

Cleveland State University
College of Education and Human Services
Bachelor of Science in Education
Exercise Fitness Specialist

First Year

Fall Semester				Spring Semester			
	Credits	Major	Gen Ed		Credits	Major	Gen Ed
ASC 101 Intro to University Life	1		INTRO	ENG 102 College Writing II	3		W/C
ENG 100 or ENG 101 Collge Writing I	3		W/C	Arts/Humanities Gen Ed Requirement (from dept other than DAN; non-US focus)	3		A&H
Quantitative Literacy Req (MTH 116 rec)	3		QL	Quantitative Literacy Req (MTH 117 rec)	3		QL
PSY 101 Intro to Psychology	3		SS	PED 205 Intro to Sport/ExerSci	3	X	
PES/PED Physical Skill Course #1	1	X		HED 210 Healthy Lifestyle Choices	3		
HPR 250 Diversity in Sports	3		DIV-US				
<i>Semester Total</i>	<i>14</i>			<i>Semester Total</i>	<i>15</i>		

Second Year

Fall Semester				Spring Semester			
	Credits	Major	Gen Ed		Credits	Major	Gen Ed
PED 315 Group Exercise Instruction	3	X		HED 360 Health Promotion at the Workplace	3	X	
PES/PED Physical Skill Course #2	1	X		Approved HHP Elective #1	3	X	
BIO 266 Anatomy and Physiology I	3		NS	BIO 268 Anatomy and Physiology II	3		NS
BIO 267 Anatomy and Physiology I Lab	1		NS	BIO 269 Anatomy and Physiology II Lab	1		NS
African American Gen Ed Requirement (must also qualify as WAC)	3		DIV-AA/ WAC	Social Sciences Gen Ed Requirement (from dept other than PSY; non-US focus)	3		SS
DAN 201 Introduction to Dance	3		A&H	Approved HHP Elective #2	3	X	
<i>Semester Total</i>	<i>14</i>			<i>Semester Total</i>	<i>16</i>		

Third Year

Fall Semester				Spring Semester			
	Credits	Major	Gen Ed		Credits	Major	Gen Ed
PED 466 Sport/Fitness Facility Management	3	X	WAC	HED 475 Nutrition and Physical Activity	3	X	WAC
HED 450 Theories of Health Behavior	3	X		PED 324 Physical Fitness	2	X	
PED 322 Kinesiology	3	X		PED 325 Physiology of Exercise	3	X	
HHP Approved Elective #3	3	X		Approved HHP Elective #4	3	X	
MLR 301 Principles of Management	3	X		PED 328 Legal/Adminin of PE/Sport	3	X	
<i>Semester Total</i>	<i>15</i>			<i>Semester Total</i>	<i>14</i>		

Fourth Year

Fall Semester				Spring Semester			
	Credits	Major	Gen Ed		Credits	Major	Gen Ed
PED 435 Phys Ed for Students with Disabilities	4	X		PED 445 Gateway to the Profession	3	X	CAP
PED 472 Physiology of Aging	3	X		PED 480 Intern(8cr) & 4 credits Elec OR PED 481	12	X	
PED 470 Exercise Testing and Prescription	3	X		PES/PED Physical Skill Course #3	1	X	
PED 415 Evaluation in Physical Education	3	X					
Free Elective	3						
<i>Semester Total</i>	<i>16</i>			<i>Semester Total</i>	<i>16</i>		

Degree Total: 120 Credit Hours

College/ Program Notes: HHP Approved Electives (12 credits), see Dept for Complete List. Free Elective (any dept)

The plan above is a suggested guide to ensure that all General Education, College, University, and Major requirements are met within 4 years of study. Students may deviate from the suggested placement of Gen Ed courses, although the M/QL and W/C requirements should be completed during the first year of study.

. Students must have a **minimum of 120 total credit hours**

University Notes:

Gen Ed Key:

INTRO = Introduction to University Life Requirement (one course)

W/C = Writing/Composition Requirement (two courses; C or better required)

M/QL = Mathematics/Quantitative Literacy Requirement (two courses)

NS = Natural Sciences (two courses, one of which must have a lab)

** of the SS and A&H courses focused outside the US, one must be focused on Africa, Latin America, Asia or the Middle East (ALAAME)

SS = Social Sciences Requirement (2 courses, one of which must be focused outside the US**)

A&H = Arts & Humanities Requirement (2 courses, one must be focused outside the US**)

DIV = Social Diversity Requirement (2 courses; one US Diversity and one African American Exp.)

WAC/SPAC = Writing/Speaking Across the Curriculum Requirement (3 courses, one in the major)

CAP = Capstone Requirement

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