Springfield College
Sequencing Guide
Sports Biology Major (SBIO) ▼ 2022-2023

If you entered Springfield College in 2022-2023, use this guide for sequencing your courses. Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress, and always confirm your plans with your advisor.

Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:

- 100-level Wellness & Physical (1 cr)
- 200-level Wellness & Physical (1 cr)
- 300-level Wellness & Physical (1 cr)
- Literature (3 cr)
- Spiritual and Ethical (3 cr)
- Aesthetic Expression (3 cr)
- Historical and Social (3 cr)
- Themed Explorations (9 cr)
  - 3 prefixes
  - 1 Global course

This major typically requires 68 to 72 credits to complete. In addition to the Core Curriculum and major requirements listed, you must complete:

- **15 elective credits or more** to total at least 120 credits
- A **minimum cumulative GPA** of 2.000 or higher
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

SBIO Major Requirements – Typical First-Year Schedule

Fall:
SCSM 101, Springfield College Seminar (Core requirement – 3 cr)
ENGL 113, College Writing I (Core requirement – 3 cr)
BIOL 121, Bioscience I (3 cr – also fills Scientific Reasoning Core)
BIOL 123, Bioscience I Laboratory (1 cr – also fills Scientific Reasoning Core)

If you have a strong algebra background you should also take:
CHEM 121, General Chemistry I (3 cr)
CHEM 123, General Chemistry I Laboratory (1 cr)

If you don't have a strong algebra background and were not recommended for level 4 MATH, take MATH 90, 105, or 115. Then take CHEM 121-124 second year.

Plus other Core and major requirements, or electives to total approximately 15 credits

Spring:
ENGL 114, College Writing II (Core requirement – 3 cr)
BIOL 122, Bioscience II (3 cr)
BIOL 124, Bioscience II Laboratory (1 cr)

If CHEM 121 and 123 were completed:
CHEM 122, General Chemistry II (3 cr)
CHEM 124, General Chemistry II Laboratory (1 cr)
Plus other Core and major requirements, or electives to total 30 credits for the year

Fall or Spring:
First or both of two required MATH courses: Choose from MATH 125, 131, 140, 142, or 215 (3 cr; one also fills Quantitative Reasoning Core)

SBIO Major Requirements – Typical Second-Year Schedule

Fall:
BIOL 282, Biology Skills and Career Pathways (1 cr)
BIOL 250, Human Anatomy and Physiology I (3 cr)
BIOL 252, Human Anatomy and Physiology I Laboratory (1 cr)
CHEM 221, Organic Chemistry I (3 cr)
CHEM 223, Organic Chemistry I Laboratory (1 cr)

If you didn't take CHEM 121-124 your first year, you need to take it second year and delay BIOL 250-253 and CHEM 221-224 to your third year. If you completed MATH 125, 131, or 140, take PHYS 210 and 211 this year.

Plus Core and major requirements, or electives to total approximately 15 credits

Spring:
BIOL 251, Human Anatomy and Physiology II (3 cr)
BIOL 253, Human Anatomy and Physiology II Laboratory (1 cr)
CHEM 222, Organic Chemistry II (3 cr)
CHEM 224, Organic Chemistry II Laboratory (1 cr)
Plus other Core and major requirements, or electives to total 30 credits for the year

Fall or Spring:
If not already completed, second of two required MATH courses: Choose from MATH 125, 131, 140, 142, or 215

SBIO Major Requirements – Typical Third-Year Schedule	
Fall: PHYS 210, General Physics I (with laboratory) (4 cr) Plus Core and major requirements, or electives to total approximately 15 credits	**Spring:** PHYS 211, General Physics II (with laboratory) (4 cr) Plus Core and major requirements, or electives to total 30 credits for the year

SBIO Major Requirements – Typical Fourth-Year Schedule
Fall and/or Spring: BIOL 482, Natural Science Capstone (3 cr – must be taken final year in residence) Plus any outstanding major requirements, Core, or electives to total a minimum of 120 credits for your career

Additional SBIO Major Requirements – Flexible Timing
AEXS 313, Physiology of Exercise (3 cr) – should take 3rd or 4th year AEXS 315, Physiology of Exercise Lab (0 cr) AEXS 319, Kinesiology/Biomechanics (3 cr) – should take 3rd or 4th year AEXS 321, Kinesiology/Biomechanics Lab (0 cr) *Select **four** of the following courses (and labs, if applicable). Two of the 4 courses must have an accompanying lab.* BIOL 230, Animal Biology (3 cr – fall only – also fills WAC) BIOL 310, Evolution (3 cr) – could take 2nd year, even if CHEM 121-124 is not complete BIOL 311, Human Histology (3 cr – spring, if offered) – could take 2nd year, even if CHEM 121-124 is not complete BIOL 312, Human Histology Laboratory (1 cr) BIOL 315, General Microbiology (3 cr – fall only) BIOL 317, General Microbiology Laboratory (1 cr) BIOL 316, Virology and Immunology (3 cr – also fills one WAC requirement) BIOL 341, Developmental Biology (3 cr – spring, if offered) BIOL 380, Genetics (3 cr – fall only – also fills one WAC requirement) BIOL 381, Genetics Laboratory (1 cr) BIOL 408, Research Methods in Cell Biology (3 cr – spring, if offered) BIOL 409, Research Methods in Cell Biology Laboratory (1 cr) BIOL 420, Cellular Physiology (3 cr – spring if offered – also fills one WAC requirement) BIOL 421, Cellular Physiology Laboratory (1 cr) CHEM 331, Biological Chemistry (3 cr)

SBIO Major – Program Standards
Program standards for the SBIO major include, but are not limited to: • Earn a grade of C- or better in all required courses for the major, including selectives

Academic Advising Center
3/21/22