

**Cleveland State University**  
**College of Education and Human Services**  
**Bachelor of Science in Education**  
**Physical Education and Sport (Exercise Science)**

<b>First Year</b>								
<b>Fall Semester</b>	<b>Credits</b>	<b>Major</b>	<b>Gen Ed</b>	<b>Spring Semester</b>	<b>Credits</b>	<b>Major</b>	<b>Gen Ed</b>	
ASC 101 Intro to University Life	1		INTRO	ENG 102 College Writing II	3		W/C	
ENG 100 or ENG 101 College Writing I	3		W/C	Arts & Humanities (ALAAME)**	3		A&H	
Quantitative Literacy Req (MTH 116 rec)	3		M/QL	Quantitative Literacy Req (MTH 117 rec)	3		M/QL	
PSY 101 Intro to Psychology	3		SS	PED 205 Intro to Sport Management	3	X		
PES/PED Physical Skill Course #1	1	X		HED 210 Healthy Lifestyle Choices	3		SS	
HPR 250 Diversity in Sports	3		DIV-US	General Elective	1			
<i>Semester Total</i>	<i>14</i>			<i>Semester Total</i>	<i>16</i>			
<b>Second Year</b>								
<b>Fall Semester</b>	<b>Credits</b>	<b>Major</b>	<b>Gen Ed</b>	<b>Spring Semester</b>	<b>Credits</b>	<b>Major</b>	<b>Gen Ed</b>	
Social Science (ALAAME)**	3		SS	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	
DAN 201 Introduction to Dance	3		A&H	Approved HHP Elective #2	3	X		
African American Diversity (must also qualify as WAC)	3		DIV-AA/ WAC	PED 315 Group Exercise Instruction	3	X		
<i>Semester Total</i>	<i>14</i>			<i>Semester Total</i>	<i>16</i>			
<b>Third Year</b>								
<b>Fall Semester</b>	<b>Credits</b>	<b>Major</b>	<b>Gen Ed</b>	<b>Spring Semester</b>	<b>Credits</b>	<b>Major</b>	<b>Gen Ed</b>	
PED 466 Sport/Fitness Facility Management	3	X	WAC	HED 475 Nutrition and Physical Activity	3	X	WAC	
HED 450 Facilitating Behavior Change	3	X		PED 470 Exercise Testing and Prescription	3	X		
PED 322 Anatomical Kinesiology	3	X		PED 439 Therapeutic Recreation/ Disability	3	X		
PED 324 Physical Fitness	2	X		PED 494 Biomechanics	3	X		
PED 325 Physiology of Exercise	3	X		PED 328 Legal & Administrative Aspects of PE and Sport	3	X		
<i>Semester Total</i>	<i>14</i>			<i>Semester Total</i>	<i>15</i>			
<b>Fourth Year</b>								
<b>Fall Semester</b>	<b>Credits</b>	<b>Major</b>	<b>Gen Ed</b>	<b>Spring Semester</b>	<b>Credits</b>	<b>Major</b>	<b>Gen Ed</b>	
Approved HHP Elective #3	3	X		PED 445 Gateway to the Profession	3	X	CAP	
PED 471 Exercise Programs for Special Populations	3	X		PED 480 or 481 Internship & Senior Seminar 8 or 12 credits	12	X		
PED 472 Physiology of Aging	3	X		PES/PED Physical Skill Course #3	1	X		
Free Elective (if needed)	3							
HPE 415 Evaluation in Health and Human Performance	3	X						
<i>Semester Total</i>	<i>15</i>			<i>Semester Total</i>	<i>16</i>			
<b>Degree Total: 120 Credit Hours</b>								

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

**Assumptions: college-level readiness in MTH & ENG; no Foreign Language Deficiency.** 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** of which a **minimum of 24 credit hours** must be upper division (300-400- level courses).

**University Notes:**

<b>Gen Ed Key:</b>	SS = Social Sciences Requirement (2 courses, from different departments)
INTRO = Introduction to University Life Requirement (one course)	A&H = Arts & Humanities Requirement (2 courses, from different departments)
W/C = Writing/Composition Requirement (two courses; C or better required)	DIV = Social Diversity Requirement (2 courses; one US Diversity and one African American Exp.)
M/QL = Mathematics/Quantitative Literacy Requirement (two courses)	WAC/SPAC = Writing/Speaking Across the Curriculum Requirement (3 courses, one in the major)
NS = Natural Sciences (two courses, one of which must have a lab)	CAP = Capstone Requirement
** of the SS and A&H courses, one must be focused on Africa, Latin America, Asia or the Middle East (ALAAME)	

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**Planned Electives (12 credits required):** HED 472, 474, 477; PED 330, 430, 477, 491, 493, 495; SPM 467, 492

**PES/PED Activity Requirement (3 credits required):** PED 221, 222, 240; PES 101, 104, 105, 106, 107, 120, 121, 122, 160, 162, 163