| US  | ENG 200 | HIS  | MATH  | WI   |
| GL  | FL 205  | LIT  | LAB SCI | OC   |
| ETH | ART/AES | CUL ELEC | NMS ELEC | IL  |
| ENG 111 | RES  | SOC/BEH | ACTIVITY | EL |

### General Education Requirements

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**Co-Curricular:** Study abroad, leadership, undergraduate research, internships, athletics, performances, volunteering, clubs, organizations, etc.

**GRAND TOTAL**
Majors in Exercise and Sports Science

The Core Curriculum 36 hours

HED 210 Health, Risk, Appraisal and Prevention in Health.......................... 3
HED 400 Influences and Evolution of Global Health................................. 3
HED 420 Health Education Methods...................................................... 3
ESS 200 Foundations of Physical Education, Sport and Fitness.................... 3
ESS 221 Principles of Strength Training and Conditioning.......................... 3
ESS 225 Leadership in Lifetime Physical Activity..................................... 2
ESS 300 Issues and Management of Sport and Physical Education.................. 3
ESS 310 Exercise Leadership.................................................................. 3
ESS 325 Exercise and Fitness Assessment............................................... 3
ESS 375 Motor Learning and Development.............................................. 4
ESS 385 Exercise Physiology.................................................................... 3
ESS 482 Kinesiology.............................................................................. 3

Exercise and Sports Science with a Concentration in Health and Physical Education 58-65 hours

The Exercise and Sports Science Core Curriculum...................................... 36
BIO 322/342 Human Anatomy and Physiology and Lab............................. 4
*ESS 743 Teaching Physical Education in the Elem School for the Physical Educator.. 4
*ESS 746 Teaching Physical Education for Individuals with Special Needs (K–12)........ 3
*ESS 747 Teaching Physical Education in the Middle and Secondary School.................. 3
*EDU 460 Colloquium in Education Or ESS 460 Senior Seminar.................. 2 to 3
*EDU 490 Observation and Directed Teaching
Or ESS 451 Practicum in Exercise and Sports Science......................... 3 to 9
SOC 335 Race and Ethnic Relations
Or EDU 345 Language Minorities in K-12 Classrooms.............................. 3
Physical education/dance activity elective beyond general education requirements.

Choose 1 activity hour from one of the categories listed below (must be taken for a grade)................................. 1
Aquatics, Fitness, Dance

**Prior to graduation, students must show valid Aid/CPR cert
Additional Professional Education Requirements (for students pursuing K-12 Health and Physical Education licensure)

PSY 210 or 310, Developmental/Psych of Children and Adolescents ......................................................... 3

SOC 335 Race and Ethnic Relations
Or EDU 345 Language Minorities in K-12 Classrooms.... 3
(included in health and physical education concentration)

EDU 232 Schools and Social Change ......................... 3
EDU 234 Teaching and Learning ................................. 3
*EDU 460 Colloquium in Education ............................. 3
*EDU 305 Web 2.0 Technologies for Public School Classrooms .................................................. 1
*EDU 434 Inclusion and the Adolescent Learner ........... 3
*EDU 436 Literacy and Learning in Content Area ........ 3
*EDU 490 Observation and Directed Teaching ............. 9
(included in the health and physical education concentration)

*See the Education department listing for information.