-Athletic Training V 1
KAAP307 - Seminar for Pre-Athletic Training VI 1
KAAP309 - Human Anatomy and Physiology I 4
KAAP310 - Human Anatomy and Physiology II 4
KAAP320 - Principles of Strength/Conditioning 3
KAAP400 – Research Methods 3
KAAP426 – Biomechanics 4
KAAP430 – Exercise Physiology 4
MATH115 – Pre-calculus – OR - 3
MATH221 – Calculus 3
MMSC200 – The Language of Medicine 3
NTDT200 – Nutrition Concepts 3
NTDT310 – Nutrition and Activity 3
PHYS201/221 – Introductory Physics I with Lab 4
PSYC100 – General Psychology € and § 3
STAT200 – Basic Statistical Practice 3

ADDITIONAL KAAP CREDITS (C- or better required)

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

Students will choose from the list of courses below during the senior year in order to fulfill the major requirements for the BS degree in Sports Health. A minimum of 9 credits must be taken.

KAAP301 – Lifespan Motor Development 3
KAAP427 – Biomechanics II: Measure Human Motion 3
KAAP428 – Motor Control and Learning 4
KAAP434 - 12-Lead Electrocardiogram Interpretation 3
KAAP440 - Topics in Exercise Science 3
KAAP441- Readings in Biomech & Motor Control 1
KAAP442 - Readings in Applied Physiology 1
KAAP455 - Advanced Physiology of Exercise 3
KAAP475 – Clinical Exercise Physiology 3
KAAP487 – Research in Sports Medicine 1-6

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.

Sports Health Major

<p>Fall</p> <p>MMSC200 (3) Language of Medicine MATH115 or 221 (3) Pre-calculus/Calculus [§] KAAP106 (1) Seminar for Pre-AT I (DLE) KAAP155 (3) Lifestyle Awareness - AT (FYE) BISC205 (4) Biology for Health Sciences or BISC207 (4) Introductory Biology I with Lab /14</p>	<p>Spring</p> <p>ENGL110 (3) Seminar in Composition CHEM103/133 (4) General Chemistry with Lab PSYC100 (3) General Psychology [§] KAAP107 (1) Seminar for Pre-AT II (DLE) University Breadth Requirement (Group B) (3) Free Elective (3) /17</p>	<p><u>Freshman Year</u></p> <p>31 credits</p>
<p>Fall</p> <p>KAAP206 (1) Seminar for Pre-AT III (DLE) KAAP210 (3) Emergency Management KAAP309 (4) Human Anatomy & Physiology I NTDT200 (3) Nutrition Concepts Multi-Cultural Requirement (3) Free Elective (3) /17</p>	<p>Spring</p> <p>KAAP207 (1) Seminar for Pre-AT IV (DLE) KAAP305 (3) Fundamentals of Sports Care KAAP310 (4) Human Anatomy & Physiology II KAAP320 (3) Principles of Strength/Cond NTDT310 (3) Nutrition and Activity STAT200 (3) Basic Statistical Practice /17</p>	<p><u>Sophomore Year</u></p> <p>34 credits</p>
<p>Fall</p> <p>PHYS201/221 (4) Introductory Physics I BHAN311 (3) Issues Health Behavior Sci KAAP306 (1) Seminar for Pre-AT V (DLE) KAAP400 (3) Research Methods KAAP430 (4) Exercise Physiology /15</p>	<p>Spring</p> <p>HDFS201 (3) Life Span Development HLTH241 (3) Ethical Aspects of Health Care [§] KAAP307 (1) Seminar for Pre-AT VI (DLE) KAAP426 (4) Biomechanics I Free Elective (1) /12</p>	<p><u>Junior Year</u></p> <p>27 credits</p> <p>Total = 92 credit</p>

[§] Course used to satisfy University Breadth Requirements (Group A)

<p>Fall</p>	<p>Spring</p>	<p><u>Senior Year*</u></p> <p>28 Credits</p>
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A minimum of 9 credits must be taken from the “**Additional KAAP Credits**” group below:

KAAP 301 Lifespan Motor Development (3)
KAAP 427 Biomechanics II: Measurement of Human Motion (3)
KAAP 428 Motor Control and Learning (3)
KAAP 434 Twelve-Lead Electrocardiogram Interpretation (3)
KAAP 440 Topics in Exercise Science (3) [can be repeated with up to 9 credits with different topics]
KAAP 441 Readings in Biomechanics and Motor Control (1)
KAAP 442 Readings in Applied Physiology (1)
KAAP 455 Advanced Physiology of Exercise (3)
KAAP 475 Clinical Exercise Physiology (3)
KAAP 487 Research in Sports Medicine (variable credit)

pre-requisite admissions criteria to be accepted into the MS-AT degree program.

** Students who opt out of pursuing the MS-AT degree program during their freshman/sophomore/junior years may be **waived out** of the Seminar for Pre-AT sequence of classes and in their place choose elective classes as a reasonable substitution.

*The senior year option is only for those students who decide they no longer want to pursue the MS-AT degree or have not met the necessary