

College of Educatio

B.S. EXERCISE SCIENCE & HEALTH (Pre-Physical Therapy Track)

The Exercise Science and Health degree offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. It also prepares students for post-baccalaureate study in numerous health professions including; physical therapy, occupational therapy, athletic training, public health, nursing, and preventive and rehabilitative exercise. Exercise Science and Health majors must have a cumulative GPA of 2.30 or greater to graduate.

2016-2017 Curricular Requirements – 120 total credits required for graduation

UI GENERAL REQUIREMENTS 36 credits		
Ul core requirements may overlap degree requirements; students	MOVEMENT SCIENCES CORE CURRICULUM	3
should check with their academic advisor for specific information.	MVSC 201 Physical Activity, Wellness and Behavior	3
	(Prereg or coreg: PEP 100)	
COMMUNICATIONS 5	,	
ENGL 102 College Writing & Rhetoric 3	THEORY & LAB CLASSES	33
The UI General Catalog requires that students take	BIOL 120 Human Anatomy (F) (Suggested sophomore standing)	
ENGL 109, 101, or 102 (depending upon their placement scores)	BIOL 121 Human Physiology (S)(Prereq: BIOL 120)	4
every semester until ENGL 102 is satisfactorily completed.	FCS 205 Concepts in Human Nutrition	3
COMM 101 (also a major requirement) 2	H&S 245 Intro to Athletic Injuries (S)	3
	H&S 451 Psychosocial Determinants of Health (S)	3
NATURAL & APPLIED SCIENCES (from TWO different disciplines) 7-8	(Prereg: MVSC 201)	
Science Core (with lab) 4	PEP 100 Introduction to Exercise Science Health (F)	1
Science Core (with lab) or CORS 3-4	PEP 300 Applied Human Anatomy/Biomechanics (F)	3
Students are required to complete TWO science courses and their	(Prereq: BIOL 120 or permission)	
accompanying labs, or a CORS course and another course with its	PEP 360 Motor Behavior (S) (Prereq: BIOL 120)	3
accompanying lab. (Chem 111, 112 or PHYS 111, 112 suggested)	PEP 418 Physiology of Exercise (F)	3
	(Prereq: MVSC 201, BIOL 120, and BIOL 121; or Permission)	
MATH, STATISTICS, & COMPUTER SCIENCE 3-4	PEP 455 Design & Analysis of Research in	3
Math or Stats Core (see advisor for correct placement) 3-4	Movement Sciences	
(Suggested completion of Math within first year)	(Prereq: Junior or Senior standing)	
	PEP 493 Fitness Assessment & Prescription	3
GENERAL CORE STUDIES 21*	(Prereq: Senior standing and PEP 418; or permission)	
Students must have completed courses in at least four different		
disciplines from approved Humanities, Social Sciences, American	EMPHASIS	38
Diversity, International, or Senior Experience courses. The ISEM	CHEM 111 Principles of Chemistry I & Lab	4
101 and ISEM 301 courses do not count toward the four discipline	(Prereq: see catalog)	_
requirement.	CHEM 112 Principles of Chemistry II & Lab	5
Integrated Seminar (ISEM 101) 3	(Prereq: CHEM 111 or permission)H&S 450 Critical Health Issues (F)	3
Humanities (from TWO different disciplines) 6	(Prereg: BIOL 120 and BIOL 121, or MVSC 201)	J
Social Sciences (from TWO different disciplines) (PSYC 101 suggested) 6	MVSC 445 Internship Preparation and Professional	1
American Diversity 1 class	Development (F) (Prereq: MVSC 201)	'
International 1 class	PEP 495 Practicum (2 classes) (Prereq: permission)	2
Great Issues: ISEM 301 (see approved list in catalog) 1	PEP 498 Internship in Exercise Science & Health	9
Senior Experience: MVSC 486 or PEP 498 1-9	(all major coursework must be completed prior to internship)	0
	PHYS 111 General Physics I & Lab (Prereq MATH 143)	4
American Diversity and International Courses: One course each is	PHYS 112 General Physics II & Lab (Prereq: PHYS 111)	4
required from approved list. There are some Humanities or Social	PSYC 305 Developmental Psychology,	3
Science courses that count for the International or American Diversity	OR PSYC 311 Abnormal Psychology (Prereq for both: PSYC 1	
requirements. See advisor for more information.	STAT 251 Principles of Statistics (Prereq: see advisor)	3
*Additional coursework may be required to total 21 credits chosen	ACTIVITY CLASSES	4
from the approved Humanities, Social Sciences, American Diversity,	PEP, PEB, DAN Activity/Skill Classes (3 classes)	3
International, and Integrated Studies categories. See advisor for	It is preferred that you select 3 different classes (see advisor for selection	
more information.	PEP 132, 133, or 134 Skill Analysis (1 class)	1
	Electives to achieve 120 total aredita	c
(F) = Class offered only in Fall term	Electives to achieve 120 total credits	<u>6</u>
(S) = Class offered only in Spring term		

Prereq= Prerequisite is a class that is required prior to taking another class.

Exercise Science and Health (B.S.E.S.H.)

Pre-Physical Therapy Track Sample Four Year Plan 2016-2017

	Campio i cai				
	FRESHMAN FALL			FRESHMAN SPRING	
ENGL 102*	College Writing and Rhetoric	3	STAT 251	Statistics (Prereq: see advisor)	3
ISEM 101	Integrated Seminar	3	COMM 101	Fundamentals of Public Speaking	2
CHEM 111	Principles of Chemistry w/lab (see advisor) (Prereq: MATH 143 or CHEM 101)	4	CHEM 112	Principles of Chemistry w/lab (Prereq: CHEM 111 or permission)	5
MATH	General Education Math (see advisor for recommendation)	3	Social Science	General Education Social Science (PSYC 101 suggested)	3
PEP 100	Introduction to Exercise Science & Health (F)	1	FCS 205	Concepts in Human Nutrition	3
PEP or PEB	Activity Class (see advisor)	1	PEP or PEB	Activity Class (see advisor)	1
	15- CREDITS 17- CREDITS				

	SOPHOMORE FALL			SOPHOMORE SPRING	
BIOL 120	Human Anatomy (F) (suggested sophomore standing)	4	BIOL 121	Human Physiology (S) (Prereq: BIOL 120)	4
MVSC 201	Physical Activity and Behavior Change (Prereq or coreq: PEP 100)	3	H&S 245	Intro to Athletic Injuries (S)	3
Humanities	General Education Humanities (PHIL 103 suggested)	3	PSYC 305 or PSYC 311	Developmental or Abnormal Psychology (Prereq: PSYC 101)	3
Social Science	General Education Social Science (SOC 101 Recommended)	3	Humanities	General Education Humanities	3
PEP or PEB	Activity Class (see advisor)	1	PEP or PEB	Activity Class (see advisor)	1
	14- CRED	ITS		14- CRED	ITS

	JUNIOR FALL			JUNIOR SPRING	
Elective	Elective to reach 120 credits	3	Elective	Elective to reach 120 credits	1
H&S 450	Critical Health Issues (F) (Prereq: MVSC 201 or BIOL 120 and BIOL 121)	3	H&S 451	Psychosocial Determinants of Health (S) (Prereq: MVSC 201)	3
PEP 418	Physiology of Exercise (F) (Prereq: MVSC 201, BIOL 120, BIOL 121, or permission)	3	PEP 455	Design & Analysis of Research in Movement Sciences (Prereq: junior or senior standing)	3
PEP 495	Practicum (Prereq: permission)	1	ISEM 301	Great Issues	1
PHYS 111 & PHYS 111L	General Physics I & Lab (Prereq: MATH 143)	4	PHYS 112 & PHYS 112L	General Physics II & lab (Prereq: PHYS 111)	4
			PEP 360	Motor Behavior (S) (Prereq: BIOL 120)	3
	14- CRED	ITS		15- CREDI	TS

	SENIOR FALL			SENIOR SPRING	
PEP 493	Fitness Assessment & Prescription (Prereq: senior standing, PEP 418, or permission)	3	PEP 498	Internship in Exercise Science & Health (Prereq: All major courses)	9
PEP 495	Practicum (Prereq: permission)	1		Optional additional class for full time standing	
PEP 300	Applied Human Biomechanics (F) (Prereq: BIOL 120 or permission)	3			
MVSC 445	Internship Preparation and Professional Development (F) (Prereq: MVSC 201)	1			
Elective	Elective to reach 120 credits				
	CRED	DITS		CRED	ITS

^{*}Degree-seeking students must be enrolled in English 109, 101, or 102 in their first semester in residence and in each subsequent semester until they have passed English 102.

⁽F) Course offered only in Fall (S) Course offered only in Spring Prereq: Prerequisite is a class that is required prior to taking another class.

more information.

(F) = Class offered only in Fall term(S) = Class offered only in Spring term

Prereq= Prerequisite is a class that is required prior to taking another class.



B.S. EXERCISE SCIENCE & HEALTH (Fitness, Health, and Human Performance Track)

The Exercise Science and Health degree offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. The degree provides graduates with knowledge of strategies, leadership skills, and abilities to plan, implement, and evaluate health and exercise programs Exercise Science and Health majors must have a cumulative GPA of 2.30 or greater to graduate.

2016-2017 Curricular Requirements – 120 total credits required for graduation

UI GENERAL REQUIREMENTS 36 credits		
UI core requirements may overlap degree requirements; students	MOVEMENT SCIENCES CORE CURRICULUM	3
should check with their academic advisor for specific information.	MVSC 201 Physical Activity, Wellness and Behavior	3
	(Prereq or coreq: PEP 100)	
COMMUNICATIONS 5		
ENGL 102 College Writing & Rhetoric 3	EXERCISE SCIENCE & HEALTH MAJOR REQUIREM	<u>ENTS</u>
The UI General Catalog requires that students take		
ENGL 109, 101, or 102 (depending upon their placement scores)	THEORY & LAB CLASSES	<u>33</u>
every semester until ENGL 102 is satisfactorily completed.	BIOL 120 Human Anatomy (F) (Suggested sophomore standing)	4
COMM 101 (also a major requirement) 2	BIOL 121 Human Physiology (S)(Prereq: BIOL 120)	4
MATURAL 9 ARRIVER COENCES (C. THOUSE A FILE > 7.0	FCS 205 Concepts in Human Nutrition	3
NATURAL & APPLIED SCIENCES (from TWO different disciplines) 7-8 Science Core (with lab) 4	H&S 245 Intro to Athletic Injuries (S)	3
Science Core (with lab) or CORS 3-4	H&S 451 Psychosocial Determinants of Health (S)	3
Science Core (with lab) of CORS Students are required to complete TWO science courses and their	(Prereq: MVSC 201)	
accompanying labs, or a CORS course and another course with its	PEP 100 Introduction to Exercise Science Health (F)	1
accompanying labs, of a CORS course and another course with its accompanying lab. (see advisor for selection)	PEP 300 Applied Human Anatomy/Biomechanics (F)	3
accompanying lab. (see advisor for selection)	(Prereq: BIOL 120 or permission)	•
MATH, STATISTICS, & COMPUTER SCIENCE 3-4	PEP 360 Motor Behavior (S) (Prereq: BIOL 120)	3
Math or Stats Core (see advisor for correct placement) 3-4	PEP 418 Physiology of Exercise (F)	3
(Suggested completion of Math within first year)	(Prereq: MVSC 201, BIOL 120, and BIOL 121; or Permission)	^
(Suggested completion of Math Within hist year)	PEP 455 Design & Analysis of Research in	3
GENERAL CORE STUDIES 21*	Movement Sciences	
Students must have completed courses in at least four different	(Prereq: Junior or Senior standing)	2
disciplines from approved Humanities, Social Sciences, American	PEP 493 Fitness Assessment & Prescription	3
Diversity, International, or Senior Experience courses. The ISEM	(Prereq: Senior standing and PEP 418; or permission)	
101 and ISEM 301 courses do not count toward the four discipline	EMPHASIS	22
requirement.	H&S 288 First Aid: Emergency Response	23 2
_Integrated Seminar (ISEM 101) 3	H&S 450 Critical Health Issues (F)	3
Humanities (from TWO different disciplines)	(Prereg: BIOL 120 and BIOL 121, or MVSC 201)	J
Social Sciences (from TWO different disciplines) (PSYC 101 suggested) 6	MVSC 445 Internship Preparation and Professional	1
American Diversity 1 class	Development (F) (Prereq: MVSC 201)	'
International 1 class	PEP 495 Practicum (2 classes) (Prereq: permission)	2
Great Issues: ISEM 301 (see approved list in catalog) 1	PEP 498 Internship in Exercise Science & Health	9
Senior Experience: MVSC 486 or PEP 498 1-9	(all major coursework must be completed prior to internship)	•
	ENGL 207, 208, 313, or 317 Advanced Composition	3
American Diversity and International Courses: One course each is	H&S 490 Health Promotion (S) (Prereq: H&S 450, or permission)	3
required from approved list. There are some Humanities or Social	OR PEP 305 Applied Sports Psychology (S)	
Science courses that count for the International or American Diversity		
requirements. See advisor for more information.	ACTIVITY CLASSES	5
equilements. See advisor for more information.	PEP, PEB, DAN Activity/Skill Classes (4 classes)	4
*Additional coursework may be required to total 21 credits chosen	It is preferred that you select 4 <u>different</u> classes (see advisor for selection))
· · · · · · · · · · · · · · · · · · ·	PEP 132, 133, or 134 Skill Analysis (1 class)	1
from the approved Humanities, Social Sciences, American Diversity,		
International, and Integrated Studies categories. See advisor for	Electives to achieve 120 total credits	20

Exercise Science and Health (B.S.E.S.H) Fitness Health and Human Performance Track

Sample Four Year Plan 2016-2017

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	FRESHMAN FALL			FRESHMAN SPRING	
ENGL 102*	College Writing and Rhetoric	3	Social Science	General Education Social Science	3
ISEM 101	Integrated Seminar	3	COMM 101	Fundamentals of Public Speaking	2
Science	General Education Natural Science w/lab (see advisor)	4	Science	General Education Natural Science w/lab (see advisor)	4
MATH	General Education Math (see advisor)	3	Humanities	General Education Humanities	3
PEP 100	Introduction to Exercise Science & Health (F)	1	FCS 205	Concepts in Human Nutrition	3
PEP or PEB	Activity Class (see advisor)	1	PEP or PEB	Activity Class (see advisor)	1
	15- CRED		16- CREDI	TS	

	SOPHOMORE FALL			SOPHOMORE SPRING	
BIOL 120	Human Anatomy (F) (suggested sophomore standing)	4	BIOL 121	Human Physiology (S) (Prereq: BIOL 120)	4
MVSC 201	Physical Activity and Behavior Change (Prereq or coreq: PEP 100)	3	H&S 245	Intro to Athletic Injuries (S)	3
Humanities	General Education Humanities	3	ISEM 301	Great Issues	1
Social Science	General Education Social Science	3	ENGL	Advanced Composition (see advisor)	3
H&S 288	First Aid Emergency Response	2		Minor/Elective	3
PEP or PEB	Activity Class (see advisor)	1	PEP or PEB	Activity Class (see advisor)	1
16- CREDITS				15- CREDI	TS

	JUNIOR FALL			JUNIOR SPRING	
Elective	Elective to reach 120 credits	3	Elective	Elective to reach 120 credits	1
PEP 418	Physiology of Exercise (F) (Prereq: MVSC 201, BIOL 120, BIOL 121, or permission)	3	PEP 493	Fitness Assessment & Prescription (Prereq: senior standing, PEP 418, or permission)	3
H&S 450	Critical Health Issues (F) (Prereq: MVSC 201 or BIOL 120 and BIOL 121)	3	H&S 490 OR PEP 305	Health Promotion (S) (Prereq: H&S 450, or permission) OR Applied Sports Psychology (S)	3
PEP 495	Practicum (Prereq: permission)	1	H&S 451	Psychosocial Determinants of Health (S) (Prereq: MVSC 201)	3
	Minor/Electives	3	PEP 360	Motor Behavior (S) (Prereq: BIOL 120)	3
PEP or PEB	Activity Class (see advisor)	1		Minor/Electives	3
	14- CREDI	TS		16- CREDI	TS

	SENIOR FALL			SENIOR SPRING	
PEP 455	Design & Analysis of Research in	3	PEP 498	Internship in Exercise Science & Health (Prereq: All major courses)	9
	Movement Sciences (Prereq: junior or senior standing)			(Fieled: Villingiol Courses)	
PEP 300	Applied Human Anatomy/Biomechanics	3		Optional additional class for full time	-
	(F) (Prereq: BIOL 120)			standing	-
MVSC	Internship Preparation and Professional	1			
445	Development (F) (Prereq: MVSC 201)				
PEP 495	Practicum (Prereq: permission)	1			
	Minor/Electives	7			
15- CREDITS				CREDI	TS

^{*}Degree-seeking students must be enrolled in English 109, 101, or 102 in their first semester in residence and in each subsequent semester until they have passed English 102.

⁽F) Course offered only in Fall (S) Course offered only in Spring Prereq: Prerequisite is a class that is required prior to taking another class.



B.S. EXERCISE SCIENCE & HEALTH (Pre-Athletic Training Track)

The Exercise Science and Health degree offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. It also prepares students for post-baccalaureate study in numerous health professions including; athletic training, physical therapy, occupational therapy, public health, nursing, and preventive and rehabilitative exercise. Exercise Science and Health majors must have a cumulative GPA of 2.30 or greater to graduate.

2016-2017 Curricular Requirements – 120 total credits required for graduation

	36 credits
I core requirements may overlap degree requirement	
nould check with their academic advisor for specific in	ntormation.
OMMUNICATIONS	5
_ENGL 102 College Writing & Rhetoric	5 3
he UI General Catalog requires that students take	· ·
NGL 109, 101, or 102 (depending upon their placeme	ent scores)
very semester until ENGL 102 is satisfactorily comple	
_COMM 101 (also a major requirement)	2
ATURAL & APPLIED SCIENCES (from TWO different disc	
_Science Core (with lab)	4
_Science Core (with lab) or CORS	3-4
tudents are required to complete TWO science cours	
ccompanying labs, or a CORS course and another co	ourse with its
ccompanying lab. (see advisor for selection)	
IATH, STATISTICS, & COMPUTER SCIENCE	3-4
_Math or Stats Core (see advisor for correct placement)	3-4
(Suggested completion of Math within first year)	
ENERAL CORE STUDIES	21*
tudents must have completed courses in at least four	
isciplines from approved Humanities, Social Sciences	
iversity, International, or Senior Experience courses.	
01 and ISEM 301 courses do not count toward the fo	
equirement.	и. и.оо.ро
Integrated Seminar (ISEM 101)	3
_Humanities (from TWO different disciplines)	6
Social Sciences (from TWO different disciplines) (PSYC 101 si	uggested) 6
_American Diversity	1 class
_International	1 class
_Great Issues: ISEM 301 (see approved list in catalog)	1
_Senior Experience: MVSC 486 or from approved list	1-3

American Diversity and International Courses: One course each is required from approved list. There are some Humanities or Social Science courses that count for the International or American Diversity requirements. See advisor for more information.

*Additional coursework may be required to total 21 credits chosen from the approved Humanities, Social Sciences, American Diversity, International, and Integrated Studies categories. See advisor for more information.

MOVEMENT SCIENCES CORE CURRICULUM	3
MVSC 201 Physical Activity, Wellness and Behavior	3
(Prereq or coreq: PEP 100)	

XERCISE SCIENCE & HEALTH MAJOR REQUIREMENTS

THEORY & LAB CLASSES BIOL 120 Human Anatomy (F) (Suggested sophomore standing)BIOL 121 Human Physiology (S)(Prereq: BIOL 120)FCS 205 Concepts in Human Nutrition	33 4 4 3 3
H&S 245 Intro to Athletic Injuries (S)H&S 451 Psychosocial Determinants of Health (S) (Prereq: MVSC 201)	3
PEP 100 Introduction to Exercise Science Health (F)PEP 300 Applied Human Anatomy/Biomechanics (F) (Prereq: BIOL 120 or permission)	1
PEP 360 Motor Behavior (S) (Prereq: BIOL 120) PEP 418 Physiology of Exercise (F) (Prereq: MVSC 201, BIOL 120, and BIOL 121; or Permission)	3
PEP 455 Design & Analysis of Research in Movement Sciences (Prereq: Junior or Senior standing)	3
PEP 493 Fitness Assessment & Prescription (Prereq: Senior standing and PEP 418; or permission)	3
EMPHASIS	34
H&S 288 First Aid: Emergency Response PEP 171 Athletic Training Clinical Experience (S) (Prereq: permission)	34 2 1
PEP 495 Practicum Credits from year 1 of MSAT	1 30
Electives to achieve 120 total credits	<u>14</u>

(F) = Class offered only in Fall term

(S) = Class offered only in Spring term

Prereq= Prerequisite is a class that is required prior to taking another class.

Exercise Science and Health (B.S.E.S.H.)

Pre-Athletic Training Track
Sample Plan 2016-2017 – 120 credits required for graduation

	FRESHMAN FALL			FRESHMAN SPRING	
ENGL	College Writing and Rhetoric	3	Social	General Education Social Science	3
102*			Science		
ISEM 101	Integrated Seminar	3	COMM 101	Fundamentals of Public Speaking	2
Science	General Education Natural Science w/lab (see advisor)	4	Science	General Education Natural Science w/lab (see advisor)	4
MATH	General Education Math (see advisor)	3	Humanities	General Education Humanities	3
PEP 100	Introduction to Exercise Science & Health (F)	1	FCS 205	Concepts in Human Nutrition	3
	14 CREDI	TS		15 CREDIT	TS

	SOPHOMORE FALL			SOPHOMORE SPRING	
BIOL 120	Human Anatomy (F) (suggested sophomore standing)	4	BIOL 121	Human Physiology (S) (Prereq: BIOL 120)	4
MVSC 201	Physical Activity and Behavior Change (Prereq or coreq: PEP 100)	3	H&S 245	Intro to Athletic Injuries (S)	3
Humanitie s	General Education Humanities	3	PEP 171	Athletic Training Clinical Experience I (S)	1
Social Science	General Education Social Science	3		Electives (see advisor)	6
H&S 288	First Aid Emergency Response	2	ISEM 301	Great Issues	1
PEP 495	Practicum (Prereq: permission)	1			
	16 CREDIT	ΓS		15 CREDIT	TS

	JUNIOR FALL			JUNIOR SPRING	
Elective	Elective to reach 120 credits	3	Elective	Elective to reach 120 credits	1
PEP 418	Physiology of Exercise (F) (Prereq: MVSC 201, BIOL 120, BIOL 121, or permission)	3	H&S 451	Psychosocial Determinants of Health (S) (Prereq: MVSC 201)	3
	Athletic Training Electives (see advisor)	3	PEP 493	Fitness Assessment & Prescription (Prereq: senior standing, PEP 418, or permission)	3
PEP 455	Research Methods in Movement Sciences (Prereq: Junior or Senior standing)	3	PEP 360	Motor Behavior (S) (Prereq: BIOL 120)	3
PEP 300	Applied Human Anatomy/Biomechanics (F) (Prereq: BIOL 120)	3		Athletic Training Electives (see advisor)	6
	15 CREDI	TS		16 CREDI	TS

Senior Year	
Masters of Athletic Training (MSAT)	30
	30 Credits

^{*}Degree-seeking students must be enrolled in English 109, 101, or 102 in their first semester in residence and in each subsequent semester until they have passed English 102.

(F) Course offered only in Fall (S) Course offered only in Spring Prereq: Prerequisite is a class that is required prior to taking another class.

Note: Students in the Pre-Athletic Training Track who are admitted into the MSAT program after their junior year may transfer up to 30 credits from their first two terms of graduate level course work in the Master of Science in Athletic Training towards their Bachelor of Science Degree in Exercise Science with Athletic Training Track. Those students not admitted or decide not to pursue the MSAT program after junior year will default into the Pre-Physical Therapy Track or FHHP Track (Depends on which track has been followed).

B.S. EXERCISE SCIENCE & HEALTH (Physical Education Teacher Certification Track)

The Exercise Science and Health degree offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. The degree provides graduates with knowledge of strategies and leadership skills that incorporate education and physical activity.

2016-2017 Curricular Requirements – 121 total credits required for graduation

UI GENERAL REQUIREMENTS 36 credits UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.		
	THEORY & LAB CLASSES	33
COMMUNICATIONS 5	BIOL 120 Human Anatomy (F) (Suggested sophomore standing)	4
ENGL 102 College Writing & Rhetoric 3	BIOL 121 Human Physiology (S)(Prereq: BIOL 120)	4
The UI General Catalog requires that students take	FCS 205 Concepts in Human Nutrition	3
ENGL 109, 101, or 102 (depending upon their placement scores)	H&S 245 Intro to Athletic Injuries (S)	3
every semester until ENGL 102 is satisfactorily completed.	H&S 451 Psychosocial Determinants of Health (S)	3
COMM 101 (also a major requirement) 2	(Prereq: MVSC 201)	
	PEP 100 Introduction to Exercise Science Health (F)	1
NATURAL & APPLIED SCIENCES (from TWO different disciplines) 7-8	PEP 300 Applied Human Anatomy/Biomechanics (F)	3
Science Core (with lab) 4	(Prereq: BIOL 120 or permission)	•
Science Core (with lab) or CORS 3-4	PEP 360 Motor Behavior (S) (Prereg: BIOL 120)	3
Students are required to complete TWO science courses and their	PEP 418 Physiology of Exercise (F)	3
accompanying labs, or a CORS course and another course with its	(Prereq: MVSC 201, BIOL 120, and BIOL 121; or Permission)	J
accompanying lab. (see advisor for selection)	PEP 455 Design & Analysis of Research in	3
	Movement Sciences	3
MATH, STATISTICS, & COMPUTER SCIENCE 3-4		
Math or Stats Core (see advisor for correct placement) 3-4	(Prereq: Junior or Senior standing)	^
(Suggested completion of Math within first year)	PEP 493 Fitness Assessment & Prescription	3
	(Prereq: Senior standing and PEP 418; or permission)	
GENERAL CORE STUDIES 21*	EMPHASIS	42
Students must have completed courses in at least four different	EDCI 201 Contexts of Education (An online background	2
disciplines from approved Humanities, Social Sciences, American	,	2
Diversity, International, or Senior Experience courses. The ISEM	check is required for this class)	
101 and ISEM 301 courses do not count toward the four discipline	ECDI 301 Learning, Development, and Assessment	3
requirement.	EDCI 401 Internship Seminar (coreq: PEP 484, or permission)	1
integrated Seminar (ISEM 101) 3	EDCI 453 Phonics Fluency Assessment	1
Humanities (from TWO different disciplines) 6	(Prereq or coreq: EDCI 302 or permission)	
Social Sciences (from TWO different disciplines) (PSYC 101 suggested) 6	EDCI 463 Literacy Methods for Content Learning	3
American Diversity 1 class	(Prereq or coreq: EDCI 302)	•
International 1 class	H&S 288 First Aid: Emergency Response	2
Great Issues: ISEM 301 (see approved list in catalog)	PEP 412 Elementary Methods in Physical Activity	3
Senior Experience: MVSC 486 or from approved list 1-3	Pedagogy (Prereq: Admissions to teacher ed program, MVSC 201,	
American Diversity and International Courses: One course each is required from approved list.	PEP 132, PEP 133, PEP 134, and PEP 413)	2
There are some Humanities or Social Science courses that count for the International or American	PEP 413 Foundations and Assessment in PA Pedagogy	3
Diversity requirements. See advisor for more information.	(Prereq: MVSC 201, PEP 132, PEP 133, and PEP 134)PEP 421 Secondary Methods in Physical Activity	3
		3
*Additional coursework may be required to total 21 credits chosen from the approved Humanities,	Pedagogy (Prereq: Admissions to teacher ed program, MVSC 201, PEP 132, PEP 133, PEP 134, and PEP 413)	
Social Sciences, American Diversity, International, and Integrated Studies categories. See advisor for more information.	PEP 424 Inclusive Physical Education and Recreation	3
ioi more miormation.	(Prereq: Senior standing or permission)	J
Admission to Teacher Education: To take any EDCI class above EDCI 301, all students must meet	PEP 484 Internship in Physical Education Teaching	15
the requirements for admission to teacher education which include the following: receiving a "C" or	(coreg: EDCI 401)	
higher in EDCl 201, Engl 102, Math 143, and Comm 101; have a GPA of at least 2.75; complete an	ENGL 207, 208, 313, or 317 Advanced Composition	3
interview; application; two reference forms; and a fingerprint background check.		
MOVEMENT COIENCES CODE CURRICULUM 7	ACTIVITY CLASSES	5
MOVEMENT SCIENCES CORE CURRICULUM 7 MVSC 201 Physical Activity. Wellness and Behavior 3	PEB 108, PEP 107, PEP 132, PEP 133, and PEP134	5
<u></u>		
(Prereq or coreq: PEP 100)	Optional: To gain additional Health Certification requires	9
MVSC 429 Leadership, Pedagogy and Programming 3	H&S 423 Health Education Methods and Administration	3
in Physical Activity (F) (Prereq: MVSC 201) (please see advisor)	H&S 450 Critical Health Issues (F)	3
MVSC 486 Programming and Marketing for 1	(Prereq: BIOL 120 and BIOL 121, or MVSC 201)	-
Healthy, Active Lifestyles (S) (Prereq: MVSC 429) (please see advisor)	FCS 240 Intimate Relationships (S)	3
(F) = Class offered only in Fall term	OR PSYC 330 Human Sexuality (Prereq: PSYC 101)	J
(S) = Class offered only in Spring term	Tit. 5.5 555 arrian Somanny (110104.1 010 101)	
Prereq= Prerequisite is a class that is required prior to taking another class.		

Exercise Science and Health (B.S.E.S.H.)

Physical Education Teacher Certification Track Sample Four Year Plan 2016-2017

	FRESHMAN FALL			FRESHMAN SPRING	
ENGL 102*	College Writing and Rhetoric	3	Humanities	General Education Humanities	3
ISEM 101	Integrated Seminar	3	COMM 101	Fundamentals of Public Speaking	2
Science	General Education Natural Science w/lab (see advisor)	4	Science	General Education Natural Science (see advisor)	3
MATH	General Education Math (see advisor for recommendation)	3	Social Science	General Education Social Science (Psyc 101)	3
PEP 100	Introduction to Exercise Science & Health (F)	1	EDCI 201	Contexts of Education**	3
PEP 132	Skill & Analysis of Striking & Net/Wall Activities (see advisor)	1	PEP 107	Movement Fundamentals (see advisor)	1
	15- CRED	TS		15- CRED	ITS

SOPHOMORE FALL SOPHOMORE SPRING BIOL 120 Human Anatomy (F) (suggested sophomore BIOL 121 Human Physiology (S) (Prereq: BIOL 120) 4 standing) MVSC 201 Physical Activity and Behavior Change H&S 245 Intro to Athletic Injuries (S) 3 (Prereq or coreq: PEP 100) **EDCI 301** Learning, Development, and Assessment 3 FCS 205 Concepts in Human Nutrition 3 Social General Education Social Science 3 Humanities **General Education Humanities** 3 Science ENGL ---H&S 288 First Aid: Emergency Response Advanced Composition (see advisor) 2 3 PEB 108 Water-Based Sports & Fitness Activities (see 1 Skill & Analysis of Recreation & Outdoor **PEP 134** Activities 15- CREDITS 15- CREDITS

	JUNIOR FALL			JUNIOR SPRING	
Elective	Elective to reach 120 credits	3	Elective	Elective to reach 120 credits	1
EDCI 453	Phonics Fluency Assessment (Prereq or coreg: EDCI 302 or permission)	1	H&S 451	Psychosocial Determinants of Health (S) (Prereg: MVSC 201)	3
PEP 418	Physiology of Exercise (F) (Prereq: MVSC 201, BIOL 120, BIOL 121, or permission)	3	PEP 455	Design & Analysis of Research in Movement Sciences (Prereq: junior or senior standing)	3
PEP 413	Foundations and Assessment in PA Pedagogy (Prereq: : MVSC 201, PEP 132, PEP 133, and PEP 134)	3	ISEM 301	Great Issues	1
Humanities	General Education Humanities	3	EDCI 463	Literacy Methods for Content Learning (Prereq or coreq: EDCI 302 or permission)	3
PEP or PEB	Activity Class (see advisor)	1	PEP 360	Motor Behavior (S) (Prereq: BIOL 120)	3
	1/L CDEDI		1/L CDEDI	Te	

	SENIOR FALL			SENIOR SPRING	
PEP 493	Fitness Assessment & Prescription (Prereq: senior standing, PEP 418, or permission)	3	EDCI 401	Internship Seminar (coreq: PEP 484 or permission)	1
PEP 424	Inclusive Physical Education and Recreation (Prereq: Senior standing or permission)	3	PEP 484	Internship in Physical Education Teaching (coreq: EDCI 401)	15
PEP 300	Applied Human Biomechanics (F) (Prereq: BIOL 120 or permission)	3			
PEP 412	Elementary Methods in Physical Activity	3			
	Pedagogy (Prereq: Admissions to teacher ed program, MVSC 201, PEP 132, PEP 133, PEP 134, and PEP 413)				
PEP 421	Secondary Methods in Physical Activity	3			
	Pedagogy (Prereq: Admissions to teacher ed program, MVSC 201, PEP 132, PEP 133, PEP 134, and PEP 413)				
	15- CREDI	TS		16- CRED	STI

^{*}Degree-seeking students must be enrolled in English 109, 101, or 102 in their first semester in residence and in each subsequent semester until they have passed English 102.

^{**}An online background check is required for this class. Admission to Teacher Education: To take any EDCI class above EDCI 301, all students must meet the requirements for admission to teacher education which include the following: receiving a "C" or higher in EDCI 201, Engl 102, Math 143, and Comm 101; have a GPA of at least 2.75; complete an interview; application; two reference forms; and a fingerprint background check.

(F) Course offered only in Fall (S) Course offered only in Spring Prereq: Prerequisite is a class that is required prior to taking another class.

Exercise Science and Health (B.S.E.S.H.) Physical Education & Health Teacher Certification Track

Sample Four & 1/2 Year Plan with Optional Health Certification

	Sample Four & 1/2 Year Plan	WILL	i Optional H		
	FRESHMAN FALL			FRESHMAN SPRING	
ENGL 102*	College Writing and Rhetoric	3	Humanities	General Education Humanities	3
ISEM 101	Integrated Seminar	3	COMM 101	Fundamentals of Public Speaking	2
Science	General Education Natural Science w/lab (see advisor)	4	Science	General Education Natural Science w/lab (see advisor)	4
MATH	General Education Math (see advisor for recommendation)	3	Social Science	General Education Social Science	3
PEP 100	Introduction to Exercise Science & Health (F)	1	EDCI 201	Contexts of Education**	3
PEP or PEB	Activity Class (see advisor)	1	PEP or PEB	Activity Class (see advisor)	1
	15- CREDI	TS		16- CREDI	TS
	SOPHOMORE FALL			SOPHOMORE SPRING	
BIOL 120	Human Anatomy (F) (suggested sophomore standing)	4	BIOL 121	Human Physiology (S) (Prereq: BIOL 120)	4
MVSC 201	Physical Activity and Behavior Change (Prereq or coreg: PEP 100)	3	H&S 245	Intro to Athletic Injuries (S)	3
EDCI 301	Learning, Development, and Assessment	3	FCS 205	Concepts in Human Nutrition	3
Social Science	General Education Social Science	3	Humanities	General Education Humanities	3
H&S 288	First Aid: Emergency Response	2	ENGL	Advanced Composition (see advisor)	3
PEP or PEB	Activity Class (see advisor)	1	PEP or PEB	Activity Class (see advisor)	•
	16- CREDI	TS		17- CREDI	TS
	JUNIOR FALL			JUNIOR SPRING	
Elective	Elective to reach 120 credits	3	Elective	Elective to reach 120 credits	1
EDCI 453	Phonics Fluency Assessment (Prereq or coreg: EDCI 302 or permission)	1	H&S 451	Psychosocial Determinants of Health (S) (Prereq: MVSC 201)	3
PEP 418	Physiology of Exercise (F) (Prereq: MVSC 201, BIOL 120, BIOL 121, or permission)	3	PEP 455	Design & Analysis of Research in Movement Sciences (Prereq: junior or senior standing)	3
PEP 413	Foundations and Assessment in PA Pedagogy (Prereq:: MVSC 201, PEP 132, PEP 133, and PEP 134)	3	ISEM 301	Great Issues	1
Humanities	General Education Humanities	3	EDCI 463	Literacy Methods for Content Learning (Prereq or coreq: EDCI 302 or permission)	3
PEP or PEB	Activity Class (see advisor)	1	PEP 360	Motor Behavior (S) (Prereq: BIOL 120)	3
	14- CREDI	TS		14- CREDI	ITS
	SENIOR FALL			SENIOR SPRING	
PEP 300	Applied Human Biomechanics (F) (Prereq: BIOL 120 or permission)	3	PEP 493	Fitness Assessment & Prescription (Prereq: senior standing, PEP 418, or permission)	3
PEP 412	Elementary Methods in Physical Activity Pedagogy (Prereq: Admissions to teacher ed program,	3	FCS 240 OR PSYC	Intimate Relationships (S) OR Human Sexuality (Prereq PSYC 101)	3
	MVSC 201, PEP 132, PEP 133, PEP 134, and PEP 413)		330	ockdamy (Frered For O 101)	
H&S 450	Critical Health Issues (F)	3	PEP 424	Inclusive Physical Education and Recreation (Prereq: Senior standing or permission)	3
H&S 423	Health Education Methods & Administration	3	PEP 421	Secondary Methods in Physical Activity Pedagogy (Prereq: Admissions to teacher ed program, MVSC 201, PEP 132, PEP 133, PEP 134, and PEP 413)	3
	CREDITS	12		CREDITS	12
	SENIOR FALL				
DED 494	Internship	15			
PEP 484	Intorriorip				
EDCI 401	Internship Seminar	1			

^{*}Degree-seeking students must be enrolled in English 109, 101, or 102 in their first semester in residence and in each subsequent semester until they have passed English 102.

^{**}An online background check is required for this class. Admission to Teacher Education: To take any EDCI class above EDCI 301, all students must meet the requirements for admission to teacher education which include the following: receiving a "C" or higher in EDCI 201, Engl 102, Math 143, and Comm 101; have a GPA of at least 2.75; complete an interview; application; two reference forms; and a fingerprint background check.

⁽F) Course offered only in Fall (S) Course offered only in Spring Prereq: Prerequisite is a class that is required prior to taking another class.