

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.*