

Q.U. UNDERGRADUATE DEGREE REQUIREMENTS - BONAVENTURE AND MAJOR

B. S. EXERCISE SCIENCE - HUMAN PERFORMANCE CONCENTRATION (120 HRS)

CATALOG YEAR: 2023-2024

DATE AA / AS AWARDED _____

NAME _____ ID# _____

BONAVENTURE PROGRAM

A. University Courses	Grade	Credit	IP/Sem*
	(0-6 hours)		
Diversity course (D:)* (PED 456)®	_____	0	_____
Global course (G:)* (SPM 460)®	_____	0	_____
BPP 410 - Bonaventure Program Portfolio	_____	0	_____

B. Written/Oral Communication	Grade	Credit	IP/Sem*
	(9 hours)		
ENG 111 W: Composition	_____	3	_____
ENG 112 W: Composition & Texts	_____	3	_____
COM 101 Fund of Public Speaking	_____	3	_____

WRITING-ENRICHED COURSES

MGT 300 PED 345 PED 454

C. Philosophy/Theology/Ethics	Grade	Credit	IP/Sem*
	(9 hours)		
TRS 116 G: Western Rel Traditions®	_____	3	_____
Theology _____®	_____	3	_____
Philosophy _____	_____	3	_____
Ethics courses (E:) (SPM 450) ®	_____	0	_____
(E: course has to be at 300 level or above)			

D. Humanities/Fine Arts	Grade	Credit	IP/Sem*
	(6 hours)		
Eng Literature-200 level or above	_____	3	_____
Art, Music or Theatre	_____	3	_____

E. Social Sciences	Grade	Credit	IP/Sem*
	(9 hours)		
PSY 100 Intro to Psychology ®	_____	3	_____
ECO 222 Macroeconomics ®	_____	3	_____
History _____	_____	3	_____

F. Natural Sciences/Mathematics	Grade	Credit	IP/Sem*
	(12 hours)		
BIO 282 Anatomy & Physiology I®	_____	4	_____
CHE 125/CHE 150 Chemistry® (FA)	_____	4/5	_____
MAT 125 College Algebra	_____	3	_____
* One Science course needs a lab			

®Required: not waived with AA/AS Degree

#Grade of "C" or higher required

G. MAJOR REQUIREMENTS	Grade	Credit	IP/Sem*
	(37 hours)		
PED 106 Strength Training (FA)	_____	2	_____
PED 200 Intro to Athletic Training (SP)	_____	3	_____
PED 236 First Aid/CPR	_____	2	_____
PED 246 Exercise Techniques (SP)	_____	3	_____
PED 301 Sport & Exercise Nutrition (FA)	_____	3	_____
PED/SCI 344 Kinesiology (SP)	_____	3	_____
PED/SCI 345 W:Physiology of Exercise (FA)	_____	3	_____
PED 380 Principles of Strength & Cond. (FA)	_____	3	_____
PED 454 W: Exercise Assessment (SP)	_____	3	_____
PED 455 Program Design (FA)	_____	3	_____
PED 456 D: Special Populations (SP)	_____	3	_____
PED 458 Program Design/Athletic Perf (SP)	_____	3	_____
PED 460 Personal Training Practicum	_____	3-6	_____

Students need a Cumulative Major G.P.A. of 2.0 and no more than two major courses (section G) below a 'C' for degree completion.

H. REQUIRED SUPPORT COURSES	Grade	Credit	IP/Sem*
	(37 hours)		
SPM 240 Intro Phys.Activity & Sport Mgmt. (FA)	_____	3	_____
SPM 264 Intro. to Sport Psychology (FA)	_____	3	_____
SPM 350 Facilities Management (FA)	_____	3	_____
SPM 351 Sport Marketing (SP)	_____	3	_____
SPM 430 Sport Law (SP)	_____	3	_____
SPM 450 Sport Ethics (SP)	_____	3	_____
SPM 460 G: Globalizatoin of Sport (FA)	_____	3	_____
MGT 300 W:Principles of Management (FA)	_____	3	_____
MGT 301 Small Business Management (SP)	_____	3	_____
BUS 215 Business Law	_____	3	_____
BUS 219 Personal Finance	_____	3	_____
BIO 283 Anatomy and Physiology II	_____	4	_____

I. ADDITIONAL ELECTIVES (100-400 level) (up to 10 hours may be PED) (to total 120)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

UNDERGRADUATE DEGREE REQUIREMENTS

QUANTITATIVE AND RESIDENCY

- ____ Complete ≥ 120 hrs
- ____ Complete ≥ 39 hrs at the 300-400 course level
- ____ Meet major requirements as set in Academic Catalog
- ____ Complete ≥ 27 hrs at 200-400 level with ≥ 21 hrs at QU
- ____ Complete ≥ 30 hrs in residency with ≥ 21 hrs in major
- ____ Complete ≥ 56 hrs at a 4-year institution

QUALITATIVE

- ____ A minimum cumulative GPA of 2.0 overall
- ____ A minimum GPA of 2.0 in major and relevant minor coursework

Quincy University coursework is measured by Semester Hour. Quarter Hour transfer work will be transferred in as the equivalent Semester Hour.

TRANSFER STUDENTS WITH A.A. OR A.S. DEGREE

Most Bonaventure Program requirements are fulfilled except:

- ____ 2 Theology courses (one course may transfer in)
- ____ 1 300 level Ethics (E:) course
- ____ 1 Philosophy course if the (E:) Ethics requirement is met outside of the PHI prefix (unless a Philosophy course is transferred in)
- ____ 1 Diversity (D:) or Global (G:) course
- ____ 2 Writing-Enriched (W:) courses

SERVICE LEARNING HOUR REQUIREMENTS

Students must complete 30 hours. Transfer students who have transferred 24-47.9 hours must complete 20 hours. Those who have transferred 48 hours or more must complete 10 hours. See the QUEST Center for details.

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