West Chester University B.S. in Sports Medicine Studies through the Honors College Advisement Sheet

Effective for students entering Spring '26 and later.

Indicate all the courses you have taken at WCU or transferred for credit. For completed courses, also list the grades. Mark an asterisk (*) beside courses you are currently taking.

I. COGNATE COURSES

MAT 121 ___ (Introduction to Statistics I)
HEA 110 ___ (Transcultural Health: Principles and Practice)
HEA 377 ___ (Pharmacology)
BIO 110 ___ (General Biology)
BIO 259 ___ (Human Anatomy and Physiology I)
BIO 269 ___ (Human Anatomy and Physiology II)
EXS 380 ___ (Exercise Physiology)
EXL 380 ___ (Exercise Physiology Lab)
NTD 303 ___ (Introductory Principles Human Nutrition)
NTD 422 ___ (Nutrition for Health, Fitness & Sports)
CHE 107 ___ (General Chemistry for Allied Health Sciences)
CRL 107 ___ (General Chemistry Lan for Allied Health Sciences)
PHY 100 ___ (Elements of Physical Science)

II. SPORTS MEDICINE CORE CLASSES

SMD 100 ___ (Foundations of Sports Medicine)
SMD 204 ___ (First Aid for Health Professionals)
SMD 210 ___ (Psychosocial Perspectives of Sports/Recreational Injuries)
SMD 261 ___ (Surface Anatomy)
SMD 361 ___ (Kinesiology)
SMD 400 ___ (Special Topics in Athletic Training)
SMD 420 ___ (Sports Medicine I)
SMD 430 ___ (Sports Medicine II)
SMD 490 ___ (Applied Clinical Anatomy)
SMD 450 ___ (Capstone in Sports Medicine)

III. HONORS COLLEGE CORE SEQUENCE for GEN ED (27 credits)

HON 100 _____ (Self Awareness)
HON 211 _____ (Public Discourse)
HON 212 _____ (Ethics & Technology)
HON 310 _____ (Community Change)
HON 311 _____ (Stewardship/Civic Responsibility)
HON 312 _____ (Educational Systems)
or
HON 322 _____ (Leader. With ELLs)
HON 313 _____ (Public Opinion)
HON 314 _____ (Environ. Systems)
HON 315 _____ (Community & Arts)
SCIENCE _____x___
MAT ___ __x___

VI. ADDITIONAL HONORS COLLEGE REQUIREMENTS (9 credits)

A) Two HON seminars at the 320 level or above (except 322)

HON _____ _____
HON _____ _____

B) Capstone Project^

HON 490 _____

^NOTE: ***Enrollment upon core completion***: ideally 6th or 7th semester.

V. DIRECTED ELECTIVES

Take enough directed electives to complete 120 credits. The actual number of electives required will vary depending upon (among other things) the option to complete a minor(s) and the number of courses the student must take to complete the foreign language requirement.

Bring this sheet with you whenever you meet with your advisor about scheduling or course planning!

(Revised Spring 2026)