

RANDOLPH COLLEGE

Declaration of Major

ID:

NAME:

(Last, First, Middle Initial)

Grad Month:

Grad Year:

Sport and Exercise Studies Major – Health & Fitness		2020-21 Catalog		
Courses	Course Title	Course Hours	Semester of Enrollment	Grade
One of the following:*		4		
BIOL 103-100L	Introductory Biology and Lab			
BIOL 108-100L	Human Biology and Lab			
Required:				
BIOL 203	Physiology	3		
BIOL 203L	Physiology Lab	1		
SES 141	Professional Issues in Sport & Exercise Studies	1		
SES 143	First-Aid and Safety	2		
SES 163	Nutrition & Fitness Performance	3		
SES 165	Lifetime Wellness	3		
SES 261	Exercise Physiology	3		
SES 361	Kinesiology	3		
SES 362	Exercise Testing and Prescription	3		
One of the following:*		3		
SES 161	Introduction to Athletic Training			
SES 264	Evaluation of Athletic Injuries			
Two of the following:*		6		
SES 206	Essentials of Strength & Conditioning			
SES 241	Exercise Adherence & Compliance			
SES 307	Motor Learning & Development			
SES 342	Psychology of Injury			
Activity classes:				
One of the following:*				
DANC 131/132	Elementary Dance Technique	1		
DANC 141/142	Ballet	1		
Required:				
P ED 114	Aquatic Fitness and Conditioning	0.5		
P ED 117	Weight Training	0.5		
Senior Program & Internship Experiences				
SES 494	Senior Seminar	3		
EX L	Experiential Learning (EX L) in an appropriate area ¹	1-3		
Total for BA Degree in SES – Health & Fitness		41-43		

¹Internships 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