

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

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

CATALOG YEAR: 2021-2022

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®	—	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

	Grade	Credit	IP/Sem*
<b>G. MAJOR REQUIREMENTS (37 hours)</b>			
PED 106 Strength Training	—	2	—
PED 200 Intro to Athletic Training	—	3	—
PED 236 First Aid/CPR	—	2	—
PED 246 Exercise Techniques	—	3	—
PED 301 Sport & Exercise Nutrition	—	3	—
PED 340 Rhythms and Dance	—	3	—
PED/SCI 344 Kinesiology	—	3	—
PED/SCI 345 W: Physiology of Exercise	—	3	—
PED 380 Principles of Strength & Cond.	—	3	—
PED 454 W: Exercise Assessment	—	3	—
PED 455 Program Design	—	3	—
PED 456 D: Special Populations	—	3	—
PED 460 Personal Training Practicum	—	3-6	—

**Grade of "C-" or higher required in all PED courses**

	Grade	Credit	IP/Sem*
<b>H. REQUIRED SUPPORT COURSES (37 hours)</b>			
SPM 240 Intro Phys.Activity & Sport Mgmt.	—	3	—
SPM 264 Intro. to Sport Psychology	—	3	—
SPM 350 Facilities Management	—	3	—
SPM 351 Sport Marketing	—	3	—
SPM 430 Sport Law	—	3	—
SPM 450 Sport Ethics	—	3	—
SPM 460 G: Globalization of Sport	—	3	—
MGT 300 W: Principles of Management (FA)	—	3	—
MGT 301 Small Business Management	—	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

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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.

