

<b>Capstone Experience</b>	<b>PES 409</b> Practicum: Capstone (3)
<b>University Writing Requirement (UWR)</b>	<b>EXS 311</b> Sport Psychology (3)
<b>University Writing Requirement (UWR)</b>	<b>HWS 350</b> Lifestyle Behavior and Health (3)
<b>University Writing Requirement (UWR)</b>	<b>HWS 351</b> Community Health (3)
<b>University Writing Requirement (UWR)</b>	<b>WR 121</b> Expository Prose Writing (4)

## Bachelor of Science, Physical Activity and Health, Exercise Science Concentration

### General Education Core Requirements (68 Credits)

**Required Liberal Arts Courses (45-60 credits in at least six disciplines)**

#### Aesthetics & Humanities (AEH):

6-20 credits in at least two disciplines

**ENGL 107** World Literature I (3)  
**ENGL 108** World Literature II (3)  
**ENGL 109** World Literature III (3)  
**ENGL 201** Shakespeare (4)  
**SPCH 340** Interviewing Strategies & Skills (3)

#### Natural, Mathematical & Information Sciences (SMI):

6-20 credits in at least two disciplines, including at least one physical or biological science

**MATH 111-** College Algebra (4)  
**MATH 211** Foundations Elementary Math I (4)  
**MATH 212** Foundations Elementary Math II (4)  
**MATH 213** Foundations Elementary Math III (4)  
**PSY 242** The Mind (5)

#### Social Science (SSC):

6-20 credits in at least two disciplines

**ECON 201** Microeconomics (5)  
**ECON 202** Macroeconomics (5)  
**PSY 201** General Psychology (5)  
**PSY 202** General Psychology (5)

#### Artistic Process & Creation (APC):

6-20 credits in at least two disciplines

**ART 130** Drawing I (4)  
**WR 121** Expository Prose Writing (4)  
**WR 241** Introduction Imaginative Writing (3)

## Minimum of 180 Credits Required for Graduation (116 Credits)

**Minimum of 45 EOU Residency credit hours, of which 30 credits must be upper division.**

#### Lower Division Credits

Max 120 apply to BA/BS

**ART 130** Drawing I (4)  
**BIOL 231** Human Anatomy and Physiology I (4)Sp 10  
**BIOL 232** Human Anatomy and Physiology II (4)Sum 10  
**BIOL 233** Human Anatomy and Physiology III (4)Fall 10  
**ECON 201** Microeconomics (5)Win 09  
**ECON 202** Macroeconomics (5)Sp 10  
**ENGL 107** World Literature I (3)Sp 10  
**ENGL 108** World Literature II (3)Sum 10  
**ENGL 109** World Literature III (3)Fall 10  
**ENGL 201** Shakespeare (4)  
**EXS 213** Qualitative Analysis of Human Movement (3)Sum 10  
**MATH 095** Algebraic Foundations (4)Win 09  
**MATH 111-** College Algebra (4)Sp 10  
**MATH 211** Foundations Elementary Math I (4) Fall 09  
**MATH 212** Foundations Elementary Math II (4)Win 09  
**MATH 213** Foundations Elementary Math III (4)Sp 10  
**PES 131** Foundations of Physical Activity and Health (2)Fall 09  
**PES 270** History, Philosophy and Ethics of Sport (3)Fall 10  
**PES 294** Teaching Team Sports (3)Win 10  
**PSY 201** General Psychology (5) Fall 09  
**PSY 202** General Psychology (5)Win 09  
**PSY 211** Intro to Lifespan Development (3)Sum 10  
**PSY 231** Human Sexuality (3)Win 10  
**PSY 242** The Mind (5)Sp 11  
**SOC 204** General Sociology (5)Sum 11  
**SOC 205** General Sociology: Problems (5)Fall 11  
**WR 121** Expository Prose Writing (4)Win 09  
**WR 241** Introduction Imaginative Writing (3)Sp 11

#### Upper Division Credits

At least 60 hours

**EXS 311** Sport Psychology (3)Sum 11  
**EXS 312** Measurement and Evaluation in Physical Activity and Health (3)Fall 11  
**EXS 321** Applied Anatomy (4) + 321L Lab (0)Win 11  
**EXS 322** Biomechanics (4) + 322L Lab (0)Sp 12  
**EXS 323** Physiology of Exercise (4) + 323L Lab (0)Sum 12  
**EXS 440** Motor Development (3)Fall 12  
**EXS 444** Adapted Physical Activity (3)Fall 11  
**EXS 452** Physical Activity in Disease Prevention (3)Win 12  
**GEN/SOC 360** Gender and Power (5)Sum 12  
**HWS 325** Nutrition (4)Fall 12  
**HWS 350** Lifestyle Behavior and Health (3)Sp 12  
**HWS 351** Community Health (3)Sum 12  
**HWS 412** Program Design and Evaluation in Health and Wellness (3)Fall 12  
**PES 359** Prevention and Care of Injury in Physical Activity Settings (3)Sp 12  
**PES 364** Scientific Basis of Coaching Youth Sports (3)Win 12  
**PES 394** Teaching Games, Dance, and Gymnastics (3)Fall 12  
**PES 409** Practicum: Capstone (3)Sum 13  
**PES 470** Sport Management (3)Sp 12  
**PES 494** Teaching Individual Lifetime Sports (3)Sum 13  
**PSY 311** Child Development (5)Sum 13  
**PSY 330** Emotion (5)Sp 12  
**SPCH 340** Interviewing Strategies & Skills (3)Win 12