



College of Education and Human Services
Department of Exercise Science and Physical Education
(ESPE)

Effective: Fall 2008
(Incoming Freshman and Transfers)
Adult Fitness Concentration

I. General Education Requirements S.H. 52-55

A. New Student Seminar

Freshman Seminar HPEM 199 1

B. Interdisciplinary Courses

B1. Scientific Issues NUFD 182 or HLTH 101 3

B2. Interdisciplinary National Issues GNED-202 3

OR

B3. Interdisciplinary Global Issues GNED-303 3

C. Communication

Intellectual Prose Writing I: ENWR-105 3

Writing/Literary Writing II: ENWR-106 3

Fundamental of Speech: SPCM-101 3

D. Fine and Performing Arts

3

E. World Languages

3-6

F. Humanities

World Lit or General Hum: 3

Phil or Religion: 3

G. Computer Science 3

Intro to Computer Science: CMPT-109 3

H. Mathematics 3

MATH 103, 104, 106 or 109 3

I. Natural/Physical Science Laboratory

6

Anatomy & Physiology I BIOL-240 (F) 3

Anatomy & Physiology II BIOL-241 (S) 3

(BIOL 240-241 are Pre-requisite for PEMJ320-321-324)

J. Physical Education (incl. under Major Dept. Courses)

K. Social Science

9

1. Amer/Eur. Hist: 3

2. Non-West Cult. Persp: 3

3. Social Science: 3

4.

L. Elective

3

General Psychology PSYC 101 3

Students are required to complete a **Multicultural Awareness** course (some courses may fulfill General Ed Requirements and/ or Major Requirements. Courses with the asterisk (*) in the course schedule booklet will satisfy this requirement.

NAME: _____

CWID# _____

II. Major Department Courses

72

A. Required Theory Courses

25-28

HLTH-101 Personal Health Issues GER-B₁ 0-3

HPEM-150-Principals/Prac. Emergency Care 3

HPEM-199-Orient. To Hlth/PE Profession 0

HPEM-352-Dev. /Phil of Physical Education 3

HPEM-355-Meas.Eva.Hlth/PE 3

HPEM-356-Mgmt. of P.E./Athl/Fit/Prgm 3

PEMJ-320-Physiology of Exercise * 3

PEMJ-321-Kinesiology * 3

PEMJ-324-Basic Motor Learning * 3

PEMJ-246- Field Experience. Adult Fitness 1

PEMJ-351-Adapted Physical Education 3

B. Required Activity Courses

11

PEMJ-117 Aquatic and Outdoor Activities 2

PEMJ-131-Fitness Activities 2

PEMJ-151-Yoga, Relax/Stress (S) 1

PEMJ-231-Fit. Asses/Exe Pres. (F) * 2

PEMJ-233- Leadership in Aerobic Prgm (F) 2

PEMJ-234 -Leadership in Anaerobic Prgm(S) 2

C. Theory Specialization Core

29-32

PEMJ-340-Fitness & Aging (S)* (require PEMJ 220) 3

PEMJ-375-Found/Pract. Cardiac Rehab * 3

PEMJ-376-Seminar in Fitness Programs (S) 2

INFO-101-Contemporary Business 3

NUFD-182-Nutrition GER-B₁ 0-3

FCST 333-Group Dynamics 3

MKTG -240-Intro. to Marketing 3

PEMJ-380-Internship in Physical Education

Or 8

PEMJ-381- Cooperative Ed. in P. E.

D. Collateral Courses

4

CHEM-107 College Chemistry I 2

CHEM-108 College Chemistry II (S) 2

BIOL-240 (F) Anatomy & Physiology I GER-I

BIOL-241 (S) Anatomy & Physiology II GER-I

(F) = Fall course only

(S) = Spring course only

*= Pre-requisite required

Student is responsible for completing program requirements.

TOTAL CREDITS NEEDED

S.H. 124- 127