

# SPORTS AND HEALTH SCIENCES

## BACHELOR OF SCIENCE IN SPORTS AND HEALTH SCIENCES

AMU's Sports and Health Sciences degree is a study of the human, physical, psychological, and related issues concerning sports, recreation, health, and wellness. Students may pursue a career in the disciplines of sport coaching, sport management, or health and fitness management.

*123 semester hrs / 40 courses & 3 labs*

### GENERAL EDUCATION (41 SEMESTER HRS / 14 COURSES)

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Requirements include foundations of online learning, English, history, literature and humanities, science and mathematics, political science, and social sciences.

### CORE COURSES (34 SEMESTER HRS / 11 COURSES & 1 LAB)

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Students must take 11 core courses:

- » Introduction to Human Anatomy & Physiology w/Lab
- » Sports Law, Risk, and Regulation
- » Nutrition
- » Advanced Human Anatomy & Physiology
- » Training and Conditioning
- » Sports and Recreation Facility Management
- » Kinesiology
- » Human Life Span Development
- » Sports Psychology
- » Exercise Psychology
- » Contemporary and Social Issues in Sport

### MAJOR COURSES (18 SEMESTER HRS / 6 COURSES)

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Students must select 6 major courses. For concentrations, students must take all 6 courses in the same area. Concentrations are offered in:

- » Exercise Science
- » Coaching Studies
- » Sports Management
- » Pre-Sports Medicine

### ELECTIVES (27 SEMESTER HRS / 9 COURSES)

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Students may choose from other courses not taken to meet required, core, or major requirements.

### CAPSTONE COURSE (3 SEMESTER HRS)

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- » Senior Seminar in Sports and Health Sciences

*For the most current program, concentration, and degree path details, please consult the AMU catalog at: [www.amu.apus.edu/Catalog](http://www.amu.apus.edu/Catalog)*

*AMU is part of the American Public University System,  
which is a regionally accredited institution*

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