

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 (101 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
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
KAAP309 – 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.

Sports Health Major

Fall

PSYC100 (3) General Psychology [§]
 MATH115 **or** 221 (3) Pre-calculus/Calculus [§]
 KAAP106 (1) Seminar for Pre-AT I (DLE)
 KAAP155 (3) Lifestyle Awareness - AT (FYE)
 KAAP220 (3) Fundamentals of A & P I
 University Breadth Requirement (Group B) (3)
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Fall

BISC205 (4) Biology for Health Sciences **or**
 BISC207 (4) Introductory Biology
 NTDT200 (3) Nutrition Concepts
 KAAP206 (1) Seminar for Pre-AT III (DLE)
 KAAP210 (3) Emergency Management
 KAAP305 (3) Fundamentals of Sports Care
 Multi-Cultural Requirement (3)
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Fall

BHAN311 (3) Issues Health Behavior Sci
 KAAP306 (1) Seminar for Pre-AT V (DLE)
 KAAP400 (3) Research Methods
 KAAP426 (4) Biomechanics I
 Electives (options on list below) (5)
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Spring

ENGL110 (3) Seminar in Composition
 CHEM103 (4) General Chemistry
 MMSC200 (3) Language of Medicine
 KAAP107 (1) Seminar for Pre-AT II (DLE)
 KAAP221 (3) Fundamentals of A & P II
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Spring

PHYS201 (4) Physics I
 NTDT310 (3) Nutrition and Activity
 STAT200 (3) Basic Statistical Practice
 KAAP207 (1) Seminar for Pre-AT IV (DLE)
 KAAP320 (3) Principles of Strength/Cond
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Spring

HDFS201 (3) Life Span Development
 HLTH241 (3) Ethical Aspects of Health Care [§]
 KAAP307 (1) Seminar for Pre-AT VI (DLE)
 KAAP430 (4) Exercise Physiology
 Electives (options on list below) (4)
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Freshman Year

30 credits

Sophomore Year

32 credits

Junior Year

30 credits

Total = 92 credits

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

Fall**Spring****Senior Year***

28 Credits

A minimum of 18 credits must be taken from the below restricted elective list:

BISC 208 Introductory Biology II
 CHEM 104 General Chemistry
 HLTH 411 Topics in health
 KAAP 301 Lifespan Motor Development
 KAAP 309 Human Anatomy and Physiology I
 KAAP 310 Human Anatomy & Physiology II
 KAAP 350 Basic Concepts in Kinesiology
 KAAP 420 Functional Human Anatomy
 KAAP 428 Motor Control and Learning
 KAAP 434 Twelve-Lead Electrocardiogram Interpretation
 KAAP 440 Topics in Exercise Science

KAAP 447 Advanced Topics in Strength and Conditioning
 KAAP 475 Clinical Exercise Physiology
 KAAP 484 Women in Sports
 KAAP 487 Research in Sports Medicine
 MMSC 301 Introduction to Biotechnology
 NSCI 320 Introduction to Neuroscience
 NURS 411 Topics in Healthcare Delivery
 NURS 412 Multicultural Topics in Healthcare Delivery
 PHYS 202 Introductory Physics II
 PSYC 325 Child Psychology
 PSYC 334 Abnormal Psychology

*The senior year option is only for those students who decide after their junior year they no longer want to pursue the MS-AT degree or have not met the necessary pre-requisite admissions criteria to be accepted.