

Physical Education Sports & Fitness Leadership Proposed Program of Study

		Fall Semester			Spring Semester			Summer Semester		
		Course	Course Title	Hrs	Course	Course Title	Hrs	Course	Course Title	Hrs
Freshman	EDU 100	Touch the Future	2	EH 102	English Composition II	3	CM 101	Public Speaking	3	
	EH 101	English Composition I	3	History	From Core List	3				
	Math	From Core List	3	PE 136	Introduction PE, Fitness, Sport	3				
	BY 101/102	Introduction Biology I	4	CH 105/106	Introduction Chemistry I	4				
	PY 101	Introduction Psychology	3	Social Science, Non-History	From Core List	3				
	PE 101	Swimming	1							
		Total Credits	16		Total Credits	16		Total Credits	3	
Sophomore	EH Literature	From Core List (First in Sequence)	3	EH 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, PE 117	Aerobics, Team Sports	1, 1	PE 132	Group Exercise Leadership	1				
	HE 140	First Aid	3	HE 141	Personal Health	3				
	PE 115	Weight Training	1	PE 118	Sports Using Implements	1				
		Total Credits	16		Total Credits	15		Total Credits	0	
Junior	PE 307	Applied Kinesiology	3	PE 400, 400L	Physiology of Exercise, Lab	4				
	EDT 300	Teaching and Technology	3	PE 407	Coaching Young Athletes	3				
	PE elect	300 level or above	3	PE 450	Physical Activity Programming for Individuals with Disabilities	3				
	PE 305	Motor Development	3	PE 320	Fitness and Motor Skill Acquisition	3				
	HY or S. Science	See Core list	3	PE 340	Planning and Management of Fitness Leadership	3				
		Total Credits	15		Total Credits	16		Total Credits	0	
Senior	PE 485	Exercise Testing/Prescription	3	PE 499	Fitness Internship	6				
	PE 402	Basic Athletic Training	3	PE 440	Principles of Conditioning the Athlete	3				
	PE 451	Physical Activity for Senior Adults	2	PE 405	Nutrition and Physical Activity	3				
	PE Elective	300 Level or Above	3							
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		Total Credits	14		Total Credits	12		Total Credits	0	