

Physical Education - Non-Teaching, B.S.

College of Professional Programs

General Education Curriculum Requirements (minimum 40 credit hours)

Writing and Cultural Literacy

Eng 101 College Composition	3
Eng 201 Advanced College Composition	3

Multicultural Experience

World or indigenous or American Sign Language course	3
Diversity and global issues course	3

Quantitative Decision-making

Mat 101, 131, 201 or higher level math course	3
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Physical and Life Sciences

Complete sections A and B

A. Select two courses of scientific literacy from the following: Bio, Chy, Env, Ecy, Gey, Phy, Sci. At least one must be a 4-credit lab science course.

Lab science course	4
Lab or non-lab science course	3-4

B. Select one of the following:

Hpr 101 Lifelong Wellness, Bio 300 Human Nutrition, or Rec 234 Outdoor Pursuits I	3
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Social Sciences

Complete sections A and B

A. Select any two of the following historical analysis courses:

Hty 115, Hty 116, Hty 161, Hty 162

OR - Select a 100-level history course and a subsequent 300- or 400-level history course for a total of six credits

History course	3
History course	3

B. Select two of the following social science courses for a total of six credits: Ant 100, Eco 100, Geo 168, Pos 101, Pos 211, Psy 100, Soc 100

Social Science course	3
Social Science course	3

Humanities and Fine Arts

Complete sections A and B

A. Select one of the following courses in literary writing, analysis, or philosophy:

Eng 151, Eng 211, Phi 151, Phi 152, Hon 300	3
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B. Select one of the following courses in visual or performing arts:

Art 101, Art 102, Art 103, Art 107	3
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Important additional GEC requirements

FYS 100 First Year Seminar	1
Writing Intensive Course	3
Technology Intensive Course	3

PHYSICAL EDUCATION REQUIREMENTS - 28 CREDIT HOURS

Bio 161 Introductory Human Anatomy and Physiology I	4
Bio 162 Introductory Human Anatomy and Physiology II	4
Phe 100 Introduction to Physical Education	3
Phe 265 Motor Learning	3
Phe 274 Structural Kinesiology	3
Phe 313 Psych/Sociology of Sport and Movement *	3
Phe 381 Biomechanics	3
Phe 381L Biomechanics Laboratory	1
Phe 382 Physiology of Exercise	3
Phe 382L Physiology of Exercise Laboratory	1

* Course also meets GEC requirement

PHYSICAL EDUCATION ACTIVITY COURSES 3-4 CREDIT HOURS

Phe 102 Developmental and Gymnastics Activities	2
Phe 166 Aquatic Activities OR	
Phe 174 Water Safety Instructor	2
Phe 114 Techniques of Teaching Weight Training/Aerobics	1

SELECT AN EMPHASIS AREA:

FITNESS AND WELLNESS – 41 CREDIT HOURS

Bio 300 Human Nutrition	3
Phe 244 Techniques of Athletic Training	2
Phe 246 Assessment of Lower Extremities	4
Phe 340 Advanced First Aid/CPR	3
Phe 342 Assessment of Upper Extremities	4
Phe 342L Assessment of Upper Extremities Lab	
Phe 343 Therapeutic Rehab in Sports Medicine	3
Phe 343L Therapeutic Rehab in Sports Med Lab	1
Phe 375 Physiological Assessment	3
Phe 388 Practicum in Physical Education	3
Phe 415 Training Program Design/Management	3
Phe 487 Organization & Admin of Athletic Training	3
Phe 496 Field Work Experience	9

SELF-DESIGNED (SEE YOUR ADVISOR)

SELECT GENERAL ELECTIVES TO BRING TOTAL EARNED HOURS TO 120:

Total credits required for degree:	120
Minimum cumulative GPA for graduation:	2.50
Cumulative GPA for major requirements:	2.50