

PHYSICAL ACTIVITY and HEALTH – PHYSH MAJOR CHECKLIST

CORE REQUIREMENTS FOR ALL PROGRAMS – 35 hours

- Biology 231 Human Anatomy and Physiology I (4)
- Biology 232 Human Anatomy and Physiology II (4)
- Biology 233 Human Anatomy and Physiology III (4)
- PES 131 Found. of Physical Activity and Health (2)
- EXS 312 Measurement and Evaluation in Physical Activity and Health (3)
- EXS 321 Applied Anatomy (4) + 321L Lab (0)
- EXS 322 Biomechanics (4) + 322L Lab (0)
- EXS 323 Physiology of Exercise (4) + 323L Lab (0)
- EXS 440 Motor Development (3)
- PES 409 Practicum: Capstone (3)

PHYSICAL EDUCATION AND SPORT CONCENTRATION

CHOOSE AT LEAST 30 CREDITS FROM THE FOLLOWING:

- *EXS 213 Qualitative Analysis of Human Movement (3)
 - PES 270 History, Philosophy and Ethics of Sport (3)
 - PES 294 Teaching Team Sports (3)
 - EXS 311 Sport Psychology(3)
 - *PES 359 Prevention and Care of Injury (3)
 - PES 364 Scientific Basis of Coaching Youth Sports (3)
 - PES 394 Teaching Games, Dance, and Gymnastics (3)
 - PES 410 Selected Topics (1-6) with advisor approval
 - *EXS 444 Adapted Physical Activity (3)
 - PES 470 Sport Management (3)
 - PES 494 Teaching Individual Lifetime Sports (3)
- A MAXIMUM OF 6 CREDITS (of the 30) MAY BE
SELECTED FROM THE FOLLOWING:**
- PES 365 Football Coaching and Officiating (3)
 - PES 366 Basketball Coaching and Officiating (3)
 - PES 367 Baseball Coaching and Officiating (3)
 - PES 368 Track and field Coaching and Officiating (3)
 - PES 369 Wrestling Coaching and Officiating (3)
 - PES 370 Volleyball Coaching and Officiating (3)
 - PES 371 Soccer Coaching and Officiating (3)
 - PES 372 Tennis Coaching And Officiating (3)
 - PES 373 Golf Coaching and Officiating (3)

EXERCISE SCIENCE CONCENTRATION

Select at least 30 credits from the following:

- EXS 311 Sport Psychology (3)
- HWS 350 Lifestyle Behavior and Health (3)
- PES 359 Prevention and Care of Injury (3)
- PES 364 Scientific Basis of Coaching Youth Sports (3)
- EXS 451 Physiology of Exercise II (3)
- EXS 452 Physical Activity in Disease Prevention (3)
- EXS 453 Motor Learning and Control (3)
- HWS 412 Program Design and Evaluation (3)
- EXS 444 Adapted Physical Activity (3)
- HWS 325 Nutrition (4)
- Psych/Stat 327 Statistics (5) or other PHYSH advisor approved statistics course.

HEALTH AND WELLNESS STUDIES CONCENTRATION

Choose 30 credits from the following:

- *HWS 250 Personal Skills for Healthy Living (3)
- *HWS 298 Health and Fitness for Life (3)
- HWS 314 Health and Humanities (2)
- HWS 317 Global Health (3)
- HWS 320 Healthy Activities and Games (3)
- *HWS 325 Nutrition (4)
- *HWS 350 Lifestyle Behavior and Health (3)
- *HWS 351 Community and Social Skills (3)
- *HWS 412 Program Design and Evaluation (3)
- HWS 422 Gerontology and Healthy Activities (2)
- HWS 423 Aging and Society (3)
- PES 409 Practicum: Health and Wellness (1-6)
- PES 410 Selected Topics: Health (1-6)advisor approval
- HWS 431 Alcohol and Drugs: Prevention (5)
- HWS 432 Substance Abuse and Family Relations (5)
- HWS 433 Alcohol and Drugs: Use, Misuse, and Addiction (5)
- GEN/SOC 360 Gender and Power (5)
- PSY 231 Human Sexuality (3)
- PSY 311 Child Development (5)
- SOC 338 Sociology of Families (5)

*Required Courses

x Completed Courses

o Courses currently enrolled in

Courses Taking Winter Term 2010