

**Exercise Science Major**

|                          |     |                                  | HOURS     |
|--------------------------|-----|----------------------------------|-----------|
| <b>General Education</b> |     |                                  |           |
| COMM                     | 171 | Speech Communication             | 3         |
| ENGL                     | 101 | Written Communication II         | 3         |
| ENGL                     | 102 | Written Communication III        | 3         |
| PSYC                     | 182 | General Psychology               | 3         |
| SOC                      | 151 | Principles of Sociology          | 3         |
| BIBL                     | 215 | Old Testament Literature         | 3         |
| BIBL                     | 216 | New Testament Literature         | 3         |
|                          |     | Foreign Language (two semesters) | 6         |
|                          |     | History Elective                 | 3         |
|                          |     | Art/Drama/Music                  | 3         |
|                          |     | Literature                       | 3         |
| BIOL                     | 214 | Human Anatomy & Physiology I     | 4         |
| MATH                     | 111 | Basic Probability & Statistics   | 3         |
| PHIL                     | 150 | Logic & Critical Thinking        | 2         |
| PHIL                     | 250 | Introduction to Philosophy       | 3         |
| THEO                     | 110 | Exploring the Christian Faith    | 3         |
| PHIL                     | 452 | Senior Experience                | <u>1</u>  |
|                          |     |                                  | <b>52</b> |

|              |     |   |                  |
|--------------|-----|---|------------------|
| <b>Major</b> |     |   |                  |
| BIOL         | 215 | Human Anatomy & Physiology II                       | 4                |
| CHEM         | 150 | Introduction to General, Organic & Biochemistry, or | 4                |
| CHEM         | 163 | General Chemistry I                                 | (4)              |
| MATH         | 124 | Applied Calculus or                                 | 3                |
| MATH         | 131 | Calculus I  | (3-4)            |
| PHED         | 131 | First Aid/CPR                                       | 0.5              |
| PHED         | 166 | Foundations of Physical Education                   | 3                |
| PHED         | 169 | Conditioning & Individual Sports                    | 2                |
| PHED         | 268 | Introduction to Health                              | 3                |
| PHED         | 269 | Athletic Training                                   | 2                |
| PHED         | 282 | Applied Nutrition                                   | 3                |
| PHED         | 243 | History & Philosophy of PE/Sport                    | 3                |
| PHED         | 340 | Sociology of Sport                                  | 3                |
| PHED         | 349 | Motor Learning                                      | 2                |
| PHED         | 368 | Psychology of Sport & Exercise                      | 3                |
| PHED         | 461 | Assessment in Human Performance                     | 3                |
| PHED         | 462 | Physiology of Exercise                              | 3                |
| PHED         | 463 | Kinesiology   | 3                |
| PHED         | 464 | Practicum in Physical Education                     | <u>3</u>         |
|              |     |   | <b>44.5-45.5</b> |

Electives needed to complete the degree 22.5-23.5

**Note:** It is recommended that students who major in Exercise Science as part of a pre-professional program such as pre-medicine, pre-physical therapy and pre-occupational therapy also complete the courses listed below.

|  |     |                      |           |
|--|-----|----------------------|-----------|
| <b>Recommended Electives for Pre-Professional Programs</b> |     |                      |           |
| CHEM   | 164 | General Chemistry II | 4         |
| CHEM   | 261 | Organic Chemistry I  | 4         |
| CHEM   | 460 | Biochemistry         | 4         |
| PHYS   | 121 | General Physics I    | 4         |
| PHYS   | 122 | General Physics II   | 4         |
| PSYC   | 481 | Abnormal Psychology  | <u>4</u>  |
|  |     |                      | <b>20</b> |

# HEALTH & PHYSICAL EDUCATION

## Health/Physical Education Major

HOURS

### ALL GRADES

#### General Studies

|      |     |                                    |           |
|------|-----|------------------------------------|-----------|
| COMM | 171 | Speech Communication               | 3         |
| ENGL | 101 | Written Communication II           | 3         |
| ENGL | 102 | Written Communication III          | 3         |
| PSYC | 182 | General Psychology                 | 3         |
| SOC  | 151 | Principles of Sociology            | 3         |
| BIBL | 215 | Old Testament Literature           | 3         |
| BIBL | 216 | New Testament Literature           | 3         |
|      |     | Foreign Language (two semesters)   | 6         |
| HIST | 246 | Introduction to World Civilization | 3         |
| LIT  |     | Literature                         | 3         |
| FA   | 170 | Perspectives in Fine Arts          | 3         |
| BIOL | 115 | Human Biology                      | 4         |
| MATH | 111 | Basic Probability & Statistics     | 3         |
| PHIL | 150 | Logic & Critical Thinking          | 2         |
| PHIL | 250 | Introduction to Philosophy         | 3         |
| THEO | 110 | Exploring the Christian Faith      | 3         |
| PHIL | 452 | Senior Experience                  | 1         |
|      |     |                                    | <u>52</u> |

#### Major

|      |     |  |             |
|------|-----|--|-------------|
| PHED | 131 | First Aid/CPR                            | 0.5         |
| PHED | 166 | Foundations of Physical Education        | 3           |
| PHED | 168 | Team Sports                              | 2           |
| PHED | 169 | Conditioning & Individual Sports         | 2           |
| PHED | 243 | History & Philosophy of PE/Sport         | 3           |
| PHED | 250 | Rhythmic Activities                      | 1           |
| PHED | 251 | Introduction to Gymnastics               | 1           |
| PHED | 253 | Elementary Health & P.E. Methods         | 3           |
| PHED | 268 | Introduction to Health                   | 3           |
| PHED | 269 | Athletic Training                        | 2           |
| PHED | 281 | Substance Abuse                          | 2           |
| PHED | 282 | Applied Nutrition                        | 3           |
| PHED | 340 | Sociology of Sport                       | 3           |
| PHED | 349 | Motor Learning                           | 2           |
| PHED | 351 | Developmental Differences                | 2           |
| PHED | 368 | Psychology of Sport & Exercise           | 3           |
| PHED | 460 | Admin. & Organization of PE & Recreation | 3           |
| PHED | 461 | Assessment in Human Performance          | 3           |
| PHED | 462 | Physiology of Exercise                   | 3           |
| PHED | 463 | Kinesiology                              | 3           |
|      |     |  | <u>47.5</u> |

#### Professional Education

|      |     |                                  |              |
|------|-----|----------------------------------|--------------|
| EDUC | 102 | Foundations of Education         | 3            |
| EDUC | 204 | Diversity in the Classroom       | 3            |
| EDUC | 205 | Educational Pedagogy I with Lab  | 3            |
| EDUC | 305 | Educational Pedagogy II with Lab | 3            |
| PSYC | 287 | School Age Growth & Development  | 3            |
| SCED | 441 | Secondary Health & PE Methods    | 3            |
| SCED | 449 | Secondary Student Teaching       | 8            |
| ELED | 427 | Elementary Student Teaching      | 4            |
| EDUC | 441 | Professional Education Seminar   | 0-2          |
|      |     |                                  | <u>30-32</u> |

See TEACHER EDUCATION (page 140) for program admission and other information.

Students should normally plan five years of study to complete this program.

**Health/Physical Education Major**

**HOURS**

**GRADES 7-12**

**General Studies**

|      |     |                                    |           |
|------|-----|------------------------------------|-----------|
| COMM | 171 | Speech Communication               | 3         |
| ENGL | 101 | Written Communication II           | 3         |
| ENGL | 102 | Written Communication III          | 3         |
| PSYC | 182 | General Psychology                 | 3         |
| SOC  | 151 | Principles of Sociology            | 3         |
| BIBL | 215 | Old Testament Literature           | 3         |
| BIBL | 216 | New Testament Literature           | 3         |
|      |     | Foreign Language (two semesters)   | 6         |
| HIST | 246 | Introduction to World Civilization | 3         |
| LIT  |     | Literature                         | 3         |
| FA   | 170 | Perspectives in Fine Arts          | 3         |
| BIOL | 115 | Human Biology                      | 4         |
| MATH | 111 | Basic Probability & Statistics     | 3         |
| PHIL | 150 | Logic & Critical Thinking          | 2         |
| PHIL | 250 | Introduction to Philosophy         | 3         |
| THEO | 110 | Exploring the Christian Faith      | 3         |
| PHIL | 452 | Senior Experience                  | 1         |
|      |     |                                    | <b>52</b> |

**Major**

|      |     |  |             |
|------|-----|--|-------------|
| PHED | 131 | First Aid/CPR                            | 0.5         |
| PHED | 166 | Foundations of Physical Education        | 3           |
| PHED | 168 | Team Sports                              | 2           |
| PHED | 169 | Conditioning & Individual Sports         | 2           |
| PHED | 243 | History & Philosophy of PE & Sport       | 3           |
| PHED | 268 | Introduction to Health                   | 3           |
| PHED | 269 | Athletic Training                        | 2           |
| PHED | 281 | Substance Abuse                          | 2           |
| PHED | 282 | Applied Nutrition                        | 3           |
| PHED | 340 | Sociology of Sport                       | 3           |
| PHED | 349 | Motor Learning                           | 2           |
| PHED | 351 | Developmental Differences                | 2           |
| PHED | 368 | Psychology of Sport & Exercise           | 3           |
| PHED | 460 | Admin. & Organization of PE & Recreation | 3           |
| PHED | 461 | Assessment in Human Performance          | 3           |
| PHED | 462 | Physiology of Exercise                   | 3           |
| PHED | 463 | Kinesiology                              | 3           |
|      |     |  | <b>42.5</b> |

**Professional Education**

|      |     |                                  |              |
|------|-----|----------------------------------|--------------|
| EDUC | 102 | Foundations of Education         | 3            |
| EDUC | 204 | Diversity in the Classroom       | 3            |
| EDUC | 205 | Educational Pedagogy I with Lab  | 3            |
| EDUC | 305 | Educational Pedagogy II with Lab | 3            |
| PSYC | 285 | Adolescent Growth & Development  | 2            |
| SCED | 441 | Secondary Health & PE Methods    | 3            |
| SCED | 449 | Secondary Student Teaching       | 8            |
| EDUC | 441 | Professional Education Seminar   | 0-2          |
|      |     |                                  | <b>25-27</b> |

Electives needed to complete the degree 2.5-4.5

**Sport Management Interdisciplinary Major**

**General Education**

|      |     |                          |   |
|------|-----|--------------------------|---|
| COMM | 171 | Speech Communication     | 3 |
| ENGL | 101 | Written Communication II | 3 |

# HEALTH & PHYSICAL EDUCATION

|   |     |  | <b>HOURS</b> |
|---|-----|--|--------------|
| ENGL                                    | 102 | Written Communication III                | 3            |
| PSYC                                    | 182 | General Psychology                       | 3            |
| SOC                                     | 151 | Principles of Sociology                  | 3            |
| BIBL                                    | 215 | Old Testament Literature                 | 3            |
| BIBL                                    | 216 | New Testament Literature                 | 3            |
|   |     | Foreign Language (two semesters)         | 6            |
|   |     | History Elective                         | 3            |
|   |     | Art/Drama/Music Literature               | 3            |
| BIOL                                    | 115 | Human Biology                            | 4            |
| MATH                                    | 111 | Basic Probability & Statistics           | 3            |
| PHIL                                    | 150 | Logic & Critical Thinking                | 2            |
| PHIL                                    | 250 | Introduction to Philosophy               | 3            |
| THEO                                    | 110 | Exploring the Christian Faith            | 3            |
| PHIL                                    | 452 | Senior Experience                        | <u>1</u>     |
|   |     |  | <b>52</b>    |
| ACCT                                    | 203 | Fundamentals of Accounting I             | 3            |
| ACCT                                    | 204 | Fundamentals of Accounting II            | 3            |
| BADM                                    | 121 | Introduction to Business                 | 3            |
| BADM                                    | 221 | Business Law                             | 3            |
| BADM                                    | 222 | Business Communication                   | 3            |
| BADM                                    | 321 | Principles of Management                 | 3            |
| BADM                                    | 322 | Principles of Marketing                  | 3            |
| BADM                                    | 334 | Human Resource Management                | 3            |
| BADM                                    | 424 | Introduction to Advertising              | 3            |
| COMM                                    | 251 | Introduction to Public Relations         | 3            |
| ECON                                    | 233 | Principles of Economics                  | 3            |
| PHED                                    | 131 | First Aid/CPR                            | 0.5          |
| PHED                                    | 166 | Foundations of Physical Education        | 3            |
| PHED                                    | 269 | Athletic Training                        | 2            |
| PHED                                    | 243 | History & Philosophy of Sport            | 3            |
| PHED                                    | 340 | Sociology of Sport                       | 3            |
| PHED                                    | 459 | Sport Management                         | 3            |
| PHED                                    | 460 | Admin. & Organization of PE & Recreation | 3            |
| PHED                                    | 464 | Practicum in Physical Education          | 3            |
| PHED                                    | 470 | Internship in Sport Management           | <u>3</u>     |
|   |     |  | <b>56.5</b>  |
| Electives needed to complete the degree |     |  | <b>18.5</b>  |

## Sport Management Minor

|      |     |  |             |
|------|-----|--|-------------|
| PHED | 131 | First Aid/CPR                            | 0.5         |
| PHED | 166 | Foundations of Physical Education        | 3           |
| PHED | 243 | History & Philosophy of Sport            | 3           |
| PHED | 269 | Athletic Training                        | 2           |
| PHED | 340 | Sociology of Sport                       | 3           |
| PHED | 459 | Sport Management                         | 3           |
| PHED | 460 | Admin. & Organization of PE & Recreation | 3           |
| PHED | 464 | Practicum in Physical Education          | 3           |
| PHED | 470 | Internship in Sport Management           | <u>3</u>    |
|      |     |  | <b>23.5</b> |

**NOTE:** The primary user of this minor is intended to be Business Administration majors who must select a minor or concentration area to go with their major.

## Sport Studies Major

|                          |     | <b>HOURS</b>                             |             |
|--------------------------|-----|--|-------------|
| <b>General Education</b> |     |  |             |
| COMM                     | 171 | Speech Communication                     | 3           |
| ENGL                     | 101 | Written Communication II                 | 3           |
| ENGL                     | 102 | Written Communication III                | 3           |
| PSYC                     | 182 | General Psychology                       | 3           |
| SOC                      | 151 | Principles of Sociology                  | 3           |
| BIBL                     | 215 | Old Testament Literature                 | 3           |
| BIBL                     | 216 | New Testament Literature                 | 3           |
|                          |     | Foreign Language (two semesters)         | 6           |
|                          |     | History Elective                         | 3           |
|                          |     | Art/Drama/Music                          | 3           |
|                          |     | Literature                               | 3           |
| BIOL                     | 115 | Human Biology                            | 4           |
| MATH                     | 111 | Basic Probability & Statistics           | 3           |
| PHIL                     | 150 | Logic & Critical Thinking                | 2           |
| PHIL                     | 250 | Introduction to Philosophy               | 3           |
| THEO                     | 110 | Exploring the Christian Faith            | 3           |
| PHIL                     | 452 | Senior Experience                        | 1           |
|                          |     |  | <b>52</b>   |
| <b>Major</b>             |     |  |             |
| PHED                     | 131 | First Aid/CPR                            | 0.5         |
| PHED                     | 166 | Foundations of Physical Education        | 3           |
| PHED                     | 168 | Team Sport Skills                        | 2           |
| PHED                     | 169 | Conditioning & Individual Sport Skills   | 2           |
| PHED                     | 243 | History & Philosophy of Sport/PE         | 3           |
| PHED                     | 268 | Introduction to Health                   | 3           |
| PHED                     | 269 | Athletic Training                        | 2           |
| PHED                     | 340 | Sociology of Sport                       | 3           |
| PHED                     | 349 | Motor Learning                           | 2           |
| PHED                     | 368 | Psychology of Sport & Exercise           | 3           |
| PHED                     | 460 | Admin. & Organization of PE & Recreation | 3           |
| PHED                     | 461 | Assessment in Human Performance          | 3           |
| PHED                     | 462 | Physiology of Exercise                   | 3           |
| PHED                     | 463 | Kinesiology                              | 3           |
| PHED                     | 464 | Practicum in Physical Education          | 3           |
| PHED                     |     | Electives                                | 6           |
|                          |     |  | <b>44.5</b> |
|                          |     | Electives needed to complete the degree  | 27.5        |

## Graduate Programs in Education

- M.Ed Master of Education
- M.A.T. Master of Arts in Teaching
  - \*Transition to Teaching Program

*\*See Graduate Studies section for program descriptions.*