

UNIVERSITY OF IDAHO
CURRICULAR REQUIREMENTS
EXERCISE SCIENCE & HEALTH (B.S. PHYSICAL EDUCATION)

UNIVERSITY CORE REQUIREMENTS**(36-39 CREDITS)****COMMUNICATIONS (5-7 CREDITS)**

__ ENLG 101 Intro to College Writing	3
__ ENGL 102 College Writing & Rhetoric	3
__ COMM 101	2-3

*Engl 101: SAT 450, ACT 18; Engl 102: SAT 570, ACT 25**Exempt: SAT 700, ACT 31*

Placement may be changed by taking the COMPASS exam for English.

ADVANCED COMPOSITION REQUIREMENT (SELECT ONE OF THE FOLLOWING (3 CREDITS))

__ ENGL 207 Persuasive Writing	3
__ ENGL 208 Personal & Exploratory Writing	3
__ ENGL 209 Inquiry-Based Writing	3
__ ENGL 313 Business Writing	3
__ ENGL 317 Technical Writing	3

NATURAL SCIENCE AND MATHEMATICS (10-11 CREDITS)

__ Science Core (with lab)	4
__ Science Core	3
__ Math 108/ Stats Core	3-4

*Math 108: SAT 200, ACT 0; Math 130: SAT 470 ACT 19; Math 143: SAT 520,**ACT 22; Math 160: SAT 610, ACT 27 Math 170: SAT 650, ACT 29*

Placement may be changed by taking the COMPASS for Math.

GENERAL CORE STUDIES (18 CREDITS)

__ Integrated Seminar	3
__ Humanities	6
__ Social Sciences (PSYCH 101 recomm.)	6
__ International Course (approved list)	2-4
__ Additional Course(s)	3

HPERD CORE COURSES (15 Credits)

__ HPRD 201 Phys Act, Wellness & Behav Chng	3
__ HPRD 210 Mean of Movement & Injury Prev	2
__ HPRD 350 Behavior Change in Phys Act	1
__ HPRD 351 Social & Env. Aspects of Phys Act	1
__ HPRD 429 Ldrship, Ped & Prog. in Phys Act	3
__ HPRD 486 Prog&Mrkting for Healthy, Act Life	2
__ CTE 111 Computer Skills (or approved elective)	3

EXERCISE SCIENCE & HEALTH MAJOR REQUIREMENTS**(54 CREDIT MIN)****THEORY & LAB CLASSES**

__ BIO 120 Human Anatomy	4
__ BIO 121 Human Physiology	4
__ FCS 205 Concepts in Human Nutrition	3
__ H&S 288 First Aid: Emerg Response(or cert)	2
__ H&S 450 Critical Health Issues	3
__ H&S 451 Psychosocial Determinants of Health	3
__ H&S 490 Health Promotion	3
__ HPRD 445 Internship Practicum	1
__ PEP 100 Introduction to Sport Sciences	1
__ PEP 300 Applied Human Anatomy/Biomechanics	3
__ PEP 360 Motor Behavior	3
__ PEP 418 Physiology of Exercise	3
__ PEP 455 Design & Analysis of Research in HPERD	3
__ PEP 493 Fitness Assessment & Prescription	3
OR PEP 305 Applied Sport Psychology*	
__ PEP 495 Practicum	1
__ PEP 498 Internship in Exercise Science & Health	9
(summer preferred)	

ACTIVITY CLASSES: select 5 credits from skills and analysis, approved BIP courses, or other approved activity classes.

Course Title	Credits
__ PEB/PEP _____	1
__ PEB/PEP _____	1
__ PEB/PEP _____	1
__ PEB/PEP _____	1
__ PEB/PEP _____	1

Note: Students should earn 128 credits to be granted a degree with 36 credits in upper-division courses (number 300 and above)

Students interested in Wellness, Personal Training, Pre-Physical Therapy, or Exercise Physiology should take **PEP 493. Students interested in sport performance should take **PEP 305** course.*