

### 3-YEAR DEGREE PLAN

**COLLEGE:** Education & Human Services

**DEPARTMENT:** Health & Human Performance

**PROGRAM:** B.S. Ed. Exercise/Fitness Specialist

**CREDITS:** 120

**OVERVIEW:** Qualified students can complete this bachelor's program in three years. The 3-year schedule outlined below provides one pathway to completion as an example, based on the assumptions of specific student preparation. Other pathways to completion may also be available.

**ASSUMPTIONS:** Student has met foreign language requirement during high school and is willing to attend summer courses for all three years. \*At least one Social Sciences or Arts & Humanities elective must be focused on Africa, Asia, Latin America or the Middle East. §At least one Social Sciences, Arts & Humanities or African American elective must be a WAC or SPAC course.

<b>YEAR 1</b>					
<b>Fall Courses</b>	<b>Credits</b>	<b>Spring Courses</b>	<b>Credits</b>	<b>Summer Courses</b>	<b>Credits</b>
ASC 101 Intro to University Life	1	ENG 102 College Writing II	3	BIO 266 Anatomy and Physiology I	3
ENG 100 or ENG 101 College Writing I	3	MTH 117 Math Application in the Real World	3	BIO 267 Anatomy and Physiology I Lab	1
MTH 116 Foundations of Quantitative Literacy	3	HED 210 Healthy Lifestyle Choices	3	BIO 268 Anatomy and Physiology II	3
PSY 101 Intro to Psychology	3	PES/PED Activity Course	1	BIO 269 Anatomy and Physiology II Lab	1
PES/PED Activity Course	1	HHP Elective	3	Free Elective	3
				*§Arts/Humanities Gen Ed Requirement (from dept other than DAN; non-US focus)	3
<b>TOTAL</b>	<b>11</b>		<b>13</b>		<b>14</b>
<b>YEAR 2</b>					
<b>Fall Courses</b>	<b>Credits</b>	<b>Spring Courses</b>	<b>Credits</b>	<b>Summer Courses</b>	<b>Credits</b>
PED 205 Intro to Sport Management	3	§African American Gen Ed Requirement	3	HHP Elective	3
HED 450 Theories of Health Behavior	3	PED 324 Physical Fitness	3	HED 475 Nutrition and Physical Activity	3
*§Social Sciences Gen Ed Requirement (from dept other than PSY; non-US focus)	3	PED 325 Physiology of Exercise	2	PED 470 Exercise Testing & Prescription	3
HHP Elective	3	HPR 250 Diversity and Sports	3	MLR 301 Principles of Management	3
		HHP Elective	3	DAN 201 Introduction to Dance	3
<b>TOTAL</b>	<b>12</b>		<b>14</b>		<b>15</b>
<b>YEAR 3</b>					
<b>Fall Courses</b>	<b>Credits</b>	<b>Spring Courses</b>	<b>Credits</b>	<b>Summer Courses</b>	<b>Credits</b>
PED 466 Sport Facility Management	3	HED 360 Health Promotion at Workplace	3	PED 445 Gateway to the Profession	3
PED 322 Kinesiology	3	PED 328 Legal/Admin in PE and Sport	3	PED 480/481 Internship and Senior Seminar	12
PED 435 Phys Ed for Students with Disabilities	4	PED 472 Physiology of Aging	3		
PED 415 Evaluation in Physical Education	3	PED 315 Group Fitness Instruction	3		
		PES/PED Activity Course	1		
<b>TOTAL</b>	<b>13</b>		<b>13</b>		<b>15</b>

**3-YEAR TOTAL (include any additional credits or pre-program assumptions):**

120