

# B.S. IN HEALTH SCIENCE: GENERAL - SPORTS MEDICINE STUDIES CONCENTRATION

College of Health Sciences

## Curriculum

(\*Note: As of Summer 2022, this program and its accelerated counterpart are no longer accepting new students. Interested students should consider the B.S. in Sports Medicine Studies (<https://catalog.wcupa.edu/undergraduate/health-sciences/sports-medicine/sports-medicine-studies-bs/>).

Code	Title	Credits
<b>GENERAL EDUCATION REQUIREMENTS</b> ( <a href="http://catalog.wcupa.edu/undergraduate/general-education-requirements/">http://catalog.wcupa.edu/undergraduate/general-education-requirements/</a> )		
<b>Academic Foundations</b>		
	First Year Experience requirement	4
	English Composition requirement	6-7
	Mathematics requirement	3-4
	Interdisciplinary requirement	3
	Diverse Communities requirement	3
	Ethics requirement	3
<b>Distributed Disciplinary Foundations</b>		
	Science requirement	6-8
	Behavioral & Social Science requirement	6
	Humanities requirement	6
	Arts requirement	3
<b>ADDITIONAL BACCALAUREATE REQUIREMENTS</b> ( <a href="http://catalog.wcupa.edu/undergraduate/general-education-requirements/">http://catalog.wcupa.edu/undergraduate/general-education-requirements/</a> )		
<b>University Requirements</b>		
	Writing Emphasis requirement	9
	Speaking Emphasis requirement	9
<b>Degree Requirements</b>		
	Capstone requirement	1-15
<b>MAJOR REQUIREMENTS</b>		
<b>Major/Concentration Courses</b>		
HEA 110	Transcultural Health: Principles and Practice	3
HEA 210	Introduction to Allied Health	3
HEA 242	Introduction to Public and Community Health	3
HEA 341	Chronic and Communicable Diseases	3
HEA 377	Pharmacology	2
HEA 419	Research Methods in Health	3
NTD 303	Introductory Principles Human Nutrition	3
SMD 204	First Aid for Health Professionals	3
SMD 210	Psychosocial Perspectives of Sports/Recreational Injuries	3
SMD 261	Surface Anatomy	3
SMD 361	Kinesiology	3
SMD 400	Special Topics in Athletic Training	3
SMD 420	Sports Medicine 1	3
SMD 430	Sports Medicine 2	3
<b>Related/Cognate Requirements</b>		
BIO 110	General Biology I	4

BIO 259	Human Anatomy and Physiology I	4
BIO 269	Human Anatomy and Physiology II	4
CHE 107	General Chemistry for Allied Health Sciences	4
CRL 107	General Chemistry Lab for Allied Health Sciences	1
PHY 100	Elements of Physical Science	3
MAT 121	Introduction to Statistics I	3
PSY 100	Introduction to Psychology	3
EXS 380	Exercise Physiology	3
EXL 380	Exercise Physiology Lab	1
EXS 102	Fundamentals of Resistance Training Techniques	2
NTD 422	Nutrition for Health, Fitness & Sport	3
<b>Capstone Requirement</b>		
SMD 450	Capstone in Sports Medicine <sup>1</sup>	3
<b>Total Minimum Credits Required</b>		<b>120</b>

<sup>1</sup> This course fulfills the Capstone requirement.

## Accelerated B.S. in Health Science: General - Sports Medicine Studies Concentration to M.S. in Athletic Training Program

Beginning in Summer I after Year 3, the 12 credits below from the M.S. in Athletic Training will be used to satisfy the final 12 credits for the B.S. Health Sciences: Concentration in Sports Medicine Sciences.

Code	Title	Credits
SMD 500	Human Cadaver Anatomy	2
SMD 501	Human Cadaver Dissection	4
SMD 502	Prevention & Care of Injury and Illness	3
SMD 505	Evidence Based Practice in Sports Medicine	3

## Progression into the M.S. in Athletic Training Program

An application and notification of intent to progress into the M.S. in Athletic Training program must be completed by the announced deadline in the spring semester of the sophomore year .

A student must achieve a grade of C or better in all undergraduate major and related required courses. Students must have a 3.0 cumulative GPA to progress into the M.S. in Athletic Training program. (If applicable, transfer course grades will be calculated in to determine GPA.)

An interview with department faculty may be required. Please see the S (<http://www.wcupa.edu/healthsciences/sportsmed/>)ports Medicine Department (<http://www.wcupa.edu/healthsciences/sportsmed/>) for technical standards for the M.S. in Athletic Training.

## Sample Course Plan

To track their individual degree progress, students are advised to access their Degree Progress Report (DPR) via myWCU regularly. For more information, visit [www.wcupa.edu/DegreeProgressReport](http://www.wcupa.edu/DegreeProgressReport) (<http://www.wcupa.edu/degreeprogressreport/>).

The following is a sample suggested course sequence for this program; course offerings and availability are not guaranteed. Students should consult their academic advisor with any questions.

**Accelerated B.S. in Health Science: General -  
Sports Medicine Studies Concentration to M.S. in  
Athletic Training**

Course	Title	Credits
<b>Year One</b>		
<b>Fall</b>		
HEA 210	Introduction to Allied Health	3
BIO 110	General Biology I	4
WRT 120	Effective Writing I	3
PSY 100	Introduction to Psychology	3
FYE 100X	First Year Experience	4
<b>Credits</b>		<b>17</b>
<b>Spring</b>		
HEA 110	Transcultural Health: Principles and Practice	3
SMD 204	First Aid for Health Professionals	3
BIO 259	Human Anatomy and Physiology I	4
WRT 200	Critical Writing and Research	3
or WRT 208	or Critical Writing: Entering Public Sphere	
or WRT 220	or Critical Writing: Special Topics	
SPK 208	Public Speaking	3
or Behavioral & Social Science Gen Ed		
<b>Credits</b>		<b>16</b>
<b>Summer</b>		
(These can also be completed during the winter term.)		
Behavioral & Social Science Gen Ed		3
or SPK 208		
Arts Gen Ed		3
<b>Credits</b>		<b>6</b>
<b>Year Two</b>		
<b>Fall</b>		
HEA 242	Introduction to Public and Community Health	3
SMD 210	Psychosocial Perspectives of Sports/Recreational Injuries	3
SMD 361	Kinesiology	3
BIO 269	Human Anatomy and Physiology II	4
MAT 121	Introduction to Statistics I	3
or SMD 261	or Surface Anatomy	
<b>Credits</b>		<b>16</b>
<b>Spring</b>		
SMD 261	Surface Anatomy	3
or MAT 121	or Introduction to Statistics I	
NTD 303	Introductory Principles Human Nutrition	3
PHY 100	Elements of Physical Science	3
Humanities Gen Ed		3
Speaking Emphasis Gen Ed		3
Writing Emphasis Gen Ed (300/400 level)		3
<b>Credits</b>		<b>18</b>
<b>Summer</b>		
(These can also be completed during the winter term.)		

CHE 107 & CRL 107	General Chemistry for Allied Health Sciences and General Chemistry Lab for Allied Health Sciences	5
<b>Credits</b>		<b>5</b>
<b>Year Three</b>		
<b>Fall</b>		
HEA 341	Chronic and Communicable Diseases	3
HEA 377	Pharmacology	2
EXS 380 & EXL 380	Exercise Physiology and Exercise Physiology Lab	4
SMD 400	Special Topics in Athletic Training	3
SMD 420	Sports Medicine 1	3
<b>Credits</b>		<b>15</b>
<b>Spring</b>		
HEA 419	Research Methods in Health	3
EXS 102	Fundamentals of Resistance Training Techniques	2
SMD 430	Sports Medicine 2	3
SMD 450	Capstone in Sports Medicine	3
NTD 422	Nutrition for Health, Fitness & Sport	3
Humanities Gen Ed		3
<b>Credits</b>		<b>17</b>
<b>Summer Session I</b>		
(MS in AT courses)		
SMD 501	Human Cadaver Dissection	4
SMD 502	Prevention & Care of Injury and Illness	3
<b>Credits</b>		<b>7</b>
<b>Summer Session II</b>		
(MS in AT courses)		
SMD 512	Orthopedic Assessment 1	3
<b>Credits</b>		<b>3</b>
<b>Total Credits</b>		<b>120</b>