



# SPORT PERFORMANCE

Name: \_\_\_\_\_

Advisor: \_\_\_\_\_

CORE REQUIREMENTS (46 credit hours)				
SEMESTER	REQUIREMENT	Course Options	Credits	
Complete by Sophomore Year	Knight Academy	SVU 101	1	
	Fresh. Writing	WRI 120	3	
	Philosophy	LIB 110	3	
	Am. Republic	LIB 120	3	
	Literature	LIB 130	3	
	Civilization I	ART 210, HIS 210, HIS 260, HUM 210, PHI 210, or POL 210	3	
	Civilization II	ART 215, HIS 215, HUM 215, MUS 215, PHI 215, POL 215 or THE 215	3	
	Mathematics	MAT 106, 114, 115, 221, 241, 242, CSC 120, or PHI 223	3-4	
	Life Science	BIO 114, 126, 201, or 212	3-4	
	Physical Science	CHE 114, 201, PHY 114, 117, 126, or 201	3-4	
One of the above life or physical science courses must have a <b>LAB</b> component. BIO 126, PHY 117, and PHY 126 are non-lab courses.				
Complete Any Year	Culture & Language 1	HUM 235R or Foreign Language Course (or approved F.L. equivalency exam)	3	
	Culture & Language 2	HUM 235R or Foreign Language Course (or approved F.L. equivalency exam)	3	
	Fine Arts	ART 120, 121, or 263; ENG 220, MUS 108, 129R, 139R, 221*, 221*, 256R*, 259R*, 275R*, 350R*, THE 110, 206, or 230/330R* (*2 instances of the same ensemble needed to satisfy requirement).	3	
	Social Sciences	ECN 210, EDU 200, 250, FHD 210, 250, POL 203, 223, or PSY 105	3	
JR Year	Health & Wellness	Complete PER 143 or 2 credits worth of activity courses. • <b>PER 203 First Aid does not count as an activity course</b>	2	
	Adv.Writing	WRI 320 <i>*must be completed by the end of your Junior year.</i>	3	

MAJOR REQUIREMENTS (34 credit hours)		
MAJOR CORE (17)		
SEMESTER	COURSE	CREDITS
	PER 105 Excellence in Sport and Life	3
	PER 243 Basic Nutrition	3
	PER 259R Physical Conditioning	1
	PER 259R Physical Conditioning	1
	PER 367 Psychology of Sport	3
	PHI 373 Philosophy of Sport	3
	PER 490 Leadership	3
MAJOR ELECTIVES (17)		
COMPLETE 17 HOURS FROM APPROVED ELECTIVES BELOW. OPTIONAL SPORT-RELATED CONCENTRATIONS ARE ALSO AVAILABLE (0-9 ADDITIONAL CREDITS)		
	BUS 255 Sports Analytics Using Excel	3
	BUS 334 Sports Marketing	3
	BUS 343 Principles of Organization & Leadership	3
	MAT 221 Statistics	3
	PER 203 First Aid	2
	PER 253 Introduction to Sports Management	3
	PER 259R Physical Conditioning (up to 2 more)	2
	PER 263 Introduction to Athletic Training	3
	PER 275R Topics in Physical Education & Rec.	3
	PER 313 Successful Coaching	3
	PER 362 Exercise Science	3
	PER 363 Kinesiology	3
	PER 368 Exercise Physiology	3
	PER 369 Strength & Conditioning Methods	3
	PER 375R Topics in Physical Education & Rec.	3
	PER385R Directed Study in Physical Ed. & Rec.	3
	PER 399R Internship (up to 2 times)	3
OTHER COURSES TOWARDS GRADUATION (REQUIRED: 120 TOTAL HOURS )		

## BACHELOR OF ARTS GRADUATION REQUIREMENTS

### The student must do the following to receive a bachelor of arts degree:

1. Complete a minimum of 120 credit hours of study, at least 60 of which or at least the last 36 credits before graduation are at Southern Virginia. No more than 9 credit hours will be granted for internship courses.
2. Complete all requirements of the Southern Virginia Core.
3. Complete all requirements of at least one major.
4. Earn a minimum grade point average of 2.00 on all course work taken at the university.
5. Comply with all university standards, regulations, and procedures, from the date of matriculation through the date of final graduation.

## SPORT PERFORMANCE MAJOR REQUIREMENTS (35 CREDIT HOURS)

Performing well in a sport requires physical virtues such as strength, speed, and agility, and moral virtues such as courage, self-discipline, fair-mindedness, and good judgment. The sport performance program cultivates these virtues in students through their reflective participation in and study of sport.

**Learning Goals:** Students who complete the sport performance major will demonstrate the following:

1. Improved athleticism.
2. Exercise of the cardinal virtues.
3. Adherence to a healthy regimen.
4. Ability to argue reasonably on philosophical issues in sport.
5. Leadership in sport to promote social well-being.

Program coordinator: Dr. John Armstrong

### Major Core (17 credit hours):

- PER 105 Excellence in Sport and Lifel (3)
- PER 243 Basic Nutrition (3)
- PER 259R Physical Conditioning (1), twice for a total of 2 credit hours
- PER 367 Psychology of Sport (3)
- PHI 373 Philosophy of Sport (3)
- PER 490 Leadership (3)

### Major Electives (at least 17 credit hours from among the following):

- BUS 255 Sports Analytics Using Excel (3)
- BUS 334 Sports Marketing (3)
- BUS 343 Principles of Organization and Leadership (3)
- MAT 221 Statistics (3)
- PER 203 First Aid (2)
- PER 253 Introduction to Sports Management (3)
- PER 259R Physical Conditioning (1), up to two seasons beyond the major core
- PER 263 Introduction to Athletic Training (3)
- PER 275R Topics in Physical Education and Recreation (3)
- PER 313 Successful Coaching (3)
- PER 362 Exercise Science (3)
- PER 363 Kinesiology (3)
- PER 368 Exercise Physiology (3)
- PER 369 Strength and Conditioning Methods (3)
- PER 375R Topics in Physical Education and Recreation (3)
- PER 385R Directed Study in Physical Education and Recreation (3)
- PER 399R Internship (3), up to two times

### Sport-related concentrations (optional):

#### Coaching

- PER 203 First Aid (2)
- PER 313 Successful Coaching (3)
- BUS 343 Principles of Organization and Leadership (3)

#### Sports Analytics

- MAT 221 Statistics (3)
- BUS 255 Sports Analytics Using Excel (3)
- ART 362 Data Visualization (3)

#### Sports Communication

- WRC 217 Public Speaking (3)
- PER 375R Sports Writing (3)
- PER 399R Internship: Sports Communication (3)

#### Sports Design

- ART 260 Graphic Design I (3)
- ART 360 Graphic Design II (3)
- ART 375R Sports Design (3)

#### Sports Management

- PER 253 Introduction to Sports Management (3)
- BUS 334 Sports Marketing (3)
- PER 399R Internship: Sports Management (3)

#### Sports Photography

- ART 246 Digital Photography I (3)
- ART 346 Digital Photography II (3)
- PER 399R Internship: Sports Photography (3)

#### Strength and Conditioning

- PER 368 Exercise Physiology (3)
- PER 369 Strength and Conditioning Methods (3)
- PER 399R Internship: Strength and Conditioning (3)