

2024 - 2025 Major Map

Sports Science and Performance Programming, BS

School/College: College of Health Solutions
NHSPTSPPBS

Term 1 0 - 15 Credit Hours Critical course signified by ⚠	Hours	Minimum Grade	Notes
⚠ CHS 101: The ASU Experience for Health Solutions Students	1		<ul style="list-style-type: none"> ASU 101 or college-specific equivalent First-Year Seminar required of all first-year students. College of Health Solutions majors take CHS 101 to fulfill this requirement. Students interested in pursuing graduate school should take a higher level math in term 1 (or later as an elective for those placing into MAT 117 in term 1). Join the Athletics Affinity Network. Join a student club or professional organization such as the National Strength and Conditioning Association.
⚠ KIN 101: Introduction to Kinesiology	3	C	
CHM 101: Introductory Chemistry (SCIT OR SQ) OR CHM 113: General Chemistry I (SCIT OR SQ)	4	C	
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
MAT 117: College Algebra (MATH OR MA) OR MAT 170: Precalculus (MATH OR MA)	3	C	
Elective	1		
Term hours subtotal:	15		
Term 2 15 - 30 Credit Hours Critical course signified by ⚠	Hours	Minimum Grade	Notes
⚠ SSP 142: Sports Performance Practical Training	3	C	<ul style="list-style-type: none"> First-year students must take CHS 100; students who enter with more than 30 hours must take CHS 300 instead. Visit the CHS website for current student resources including forms and policies, advising appointment scheduling, internship information, and more.
CHS 100: Optimizing Your Health and Performance (SOBE OR SB) OR CHS 300: An Exploration of Well-Being (SOBE OR SB)	3	C	
ENG 101 or ENG 102: First-Year Composition OR ENG 105: Advanced First-Year Composition OR ENG 107 or ENG 108: First-Year Composition	3	C	
PSY 101: Introduction to Psychology (SOBE OR SB)	3	C	
Humanities, Arts and Design (HUAD)	3		
⚠ Complete ENG 101 OR ENG 105 OR ENG 107 course(s).			
Term hours subtotal:	15		
Term 3 30 - 46 Credit Hours Critical course signified by ⚠	Hours	Minimum Grade	Notes
⚠ BIO 201: Human Anatomy and Physiology I (SCIT OR SG)	4	C	<ul style="list-style-type: none"> Check your degree progress and learn to run your Graduation Audit (DARS). Research experiential learning opportunities. Secure a part-time job or volunteer experience.
HCD 300: Biostatistics (QTRS OR CS) OR PSY 230: Introduction to Statistics (QTRS OR CS) OR STP 226: Elements of Statistics (QTRS OR CS)	3	C	
NTR 241: Human Nutrition	3	C	
SSP 242: Resistance Training Foundations for Performance	3	C	
Global Communities, Societies and Individuals (GCSI)	3		
⚠ Complete Mathematics (MATH) requirement.			
⚠ Minimum 2.50 GPA ASU Cumulative.			
Term hours subtotal:	16		
Term 4 46 - 62 Credit Hours Critical course signified by ⚠	Hours	Minimum Grade	Notes

BIO 202: Human Anatomy and Physiology II (SCIT OR SG)	4	C	
SSP 275: Fundamentals of Sports Science	3	C	
Governance and Civic Engagement (CIVI)	3		
Sustainability (SUST)	3		
Elective	3		
★ Minimum 2.50 GPA ASU Cumulative.			
Term hours subtotal:		16	
Term 5 62 - 76 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ SSP 325: Applied Anatomy and Biomechanics of Sport and Movement	4	C	
SSP 315: Exercise and Sport Physiology AND SSP 316: Exercise and Sport Physiology Laboratory	4	C	
SSP 320: Coaching Leadership, Performance Team and Facility Management	3	C	
Humanities, Arts and Design (HUAD)	3		
★ Minimum 2.50 GPA ASU Cumulative.			
Term hours subtotal:		14	
Term 6 76 - 91 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ SSP 434: Plyometrics, Sports Movement and Conditioning	3	C	
★ SSP 460: Resistance Training Application and Theory	3	C	
KIN 348: Psychological Skills for Optimal Performance (SOBE OR SB)	3	C	
American Institutions (AMIT)	3		
Upper Division Elective	3		
★ Minimum 2.50 GPA ASU Cumulative.			
Term hours subtotal:		15	
Term 7 91 - 106 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ SSP 461: Performance Programming Components and Periodization	3	C	
SSP 423: Performance Testing and Technology	3	C	
Upper Division Major Elective	3	C	
Complete 2 courses:	6		
Upper Division Elective			
★ Minimum 2.50 GPA ASU Cumulative.			
Term hours subtotal:		15	
Term 8 106 - 120 Credit Hours Necessary course signified by ★	Hours	Minimum Grade	Notes
★ SSP 484: Internship	3	C	
Upper Division Major Elective	3	C	
Upper Division Elective	1		
Complete 2 courses:	7		
Elective			
Term hours subtotal:		14	

- Explore an **internship**.
- Obtaining volunteer hours at a sports performance facility is highly recommended.
- Attend a local clinic or conference.

- Develop your **professional online presence**.
- Review scholarship renewal criteria to ensure adequate enrollment.
- Thinking about graduate school? Consider registering for a grad school **test prep course**.
- Explore the **MS in Strength and Conditioning**.

- Review major electives at bottom of major map and run your **Graduation Audit (DARS)** prior to enrolling in term 7.
- Students are required to attend a pre-internship workshop prior to enrolling in SSP 484.
- Gather **professional references**.

- Select a major elective course from list at bottom of major map.
- Students that plan to sit for the **Certified Strength and Conditioning Specialist (CSCS)** exam are recommended to take NTR 457 as a major elective.
- Students are required to attend a pre-internship workshop prior to enrolling in SSP 484.

- Select a major elective course from list at bottom of major map.
- Register for the **Certified Strength and Conditioning Specialist (CSCS)** exam.
- SSP 484 fulfills the college's experiential learning requirement.

- Students can apply up to six credits of SSP 484: Internship toward Sports Science & Performance Programming major requirements. Completions beyond six credits will apply toward general electives.

Hide Course List(s)/Track Group(s)

Major Electives
CHS 394: CHS Peer Instructional Facilitator
CHS 494: Advanced Undergraduate Teaching Assistant
CHS 494: Undergraduate Research
CHS 499: Individualized Instruction
EXW 344: Impact of Physical Activity on Health and Disease (L)
KIN 345: Motor Behavior
KIN 352: Psychosocial Aspects of Physical Activity (SOBE OR SB & C)
KIN 465: Muscle Physiology
NTR 457: Sports Nutrition
NTR 494: Applied Practice in Nutrition
SSP 484: Internship
SSP 494: Sports Medicine
SSP 494: Strength & Conditioning for the Tactical Performer

- **Total Hours:** 120
- **Upper Division Hours:** 45 minimum
- **University Undergraduate Graduation Requirements**

Notes:

Mathematics Placement Assessment score determines placement in first mathematics course.

General Studies designations listed next to courses on the major map were valid for the 2024 - 2025 academic year. Please refer to the course catalog for current General Studies designations at time of class registration. General Studies credit is applied according to the designation the course carries at the time the class is taken.