

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**

UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.

COMMUNICATIONS **5**

__ ENGL 102 College Writing & Rhetoric 3
The UI General Catalog requires that students take ENGL 109, 101, or 102 (depending upon their placement scores) every semester until ENGL 102 is satisfactorily completed.
__ COMM 101 (also a major requirement) 2

NATURAL & APPLIED SCIENCES (from TWO different disciplines) **7-8**

__ Science Core (with lab) 4
__ Science Core (with lab) or CORS 3-4
Students are required to complete TWO science courses and their accompanying labs, or a CORS course and another course with its accompanying lab. (Chem 111, 112 or PHYS 111, 112 suggested)

MATH, STATISTICS, & COMPUTER SCIENCE **3-4**

__ Math or Stats Core (see advisor for correct placement) 3-4
(Suggested completion of Math within first year)

GENERAL CORE STUDIES **21***

Students must have completed courses in at least four different disciplines from approved Humanities, Social Sciences, American Diversity, International, or Senior Experience courses. The ISEM 101 and ISEM 301 courses **do not** count toward the four discipline requirement.

__ Integrated Seminar (ISEM 101) 3
__ Humanities (from TWO different disciplines) 6
__ Social Sciences (from TWO different disciplines) (PSYC 101 suggested) 6
__ American Diversity 1 class
__ International 1 class
__ Great Issues: ISEM 301 (see approved list in catalog) 1
__ Senior Experience: MVSC 486 or PEP 498 1-9

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.

(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.

MOVEMENT SCIENCES CORE CURRICULUM **3**

__ MVSC 201 Physical Activity, Wellness and Behavior 3
(Prereq or coreq: PEP 100)

THEORY & LAB CLASSES **33**

__ BIOL 120 Human Anatomy (F) (Suggested sophomore standing) 4
__ BIOL 121 Human Physiology (S)(Prereq: BIOL 120) 4
__ FCS 205 Concepts in Human Nutrition 3
__ H&S 245 Intro to Athletic Injuries (S) 3
__ H&S 451 Psychosocial Determinants of Health (S) 3
(Prereq: MVSC 201)
__ PEP 100 Introduction to Exercise Science Health (F) 1
__ PEP 300 Applied Human Anatomy/Biomechanics (F) 3
(Prereq: BIOL 120 or permission)
__ PEP 360 Motor Behavior (S) (Prereq: BIOL 120) 3
__ PEP 418 Physiology of Exercise (F) 3
(Prereq: MVSC 201, BIOL 120, and BIOL 121; or Permission)
__ PEP 455 Design & Analysis of Research in Movement Sciences 3
(Prereq: Junior or Senior standing)
__ PEP 493 Fitness Assessment & Prescription 3
(Prereq: Senior standing and PEP 418; or permission)

EMPHASIS **38**

__ CHEM 111 Principles of Chemistry I & Lab 4
(Prereq: see catalog)
__ CHEM 112 Principles of Chemistry II & Lab 5
(Prereq: CHEM 111 or permission)
__ H&S 450 Critical Health Issues (F) 3
(Prereq: BIOL 120 and BIOL 121, or MVSC 201)
__ MVSC 445 Internship Preparation and Professional Development (F) (Prereq: MVSC 201) 1
__ PEP 495 Practicum (2 classes) (Prereq: permission) 2
__ PEP 498 Internship in Exercise Science & Health 9
(all major coursework must be completed prior to internship)
__ PHYS 111 General Physics I & Lab (Prereq MATH 143) 4
__ PHYS 112 General Physics II & Lab (Prereq: PHYS 111) 4
__ PSYC 305 Developmental Psychology, 3
OR PSYC 311 Abnormal Psychology (Prereq for both: PSYC 101)
__ STAT 251 Principles of Statistics (Prereq: see advisor) 3

ACTIVITY CLASSES **4**

__ PEP, PEB, DAN Activity/Skill Classes (3 classes) 3
It is preferred that you select 3 different classes (see advisor for selection)
__ PEP 132, 133, or 134 Skill Analysis (1 class) 1

Electives to achieve 120 total credits **6**

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

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

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- CREDITS			14- CREDITS		

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- CREDITS			15- CREDITS		

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	---			
--- CREDITS			--- 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.

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 should check with their academic advisor for specific information.

COMMUNICATIONS 5

- __ ENGL 102 College Writing & Rhetoric 3
- The UI General Catalog requires that students take ENGL 109, 101, or 102 (depending upon their placement scores) every semester until ENGL 102 is satisfactorily completed.
- __ COMM 101 (also a major requirement) 2

NATURAL & APPLIED SCIENCES (from TWO different disciplines) 7-8

- __ Science Core (with lab) 4
- __ Science Core (with lab) or CORS 3-4
- Students are required to complete TWO science courses and their accompanying labs, or a CORS course and another course with its accompanying lab. (see advisor for selection)

MATH, STATISTICS, & COMPUTER SCIENCE 3-4

- __ Math or Stats Core (see advisor for correct placement) 3-4
- (Suggested completion of Math within first year)

GENERAL CORE STUDIES 21*

Students must have completed courses in at least four different disciplines from approved Humanities, Social Sciences, American Diversity, International, or Senior Experience courses. The ISEM 101 and ISEM 301 courses **do not** count toward the four discipline requirement.

- __ Integrated Seminar (ISEM 101) 3
- __ Humanities (from TWO different disciplines) 6
- __ Social Sciences (from TWO different disciplines) (PSYC 101 suggested) 6
- __ American Diversity 1 class
- __ International 1 class
- __ Great Issues: ISEM 301 (see approved list in catalog) 1
- __ Senior Experience: MVSC 486 or PEP 498 1-9

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.

(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.

MOVEMENT SCIENCES CORE CURRICULUM 3

- __ MVSC 201 Physical Activity, Wellness and Behavior 3
- (Prereq or coreq: PEP 100)

EXERCISE SCIENCE & HEALTH MAJOR REQUIREMENTS

THEORY & LAB CLASSES 33

- __ BIOL 120 Human Anatomy (F) (Suggested sophomore standing) 4
- __ BIOL 121 Human Physiology (S)(Prereq: BIOL 120) 4
- __ FCS 205 Concepts in Human Nutrition 3
- __ H&S 245 Intro to Athletic Injuries (S) 3
- __ H&S 451 Psychosocial Determinants of Health (S) 3
- (Prereq: MVSC 201)
- __ PEP 100 Introduction to Exercise Science Health (F) 1
- __ PEP 300 Applied Human Anatomy/Biomechanics (F) 3
- (Prereq: BIOL 120 or permission)
- __ PEP 360 Motor Behavior (S) (Prereq: BIOL 120) 3
- __ PEP 418 Physiology of Exercise (F) 3
- (Prereq: MVSC 201, BIOL 120, and BIOL 121; or Permission)
- __ PEP 455 Design & Analysis of Research in Movement Sciences 3
- (Prereq: Junior or Senior standing)
- __ PEP 493 Fitness Assessment & Prescription 3
- (Prereq: Senior standing and PEP 418; or permission)

EMPHASIS 23

- __ H&S 288 First Aid: Emergency Response 2
- __ H&S 450 Critical Health Issues (F) 3
- (Prereq: BIOL 120 and BIOL 121, or MVSC 201)
- __ MVSC 445 Internship Preparation and Professional Development (F) (Prereq: MVSC 201) 1
- __ PEP 495 Practicum (2 classes) (Prereq: permission) 2
- __ PEP 498 Internship in Exercise Science & Health 9
- (all major coursework must be completed prior to internship)
- __ ENGL 207, 208, 313, or 317 Advanced Composition 3
- __ H&S 490 Health Promotion (S) (Prereq: H&S 450, or permission) 3
- OR PEP 305 Applied Sports Psychology (S)**

ACTIVITY CLASSES 5

- __ PEP, PEB, DAN Activity/Skill Classes (4 classes) 4
- It is preferred that you select 4 different classes (see advisor for selection)
- __ PEP 132, 133, or 134 Skill Analysis (1 class) 1

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

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- CREDITS			16- 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	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- CREDITS		

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- CREDITS			16- CREDITS		

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

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

UI GENERAL REQUIREMENTS 36 credits

UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.

COMMUNICATIONS 5

- __ ENGL 102 College Writing & Rhetoric 3
- The UI General Catalog requires that students take ENGL 109, 101, or 102 (depending upon their placement scores) every semester until ENGL 102 is satisfactorily completed.
- __ COMM 101 (also a major requirement) 2

NATURAL & APPLIED SCIENCES (from TWO different disciplines) 7-8

- __ Science Core (with lab) 4
- __ Science Core (with lab) or CORS 3-4
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MATH, STATISTICS, & COMPUTER SCIENCE 3-4

- __ Math or Stats Core (see advisor for correct placement) 3-4
- (Suggested completion of Math within first year)

GENERAL CORE STUDIES 21*

Students must have completed courses in at least four different disciplines from approved Humanities, Social Sciences, American Diversity, International, or Senior Experience courses. The ISEM 101 and ISEM 301 courses **do not** count toward the four discipline requirement.

- __ Integrated Seminar (ISEM 101) 3
- __ Humanities (from TWO different disciplines) 6
- __ Social Sciences (from TWO different disciplines) (PSYC 101 suggested) 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)

EXERCISE SCIENCE & HEALTH MAJOR REQUIREMENTS

THEORY & LAB CLASSES 33

- __ BIOL 120 Human Anatomy (F) (Suggested sophomore standing) 4
- __ BIOL 121 Human Physiology (S)(Prereq: BIOL 120) 4
- __ FCS 205 Concepts in Human Nutrition 3
- __ H&S 245 Intro to Athletic Injuries (S) 3
- __ H&S 451 Psychosocial Determinants of Health (S) 3
- (Prereq: MVSC 201)
- __ PEP 100 Introduction to Exercise Science Health (F) 1
- __ PEP 300 Applied Human Anatomy/Biomechanics (F) 3
- (Prereq: BIOL 120 or permission)
- __ PEP 360 Motor Behavior (S) (Prereq: BIOL 120) 3
- __ PEP 418 Physiology of Exercise (F) 3
- (Prereq: MVSC 201, BIOL 120, and BIOL 121; or Permission)
- __ PEP 455 Design & Analysis of Research in Movement Sciences 3
- (Prereq: Junior or Senior standing)
- __ PEP 493 Fitness Assessment & Prescription 3
- (Prereq: Senior standing and PEP 418; or permission)

EMPHASIS 34

- __ H&S 288 First Aid: Emergency Response 2
- __ PEP 171 Athletic Training Clinical Experience (S) (Prereq: permission) 1
- __ PEP 495 Practicum 1
- __ Credits from year 1 of MSAT 30

Electives to achieve 120 total credits 14

(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 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
14 CREDITS			15 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	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 CREDITS			15 CREDITS		

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 CREDITS			16 CREDITS		

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.

COMMUNICATIONS **5**

- __ ENGL 102 College Writing & Rhetoric 3
- The UI General Catalog requires that students take ENGL 109, 101, or 102 (depending upon their placement scores) every semester until ENGL 102 is satisfactorily completed.
- __ COMM 101 (also a major requirement) 2

NATURAL & APPLIED SCIENCES (from TWO different disciplines) **7-8**

- __ Science Core (with lab) 4
 - __ Science Core (with lab) or CORS 3-4
- Students are required to complete TWO science courses and their accompanying labs, or a CORS course and another course with its accompanying lab. (see advisor for selection)

MATH, STATISTICS, & COMPUTER SCIENCE **3-4**

- __ Math or Stats Core (see advisor for correct placement) 3-4
- (Suggested completion of Math within first year)

GENERAL CORE STUDIES **21***

Students must have completed courses in at least four different disciplines from approved Humanities, Social Sciences, American Diversity, International, or Senior Experience courses. The ISEM 101 and ISEM 301 courses **do not** count toward the four discipline requirement.

- __ Integrated Seminar (ISEM 101) 3
- __ Humanities (from TWO different disciplines) 6
- __ Social Sciences (from TWO different disciplines) (PSYC 101 suggested) 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.

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.

MOVEMENT SCIENCES CORE CURRICULUM **7**

- __ MVSC 201 Physical Activity, Wellness and Behavior 3
(Prereq or coreq: PEP 100)
- __ MVSC 429 Leadership, Pedagogy and Programming in Physical Activity (F) (Prereq: MVSC 201) (please see advisor) 3
- __ MVSC 486 Programming and Marketing for Healthy, Active Lifestyles (S) (Prereq: MVSC 429) (please see advisor) 1

(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.

THEORY & LAB CLASSES **33**

- __ BIOL 120 Human Anatomy (F) (Suggested sophomore standing) 4
- __ BIOL 121 Human Physiology (S)(Prereq: BIOL 120) 4
- __ FCS 205 Concepts in Human Nutrition 3
- __ H&S 245 Intro to Athletic Injuries (S) 3
- __ H&S 451 Psychosocial Determinants of Health (S) 3
(Prereq: MVSC 201)
- __ PEP 100 Introduction to Exercise Science Health (F) 1
- __ PEP 300 Applied Human Anatomy/Biomechanics (F) 3
(Prereq: BIOL 120 or permission)
- __ PEP 360 Motor Behavior (S) (Prereq: BIOL 120) 3
- __ PEP 418 Physiology of Exercise (F) 3
(Prereq: MVSC 201, BIOL 120, and BIOL 121; or Permission)
- __ PEP 455 Design & Analysis of Research in Movement Sciences 3
(Prereq: Junior or Senior standing)
- __ PEP 493 Fitness Assessment & Prescription 3
(Prereq: Senior standing and PEP 418; or permission)

EMPHASIS **42**

- __ EDCI 201 Contexts of Education (An online background check is required for this class) 2
- __ EDCI 301 Learning, Development, and Assessment 3
- __ EDCI 401 Internship Seminar (coreq: PEP 484, or permission) 1
- __ EDCI 453 Phonics Fluency Assessment 1
(Prereq or coreq: EDCI 302 or permission)
- __ EDCI 463 Literacy Methods for Content Learning 3
(Prereq or coreq: EDCI 302)
- __ H&S 288 First Aid: Emergency Response 2
- __ PEP 412 Elementary Methods in Physical Activity Pedagogy (Prereq: Admissions to teacher ed program, MVSC 201, PEP 132, PEP 133, PEP 134, and PEP 413) 3
- __ PEP 413 Foundations and Assessment in PA Pedagogy 3
(Prereq: MVSC 201, PEP 132, PEP 133, and PEP 134)
- __ 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
- __ PEP 424 Inclusive Physical Education and Recreation 3
(Prereq: Senior standing or permission)
- __ PEP 484 Internship in Physical Education Teaching 15
(coreq: EDCI 401)
- __ ENGL 207, 208, 313, or 317 Advanced Composition 3

ACTIVITY CLASSES **5**

- __ PEB 108, PEP 107, PEP 132, PEP 133, and PEP134 5

Optional: To gain additional Health Certification requires **9**

- __ H&S 423 Health Education Methods and Administration 3
- __ H&S 450 Critical Health Issues (F) 3
(Prereq: BIOL 120 and BIOL 121, or MVSC 201)
- __ FCS 240 Intimate Relationships (S) 3
- __ OR PSYC 330 Human Sexuality (Prereq: PSYC 101)

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- CREDITS			15- 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
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
			PEB 108	Water-Based Sports & Fitness Activities (see advisor)	1
			PEP 134	Skill & Analysis of Recreation & Outdoor 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 coreq: 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- CREDITS			14- CREDITS		

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 Pedagogy (Prereq: Admissions to teacher ed program, MVSC 201, PEP 132, PEP 133, PEP 134, and PEP 413)	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			
15- CREDITS			16- 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.

**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

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- CREDITS			16- 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
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)	1
16- CREDITS			17- 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 coreq: 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- CREDITS			14- CREDITS		
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, MVSC 201, PEP 132, PEP 133, PEP 134, and PEP 413)	3	FCS 240 OR PSYC 330	Intimate Relationships (S) OR Human Sexuality (Prereq PSYC 101)	3
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					
PEP 484	Internship	15			
EDCI 401	Internship Seminar	1			
CREDITS 16					

*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.