

**RANDOLPH COLLEGE**

**Declaration of Major**

**ID:**

NAME:  
(Last, First, Middle Initial)

Grad Month:

Grad Year:

<b>Sport and Exercise Studies Major – Health &amp; Fitness</b>		<b>2021-22 Catalog</b>		
<b>Courses</b>	<b>Course Title</b>	<b>Course Hours</b>	<b>Semester of Enrollment</b>	<b>Grade</b>
<b>One of the following:*</b>		4		
BIOL 1103-1100L	Introductory Biology and Lab			
BIOL 1108-1100L	Human Biology and Lab			
<b>Required:</b>				
BIOL 2203	Physiology	3		
BIOL 2203L	Physiology Lab	1		
SES 1141	Professional Issues in Sport & Exercise Studies	1		
SES 1143	First-Aid and Safety	2		
SES 1163	Nutrition & Fitness Performance	4		
SES 1165	Lifetime Wellness	4		
SES 2261	Exercise Physiology	4		
SES 3361	Kinesiology	4		
SES 3362	Exercise Testing and Prescription	4		
<b>One of the following:</b>		4		
SES 1161	Introduction to Athletic Training			
SES 2264	Evaluation of Athletic Injuries			
<b>Two of the following:</b>		8		
SES 2206	Essentials of Strength & Conditioning			
SES 2241	Exercise Adherence & Compliance			
SES 3307	Motor Learning & Development			
SES 3342	Psychology of Injury			
<b>Activity classes:</b>				
<b>One of the following:</b>				
DANC 1131/1132	Elementary Dance Technique	0.5		
DANC 1141/1142	Ballet	0.5		
<b>Required:</b>				
P ED 1106	Aquatic Fitness and Conditioning	0.5		
P ED 1117	Weight Training	0.5		
<b>Senior Program &amp; Internship Experiences</b>				
SES 4494	Senior Seminar	4		
EX L	Experiential Learning (EX L) in an appropriate area*	1-4		
<b>Total for BA Degree in SES – Health &amp; Fitness</b>		<b>49.5-52.5</b>		

*\*Internships must be pre-approved by the Director of the Sport and Exercise Studies program or the student's major advisor. The internship experience must be completed by the end of first semester*

*senior year. Summer internships are also acceptable.*

\*Specify the courses you are using to fulfill the requirement, transfer courses or another course you are being allowed to substitute. Note: The Request for Substitution of Major/Minor Requirement Form must be completed for substituted courses.

I understand that I am responsible for successfully completing all courses listed by the end of my final year with a minimum GPA of 2.0 (rounded), for determining that scheduling will allow me to fulfill requirements, and for obtaining approval for any courses taken at another institution to count toward the major.

Signature of Student

Date

**For Declaration of Major:** Successful completion of the courses listed above satisfies major requirements.

Department Chair/Program Coordinator

Advisor will be