

# Q.U. UNDERGRADUATE DEGREE REQUIREMENTS - BONAVENTURE AND MAJOR

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

CATALOG YEAR: 2024-2025

DATE AA / AS AWARDED \_\_\_\_\_

NAME \_\_\_\_\_ ID# \_\_\_\_\_

### BONAVENTURE PROGRAM

	Grade	Credit	IP/Sem*
<b>A. University Courses (0-6 hours)</b>			
Diversity course (D:)* (PED 456)®	—	0	—
Global course (G:)* (SPM 460)®	—	0	—
BPP 410 - Bonaventure Program Portfolio	—	0	—
<b>B. Written/Oral Communication (9 hours)</b>			
ENG 111 W: Composition	—	3	—
ENG 112 W: Composition & Texts	—	3	—
COM 101 Fund of Public Speaking	—	3	—
<b>WRITING-ENRICHED COURSES</b>			
MGT 300 PED 345 PED 454	—	—	—
<b>C. Philosophy/Theology/Ethics (9 hours)</b>			
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)			
<b>D. Humanities/Fine Arts (6 hours)</b>			
Eng Literature-200 level or above	—	3	—
Art, Music or Theatre	—	3	—
<b>E. Social Sciences (9 hours)</b>			
PSY 100 Intro to Psychology®	—	3	—
ECO 222 Macroeconomics®	—	3	—
History _____	—	3	—
<b>F. Natural Sciences/Mathematics (12 hours)</b>			
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 (37 hours)

	Grade	Credit	IP/Sem*
PED 106 Strength Training (FA)	—	1	—
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 (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: Globalization 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)**

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### 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.

