

3-YEAR DEGREE PLAN

COLLEGE: Education & Human Services

DEPARTMENT: Health & Human Performance

PROGRAM: B.S. Ed. Exercise/Fitness Specialist

CREDITS: 120

OVERVIEW: Qualified students can complete this bachelor's program in three years. The 3-year schedule outlined below provides one pathway to completion as an example, based on the assumptions of specific student preparation. Other pathways to completion may also be available.

ASSUMPTIONS: Student has met foreign language requirement during high school and is willing to attend summer courses for all three years. *At least one Social Sciences or Arts & Humanities elective must be focused on Africa, Asia, Latin America or the Middle East. §At least one Social Sciences, Arts & Humanities or African American elective must be a WAC or SPAC course.

YEAR 1					
Fall Courses	Credits	Spring Courses	Credits	Summer Courses	Credits
ASC 101 Intro to University Life	1	ENG 102 College Writing II	3	BIO 266 Anatomy and Physiology I	3
ENG 100 or ENG 101 College Writing I	3	MTH 117 Math Application in the Real World	3	BIO 267 Anatomy and Physiology I Lab	1
MTH 116 Foundations of Quantitative Literacy	3	HED 210 Healthy Lifestyle Choices	3	BIO 268 Anatomy and Physiology II	3
PSY 101 Intro to Psychology	3	PES/PED Activity Course	1	BIO 269 Anatomy and Physiology II Lab	1
PES/PED Activity Course	1	HHP Elective	3	Free Elective	3
				*§Arts/Humanities Gen Ed Requirement (from dept other than DAN; non-US focus)	3
TOTAL	11		13		14
YEAR 2					
Fall Courses	Credits	Spring Courses	Credits	Summer Courses	Credits
PED 205 Intro to Sport Management	3	§African American Gen Ed Requirement	3	HHP Elective	3
HED 450 Theories of Health Behavior	3	PED 324 Physical Fitness	3	HED 475 Nutrition and Physical Activity	3
*§Social Sciences Gen Ed Requirement (from dept other than PSY; non-US focus)	3	PED 325 Physiology of Exercise	2	PED 470 Exercise Testing & Prescription	3
HHP Elective	3	HPR 250 Diversity and Sports	3	MLR 301 Principles of Management	3
		HHP Elective	3	DAN 201 Introduction to Dance	3
TOTAL	12		14		15
YEAR 3					
Fall Courses	Credits	Spring Courses	Credits	Summer Courses	Credits
PED 466 Sport Facility Management	3	HED 360 Health Promotion at Workplace	3	PED 445 Gateway to the Profession	3
PED 322 Kinesiology	3	PED 328 Legal/Admin in PE and Sport	3	PED 480/481 Internship and Senior Seminar	12
PED 435 Phys Ed for Students with Disabilities	4	PED 472 Physiology of Aging	3		
PED 415 Evaluation in Physical Education	3	PED 315 Group Fitness Instruction	3		
		PES/PED Activity Course	1		
TOTAL	13		13		15

3-YEAR TOTAL (include any additional credits or pre-program assumptions):

120