

### Physical Education Exercise Science Proposed Program of Study

		Fall Semester			Spring Semester		
		Course	Course Title	Hrs.	Course	Course Title	Hrs.
<b>Freshman</b>	EDU 100	Touch the Future		2	EH 102	English Composition II	3
	EH 101	English Composition I		3	History	From Core List	3
	MA 106 or 125	Pre-Calculus Trigonometry or Calculus 1		3-4	PE 136	Introduction Physical Education, Fitness, Sport	3
	PE 115	Weight Training		1	BY 123, 123L	Introduction Biology I	4
	CM 101	Public Speaking		3	Social Science, Non -History	From Core List	3
	PY 101	Introduction to Psychology		3			
		<b>Total Credits: 15-16</b>				<b>Total Credits: 16</b>	
<b>Sophomore</b>	English Literature	From Core List (First in Sequence)		3	English Literature	From Core List (Second in Sequence)	3
	Fine Art	From Core List		3	EPR 214	Statistics	3
	BY 115	Anatomy		4	BY 116	Physiology	4
	PE 131	Aerobics		1	HE 141	Personal Health	3
	CH 115/116	General Chemistry I		4	PE 132	Group Exercise Leadership	1
	HE 140	First Aid		0-3	PE 101	Swimming	1
		<b>Total Credits: 15-18</b>				<b>Total Credits: 15</b>	
<b>Junior</b>	PE 307	Applied Kinesiology		3	PE 400, 400L	Physiology of Exercise, Lab	4
	EDT 300	Teaching and Technology		3	PE 451	Physical Activity for Senior Adults	3
	BY 210	Genetics		3	Elective	(Math, Science, or PE 200 level or higher)	3
	PE 305	Motor Development		3	Psychology Elective		3
	CH 117/118	General Chemistry II		4	History or Social Science	From Core List	3
		<b>Total Credits: 16</b>				<b>Total Credits: 16</b>	
<b>Senior</b>	PE 485	Exercise Testing/Prescription		3	PE 499	Fitness Internship	6
	PE 402	Basic Athletic Training		2	PE 405	Nutrition and Physical Activity	3
	PH 201, 201L	College Physics I		4			
		<b>Total Credits: 9</b>				<b>Total Credits: 9</b>	