EXERCISE SCIENCE PK-12, B.S.

This program has a separate admission process. Please consult the admission requirements for this program on the College of Education page for more information.

Overall GPA of 2.7 is required.
120 Overall Credits Required

LIBERAL EDUCATION PROGRAM AND WRITING REQUIREMENTS

Liberal Education Program

Students must complete a comprehensive three-tiered Liberal Education Program (LEP). View all requirements of the tiers on the Liberal Education Program.

While the choice of courses that fulfill the requirements is generally left up to students, courses in the major and/or cognate may also satisfy LEP requirements. These shared courses are recommended below to fulfill both areas, although the course credits are only counted once towards the 120 credits required for graduation.

Tier 1 – Critical Thinking (select one):
ANT 100 – Interpreting Cultures
ART 106 – Critical Thinking in the Visual Arts
ECO 110 - Social Issues and Economic Thinking
ENG 125 - Reading Sexism and Homophobia Critically
ENV 101 – Critical Thinking: Global Environmental Issues
GEO 105 – Food Systems: A Geography
HIS 150 – Critical Thinking through Historical Biography
PHI 100 – Introduction to Philosophy
PHY 111 – Physics for Today
PHY 123 – Critical Thinking and Science for Future Leaders
PSC 150 – Thinking about Politics
SOC 102 – Exploring Social Issues

Tier 1 – Technical Fluency (select one):
GEO 110 – Geography and Conflict: Ethnicity, Race, and Economy in the US
GEO 170 - Basic Drone Technology
MUS 117 - Introduction to Music Technology
PHY 103 – Physics and Technology for Health Professionals
PHY 120 – Physics for Tomorrow: Nanotechnology
WLL 108 - Technology and Language Learning

Tier 2 – American Experience (select one):
HIS 110 – United States History I
HIS 111 – United States History II

Tier 2 - Creative Drive
HMS 293 - Movement Foundations
Tier 2 – Cultural Expression (select one):
ART 104 – History of Western Art I
ART 105 – History of Western Art II
CHI 120 - World Languages and Literatures
CHI 210 – A Taste of China: Culture through Food
ENG 217 – Introduction to Literature
GEO 200 – Human Geography
ITA 210 – Italian Language through Culture
JPN 210 – Heart and Soul of Japan
LIT 308 – Spanish National Cinema
MUS 110 – Music History of the Western World
MUS 210 - Music History I
PHI 270 - Philosophy of Education
PSC 240 – Introduction to Political Thought
THR 100 – Understanding Theatre
Tier 2 – Global Awareness (select one):
ANT 201 – The Global Community
ANT 222 - Modern Human Variation
ECO 101 – Principles of Microeconomics
ENV 220 – Global Climate Change
FRE 210 – Continuing French
GEO 102 – World Regional Geography
HIS 104 – Islamic Civilization
HIS 105 – Introduction to Southeast Asia: Southeast Asia to 1500
HIS 106 – East Asia to 1850
HIS 127 – Colonial Latin America
HIS 128 – Modern Latin America
ITA 220 – Italian Food Culture in Italy and America
MUS 115 – Music in World Culture
PHI 211 – Asian Philosophy: India
PHI 212 – Asian Philosophy: China and Japan
PSC 230 - War
PSC 270 – International Relations
WLL 208 – Contemporary Chinese Society and Culture
Tier 2 – Mind and Body:
SHE 203 – School Health
Tier 2 – Natural World II: Life and Environment (select one):
BIO 100 – General Zoology
BIO 120 – Microbiology
BIO 200 - Human Biology I (formerly BIO 110)
BIO 201 - Human Biology II (formerly BIO 111)
Tier 2 - Social Structure, Conflict, and Consensus:
EDU 200 - Teachers, Schools, and Society (’C’ or better)
Tier 2 - Time and Place (select one):
ANT 205 – Archaeology and the Human Past
ENG 219 – Time and Place in Literature
ESC 210 – Principles of Astronomy
GEO 100 – People, Places, and Environments
HIS 100 – Western Civilization I
HIS 101 – Western Civilization II
PHI 296 – Ancient Philosophy: Pre-Socratics to Plotinus
PHI 297 – Medieval and Renaissance Philosophy
SOC 250 – Apocalypse Now?

Tier 3 – Capstone:
HMS 442 – Practicum Seminar in Physical Education

Writing Requirements (“W-Courses”)

Three W-courses are required. These may not be taken until after a student has passed ENG 112 — Writing Arguments. W-courses may count toward LEP, major, or cognate requirements, as well as free electives. Course sections that meet this requirement are designated by section numbers ending in “W”.

Transfer students who enter with 60 to 89 credits are required to pass two W-courses, while transfer students who enter with 90 credits or more must pass one W-course.

MAJOR REQUIREMENTS

75.5 Credits Required

Exercise Science Requirements
60.5 Credits Required

Requirements:
HMS 131 – Teaching Aquatics (‘B-‘ or better)
HMS 191 – Introduction to Teaching Physical Education (‘C-‘ or better)
HMS 281 – Anatomy and Physiology I (‘C-‘ or better)
HMS 282 – Anatomy and Physiology II (‘C-‘ or better)
HMS 291 – Exploring the Teaching of Physical Education (‘B-‘ or better)
HMS 292 – Instructional Strategies for Physical Education (‘B-‘ or better)
HMS 293 - Movement Foundations
HMS 350 – Teaching Physical Fitness K-12 (‘B-‘ or better)
HMS 352 – Skill and Strategy of Target, Striking/Fielding, Net/Wall Games (‘B-‘ or better)
HMS 383 – Biomechanics (‘C-‘ or better)
HMS 384 – Exercise Physiology (‘C-‘ or better)
HMS 387 - Standard First Aide and Personal Safety (‘C-‘ or better)
HMS 394 – Physical Education (Elementary School) (‘B-‘ or better)
HMS 400 – Skill and Strategy of Invasion Games (‘B-‘ or better)
HMS 442 - Practicum Seminar in Physical Education
HMS 480 – Motor Learning and Development (‘C-‘ or better)
HMS 483 – Adapted Physical Education (‘B-‘ or better)
HMS 485 – Measurement and Statistics in Exercise Science (‘C-' or better)
HMS 495 – Physical Education (Secondary) (‘B-' or better)

**Education Requirements**

15 Credits Required

Requirements:
EDU 316 – Child Development and Psychology for Educators (‘C' or better)
EDU 471 - Supporting English Learners for School Success (‘C' or better) (formerly IDS 471)
RDG 470 - Literacy in the Content Areas (‘C' or better) (formerly IDS 470)
SED 481 – Teaching Exceptional Students in the Elementary Education Classroom
OR  SED 482 – Teaching Exceptional Students in the Secondary Education Classroom
HMS 452 - Elementary Physical Education Student Teaching
HMS 453 - Secondary Physical Education Student Teaching

Non-Course Requirements:
Module 1: Behavioral Difficulties (Social and Emotional Development)
Module 2: Dyslexia Required

**COGNATE REQUIREMENTS**

27 Credits Required

BIO 100 or BIO 120 or BIO 200 or BIO 201 – Natural World I: Physical Realm Cognate
EDU 200 – Teachers, Schools, and Society (‘C' or better)
HIS 110 or HIS 111 – United States History I or II
SHE 203 – School Health

Critical Thinking (select one):
ANT 100 – Interpreting Cultures
ART 106 – Critical Thinking in the Visual Arts
ECO 110 - Social Issues and Economic Thinking
ENG 125 - Reading Sexism and Homophobia Critically
ENV 101 – Critical Thinking: Global Environmental Issues
GEO 105 – Food Systems: A Geography
HIS 150 – Critical Thinking through Historical Biography
PHI 100 – Introduction to Philosophy
PHY 111 – Physics for Today
PHY 123 – Critical Thinking and Science for Future Leaders
PSC 150 – Thinking about Politics
SOC 102 – Exploring Social Issues

Technical Fluency (select one):
GEO 110 – Geography and Conflict: Ethnicity, Race, and Economy in the US
GEO 170 - Basic Drone Technology
MUS 117 - Introduction to Music Technology
PHY 103 – Physics and Technology for Health Professionals
PHY 120 – Physics for Tomorrow: Nanotechnology
WLL 108 - Technology and Language Learning
Cultural Expression (select one):
ART 104 – History of Western Art I
ART 105 – History of Western Art II
CHI 120 - World Languages and Literatures
CHI 210 – A Taste of China: Culture through Food
ENG 217 – Introduction to Literature
GEO 200 – Human Geography
ITA 210 – Italian Language through Culture
JPN 210 – Heart and Soul of Japan
LIT 308 – Spanish National Cinema
MUS 110 – Music History of the Western World
MUS 210 - Music History I
PHI 270 - Philosophy of Education
PSC 240 – Introduction to Political Thought
THR 100 – Understanding Theatre

Global Awareness (select one):
ANT 201 – The Global Community
ANT 222 - Modern Human Variation
ECO 101 – Principles of Microeconomics
ENV 220 – Global Climate Change
FRE 210 – Continuing French
GEO 102 – World Regional Geography
HIS 104 – Islamic Civilization
HIS 105 – Introduction to Southeast Asia: Southeast Asia to 1500
HIS 106 – East Asia to 1850
HIS 127 – Colonial Latin America
HIS 128 – Modern Latin America
ITA 220 – Italian Food Culture in Italy and America
MUS 115 – Music in World Culture
PHI 211 – Asian Philosophy: India
PHI 212 – Asian Philosophy: China and Japan
PSC 230 - War
PSC 270 – International Relations
WLL 208 – Contemporary Chinese Society and Culture

Time and Place (select one):
ANT 205 – Archaeology and the Human Past
ENG 219 – Time and Place in Literature
ESC 210 – Principles of Astronomy
GEO 100 – People, Places, and Environments
HIS 100 – Western Civilization I
HIS 101 – Western Civilization II
PHI 296 – Ancient Philosophy: Pre-Socrates to Plotinus
PHI 297 – Medieval and Renaissance Philosophy
SOC 250 – Apocalypse Now?

FREE ELECTIVES
Students must take remaining credits to reach Overall Credits Required (listed above).