

Degree Plan: B.S. Physical Activity and Health, Health and Wellness Studies Concentration

**JULIE L LIZOTTE**

**GENERAL EDUCATION REQUIREMENTS** (“C” indicates completed sections or courses)

Aesthetics and Humanities:	13.5 credits transferred from Penn State University <b>(C)</b>
Natural, Math, and Information Sciences:	30.5 credits, 25.5 transferred from Penn State <b>(C)</b>
Social Sciences:	13.5 credits transferred from Penn State <b>(C)</b>
Artistic Process and Creation:	6 credits
WR 320- Professional Writing	W10 OR S10
WR 222- Argumentation	W10 OR S10 OR SUMMER
Gateway Experience:	9 credits <b>(C)</b>

**CORE REQUIREMENTS FOR THE MAJOR**

**COMPLETE**

BIO 231- Anatomy and Physiology 1	F04
BIO 232- Anatomy and Physiology 2	W05

**INCOMPLETE**

BIO 233- Anatomy Physiology 3	F10
PES 131- Found. Phys act & health	F09
EXS 312- Meas Eval phys Activity	W10
EXS 321- Applied anatomy	F10
EXS 322- Biomechanics	W11
EXS 323- Physio of exercise	S11
EXS 440- Motor Development	W11
PES 409- Capstone practicum	TBD

**CONCENTRATION COURSES (HEALTH)**

**COMPLETE**

HWS 250- Pers. skills healthy lvng	S04
HWS 298- Health fit for life	S04
HWS 350- Lifestyle behavior health	W05
HWS 351- Comm.Soc skills helath liv.	W05

**INCOMPLETE**

HWS 325- Nutrition	W10
PES 409- Capstone practicum	TBD
HWS 412- Prgm. Des. Evaluation	F09
PSY 311- Child Development	F10
SOC 338- Soc. Of families	S10
HWS 314- Health and Humanities	S10

Class schedule by term to complete B.S. Physical Activity and Health,

Health and Wellness concentration

FALL 09:

PES 131- Foundations of physical activity and health (2)

HWS 412- Program Design and Evaluation (3)

WINTER 10:

EXS 312- Measurement and Evaluation in physical activity and health (3)

HWS 325- Nutrition (4)

First Aid and CPR recertification/ Instructor recertification

SPRING 10:

SOC 338- Sociology of Families (5)

WR 320- Professional Writing (3)

HWS 314- Health and Humanities (2)

SUMMER 10:

\*BIO 233- Anatomy and Physiology 3 (4)

FALL 10:

\*PSYCH 311-Child Development (5)

\*EXS 321- Applied Anatomy (4)

\*PES 409- Capstone practicum (1-6)

WINTER 11:

\*EXS 322- Biomechanics (4)

\*EXS 440- Motor Development (3)

\*PES 409- Capstone practicum (1-6)

SPRING 11:

\*EXS 323- Physiology of Exercise (4)

\*PES 409- Capstone practicum (1-6)

\*I am working under the assumption that EOU courses offered Fall 09 will coincide with Fall 10, winter 10 with winter 11, and spring 10 with spring 11. I must keep my credits limited to 7 or 8 per semester for financial reasons. This schedule is subject to change at any time.