

Use this Checklist if entered the program between fall 2019 – current



BS in Wellness – Sports Management CORE 42 (revised 10/19)

Name: _____ **ID#:** _____

Successful completion of the courses listed below will entitle a person to receive a Bachelor of Science degree in Wellness with a major emphasis in Kinesiology.

The following courses are the General Education CORE 42 requirements of Lincoln University. Those marked with an *, students must have a grade of “C” or better. Courses may not count in more than one area, see CORE 42 guide for additional course options

_____	ENG 101	Composition and Rhetoric I	(1. Written Comm.)	3
_____	ENG 102	Composition and Rhetoric II	(1. Written Comm.)	3
_____	SPT 206	Fundamentals of Speech	(2. Oral Comm.)	3
_____	MAT 117	Elementary Statistics	(3. Math Sciences)	3
_____	_____	ENV 103/104L, BIO 208/209L, PHY 103	(4. Natural Sciences)	3
_____	BIO 103	Biological Science *	(4 A. Natural Sciences)	3
_____	BIO 104L	Biological Science Lab *	(4 B. Natural Sciences)	1
_____	_____	HIS 205/206 or PSC 203	(5 A. Soc./Behv. Sciences)	3
_____	PSY 101	General Psychology *	(5 B. Soc./Behv. Sciences)	3
_____	SA 201	Intro to Sociology *	(5 B. Soc./Behv. Sciences)	3
_____	ECO 201	Macroeconomics *	(5 B. Soc./Behv. Sciences)	3
_____	HIS101/102	International History	(6. Hum/Fine Arts)	3
_____	_____	E: ART 100, PHI 101/102/201/203, SPT 209	(6. Hum/Fine Arts)	3
_____	_____	E: MUS 200/205, PHI 101/102/201/203, ENG 200	(6. Hum/Fine Arts)	3
_____	_____	HIS 101/102, SA 202, or PHI 201	(7. Int. Cultural Diversity)	<u>3</u>
Total				43

The following course is a General Education Institutional Requirement of Lincoln University:

_____	GE 101	University Seminar	(8. Gen Ed Skills)	<u>1</u>
Total				1

The courses with an E and blanks in this section allow for an elective. The elective for each section must be from the approved CORE 42 course list for that specific section and be a transferrable CORE 42 course. Please see advisor for more information.

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Required Major Courses for BS in Wellness (minimum grade of C required). You must have a 3.00 GPA in the following required Wellness & Sports Management courses.

WELLNESS REQUIREMENTS:

_____	PED 111	Personal and Community Health	(FA/SP)	2
_____	PED 303/PEP320	Healthcare Ethics (SP) or Assessments in PE (FA)		3
_____	PEP 200	Foundations of Physical Education & Wellness	(FA/SP)	3
_____	PEP 201	Nutrition, Fitness, and Conditioning	(FA/SP)	3
_____	PEP 205	CPR, Safety and First Aid	(FA/SP)	2
_____	PEP 301/PEP360	Kinesiology (SP) or Exercise Physiology (FA)		3
_____	PEP 307/PSY407	Psy/Soc Aspects Phys Act (FA) or Sport Psych (SP)		3
_____	WEL 485	Wellness Facility Management	(TBA)	3
_____	WEL 499	Internship in Wellness	(SP)	<u>12</u>
			Total	34

SPORTS MANAGEMENT EMPHASIS REQUIREMENTS:

_____	ACC 246	Principles of Accounting	(FA/SP)	3
_____	BAD 101	Intro to Business	(FA/SP)	3
_____	BAD 310	Principles of Management	(FA/SP)	3
_____	ECO 202	Microeconomics	(FA/SP)	3
_____	MKT 309	Advertising Principles	(FA)	3
_____	MKT 321	Principles of Marketing	(FA/SP)	3
_____	PED 418	Stress, Mental, Emotional, & Spiritual Wellness	(TBA)	3
_____	WEL 407	Program and Delivery in Wellness	(FA)	<u>3</u>
			Total	24

ELECTIVES **18**

TOTAL NUMBER OF HOURS: **120**

Suggested Department Electives

- PED 303: Healthcare Ethics
- PEP 320: Assessments in PE & Wellness
- PEP 372: I & A of Movements and Rhythms
- PEP 378: I & A of Lifetime Activities
- PEP 379: I & A of Ind. Activities & Dance
- PEP 380: Care of Injuries – Upper Body
- PEP 381: Care of Injuries - Lower Body
- PEP 417: M/M/O of Coaching or EDU 417-H M/M/O of Health Education

Suggested Additional Business Electives

- BAD 215: Intro to Global Business
- BAD 275: Business Law I
- BAD 338: Human Resource Management
- BAD/PHI 304: Business Ethics
- CS 105: Business Applications for the Microcomputer
- MKT 410: Social Media Marketing

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BS WELLNESS: SPORTS MANAGEMENT DEGREE PATHWAYS CORE 42 (FALL 2019-CURRENT)

Semester 1		Hrs.	Semester 2		Hrs.
GE 101	University Seminar (8)	1	ENG 102	Composition & Rhetoric II (1)	3
ENG 101	Composition & Rhetoric I (1)	3-4	MAT 117	Elementary Statistics (3)	3-5
PSY 101	General Psychology (5)	3	HIS 205/206 or PSC 203	American/National History (5)	3
HIS 101/102	International History (6)	3	Elective	Humanities & Fine Arts (6)	3
Elective	Humanities & Fine Arts (6)	3	Elective	Inter. Cultural Diversity (7)	3
PED 111	Personal & Comm. Health	2			
TOTAL:		15	TOTAL:		15

Semester 3		Hrs.	Semester 4		Hrs.
SPT 206	Fundamentals of Speech (2)	3	BIO 103	Biology (4)	3
Elective	Natural Sciences (4)	3	BIO 104 L	Biology Lab (4)	1
PEP 201	Nutrition, Fitness & Cond.	3	ECO 201	Macro-Economics (5)	3
PEP 200	Foundations of PE & Wellness	3	ACC 246	Principles of Accounting	3
BAD 101	Intro. to Business	3	PEP 205	CPR, Safety, & First Aid	2
			SA 201	Intro. to Sociology (5)	3
TOTAL:		15	TOTAL:		15

Semester 5		Hrs.	Semester 6		Hrs.
PE 3XX	PEP 360 (Fall) OR PEP 301 (Spring)	3	PE 3XX	PED 303 (Spring) OR PEP 320 (Fall)	3
PED 418	Stress, Mental, Emotional Wellness *	3	WEL 485	Wellness Facility Management *	3
PEP 307	Psy/Soc of Phys Activity	3	BAD 310	Principles of Management	3
ECO 202	Micro-Economics	3	Elective	Departmental Elective	3
MKT 309	Advertising Principles	3	Elective	Departmental Elective	3
TOTAL:		15	TOTAL:		15

Semester 7		Hrs	Semester 8		Hrs.
WEL 407	Program Delivery in Wellness	3	WEL 499	Internship in Wellness	12
MKT 321	Principles of Marketing	3	Elective	Departmental Elective	3
Elective	Departmental Elective	3			
Elective	Departmental Elective	3			
Elective	Departmental Elective	3			
TOTAL:		15	TOTAL:		15

* Courses not offered on an annual rotation, please schedule in your pathway when offered (See Advisor)