

# PHYSICAL ACTIVITY and HEALTH – PHYSH

## MAJOR CHECKLIST

### CORE REQUIREMENTS FOR ALL PROGRAMS - 35 hours

- \_\_ Biology 231 Human Anatomy and Physiology I (4)
- \_\_ Biology 232 Human Anatomy and Physiology II (4)
- \_\_ Biology 233 Human Anatomy and Physiology III (4)
- \_\_ PES 131 Found. of Physical Activity and Health (2)
- \_\_ EXS 312 Measurement and Evaluation in Physical Activity and Health (3)
- \_\_ EXS 321 Applied Anatomy (4) + 321L Lab (0)
- \_\_ EXS 322 Biomechanics (4) + 322L Lab (0)
- \_\_ EXS 323 Physiology of Exercise (4) + 323L Lab (0)
- \_\_ EXS 440 Motor Development (3)
- \_\_ PES 409 Practicum: Capstone (3)

### PHYSICAL EDUCATION AND SPORT CONCENTRATION

#### CHOOSE AT LEAST 30 CREDITS FROM THE FOLLOWING:

- \_\_ \*EXS 213 Qualitative Analysis of Human Movement (3)
  - \_\_ PES 270 History, Philosophy and Ethics of Sport (3)
  - \_\_ PES 294 Teaching Team Sports (3)
  - \_\_ EXS 311 Sport Psychology(3)
  - \_\_ \*PES 359 Prevention and Care of Injury (3)
  - \_\_ PES 364 Scientific Basis of Coaching Youth Sports (3)
  - \_\_ PES 394 Teaching Games, Dance, and Gymnastics (3)
  - \_\_ PES 410 Selected Topics (1-6) with advisor approval
  - \_\_ \*EXS 444 Adapted Physical Activity (3)
  - \_\_ PES 470 Sport Management (3)
  - \_\_ PES 494 Teaching Individual Lifetime Sports (3)
- A MAXIMUM OF 6 CREDITS (of the 30) MAY BE SELECTED FROM THE FOLLOWING:**
- \_\_ PES 365 Football Coaching and Officiating (3)
  - \_\_ PES 366 Basketball Coaching and Officiating (3)
  - \_\_ PES 367 Baseball Coaching and Officiating (3)
  - \_\_ PES 368 Track and field Coaching and Officiating (3)
  - \_\_ PES 369 Wrestling Coaching and Officiating (3)
  - \_\_ PES 370 Volleyball Coaching and Officiating (3)
  - \_\_ PES 371 Soccer Coaching and Officiating (3)
  - \_\_ PES 372 Tennis Coaching And Officiating (3)
  - \_\_ PES 373 Golf Coaching and Officiating (3)

\*Required Course

### EXERCISE SCIENCE CONCENTRATION

#### Select at least 30 credits from the following:

- \_\_ EXS 311 Sport Psychology (3)
- \_\_ HWS 350 Lifestyle Behavior and Health (3)
- \_\_ PES 359 Prevention and Care of Injury (3)
- \_\_ PES 364 Scientific Basis of Coaching Youth Sports (3)
- \_\_ EXS 451 Physiology of Exercise II (3)
- \_\_ EXS 452 Physical Activity in Disease Prevention (3)
- \_\_ EXS 453 Motor Learning and Control (3)
- \_\_ HWS 412 Program Design and Evaluation (3)
- \_\_ EXS 444 Adapted Physical Activity (3)
- \_\_ HWS 325 Nutrition (4)
- \_\_ Psych/Stat 327 Statistics (5) or other PHYSH advisor approved statistics course.

### HEALTH AND WELLNESS STUDIES CONCENTRATION

#### Choose 30 credits from the following:

- \_\_ \*HWS 250 Personal Skills for Healthy Living (3)
  - \_\_ \*HWS 298 Health and Fitness for Life (3)
  - \_\_ HWS 314 Health and Humanities (2)
  - \_\_ HWS 317 Global Health (3)
  - \_\_ HWS 320 Healthy Activities and Games (3)
  - \_\_ \*HWS 325 Nutrition (4)
  - \_\_ \*HWS 350 Lifestyle Behavior and Health (3)
  - \_\_ \*HWS 351 Community and Social Skills (3)
  - \_\_ \*HWS 412 Program Design and Evaluation (3)
  - \_\_ HWS 422 Gerontology and Healthy Activities (2)
  - \_\_ HWS 423 Aging and Society (3)
  - \_\_ PES 409 Practicum: Health and Wellness (1-6)
  - \_\_ PES 410 Selected Topics: Health (1-6)advisor approval
  - \_\_ HWS 431 Alcohol and Drugs: Prevention (5)
  - \_\_ HWS 432 Substance Abuse and Family Relations (5)
  - \_\_ HWS 433 Alcohol and Drugs: Use, Misuse, and Addiction (5)
  - \_\_ GEN/SOC 360 Gender and Power (5)
  - \_\_ PSY 231 Human Sexuality (3)
  - \_\_ PSY 311 Child Development (5)
  - \_\_ SOC 338 Sociology of Families (5)
- \*Required Courses



### TOTAL REQUIREMENTS FOR MAJOR IN PHYSICAL ACTIVITY AND HEALTH: 65 HOURS EOU requires a total of 180 credits for graduation

**NOTE: For the BA degree a maximum of 75 credits in Physical Activity and Health coursework may be included in the degree. For the BS, a maximum of 90 credits may be included. Credits are counted for all colleges and universities attended.**

**NOTE: A student may take up to a total of 45 credits within the graduation requirement of 180 credits of courses numbered PEH 410**

**NOTE: 60 Upper Division credits (300 and 400 numbered courses) are required for graduation**

**NOTE: A Minimum of 20 credits toward a degree must be earned through EOU course work.**

### Liberal Studies BA/BS Degree Option: Business and Health Promotion (66 Credit Hours)

#### Business 32 credit hours

- \_\_ BA 211 Financial Accounting (4)
- \_\_ BA 213 Managerial Accounting (4)
- \_\_ BA 254 Business Law (4)
- \_\_ BA 312 Principles of Marketing (5)
- \_\_ BA 321 Principles of Management (5)

#### Select two courses from the following

- \_\_ BA 451 Human Resource Management (5)
- \_\_ BA 460 Entrepreneurship (5)
- \_\_ BA 461 Organizational Behavior (5)
- \_\_ BA 464 Promotion Strategy
- \_\_ BA 465 Consumer Behavior (5)
- \_\_ BA 498 Business Policy and Strategy (5)

#### Physical Activity and Health: 30 credit hours

- \_\_ \*HWS 298 Health and Fitness for Life (3)
- \_\_ \*EXS 321 Applied Anatomy (4)
- \_\_ \*EXS 323 Physiology of Exercise (4)
- \_\_ \*HWS 325 Nutrition (4)
- \_\_ \*HWS 350 Lifestyle Behavior and Health (3)
- \_\_ \*PES 359 Care and Prevention in PER Settings (3)
- \_\_ \*PES 470 Sport Management (3)

#### \*Required

Select two from the following three options:

1. PES 364 Sc. Basis Coaching Youth Sports (3)
2. PES 444 Adapted Physical Activity (3), or
3. HWS 422 Gerontology and Health Activity (2); and PES 409 Practicum: Adult Health and Development Program (1)

#### Capstone

- \_\_ LS 401 Capstone (4)

## OTHER PROGRAM REQUIREMENTS

### 1. Admission to All Programs

\_\_ Complete PES 131 Foundations of Exercise Science, Health Studies, and Physical Activity (2) with a grade of C- or better.

### 2. Graduation Requirements

\_\_ Have achieved good academic standing within the University and a minimum GPA of 2.00 overall.

\_\_ Have completed the University Writing requirement. Students in the programs of Physical Activity and Health must complete a lower division UWR approved course (WR 121 is suggested) and two upper division UWR approved courses. Currently, EXS 311, HWS 350 and HWS 351 have been approved as UWR courses within the Division.

-It is important that persons engaged in studies related to wellness and physical activity reflect a role model of good levels of physical fitness and health. Therefore, the following physical requirements are recommended for the program.

\_\_ Complete a standard health-related fitness test achieving the 65th percentile or above.\* This requirement can be met in HWS 298 and/or EXS 323

### **(Only required of students completing the Concentration in Physical Education and Sport).**

Competency in the following areas as demonstrated through completion of PES 180 course work, professional activity courses, intramural participation, intercollegiate competition, or completion of a skill test: team sports (such as basketball, soccer, and softball), individual lifetime sports and activities (such as bowling, tennis, golf and rock climbing), games/gymnastics/dance, and other recreational activities. **This requirement can be met by completing PEH 294, 394, and 494.**

\_\_ Competency in First Aid and CPR.

\_\_ Complete all required Physical Activity and Health (PES, EXS, and HWS) course work with a grade of "C-" or better. This includes the biology, statistics and other non-PES/EXS/HWS courses included in the major/minor.

\_\_ Math course for BS degree, or

\_\_ Foreign Language for BA degree

\_\_ Capstone (Practicum and Certification Exam)

# PHYSICAL ACTIVITY and HEALTH – PHYSH

## MINOR CHECKLIST

**Majors may complete a minor only if there are no duplication of coursework between the major degree (CORE and CONCENTRATION) and the minor. A minimum of 10 credits toward a minor must be earned through EOU courses.**

### Physical Education Minor (Complete a minimum of 30 Credits)

- \_\_ PES 270 History, Philosophy & Ethics in Sport (3)
- \_\_ PES 294 Teaching Team Sports (3)
- \_\_ EXS 311 Sport Psychology(3)
- \_\_ EXS 359 Prevention and Care of Injury in Physical Activity Settings (3)
- \_\_ PES 364 Scientific Basis for Coaching Youth Sports (3)
- \_\_ PES 394 Teaching Games, Dance, and Gymnastics (3)
- \_\_ PES 410 Selected Topics (1-6) with advisor approval
- \_\_ EXS 444 Adapted Physical Activity (3)
- \_\_ PES 470 Sport Management (3)
- \_\_ PES 494 Teaching Individual Lifetime Sports (3)

Notes:

### Health Studies Minor (complete a minimum of 30 Credits)

- \_\_ \*HWS 250 Personal Skills for Healthy Living (3)
  - \_\_ \*HWS 298 Health and Fitness for Life (3)
  - \_\_ \*HWS 325 Nutrition (4)
  - \_\_ \*HWS 350 Lifestyle Behavior and Health (3)
  - \_\_ \*HWS 351 Community and Social Skills for Healthy Living (3)
  - \_\_ \*HWS 412 Program Design and Evaluation in Health and Wellness (3)-
  - \_\_ HWS 314 Health and Humanities (2)
  - \_\_ HWS 317 Global Health (3)
  - \_\_ HWS 320 Healthy Activities and Games (3)
  - \_\_ PES 409 Practicum: Health and Wellness (1-6)
  - \_\_ PES 410 Selected Topics: Health (1-6)\*\*
  - \_\_ HWS 422 Gerontology and Healthy Activities (2)
  - \_\_ HWS 423 Aging and Society (3)
  - \_\_ HWS 431 Alcohol and Drugs: Prevention (5)
  - \_\_ HWS 432 Substance Abuse and Family Relations (5)
  - \_\_ HWS 433 Alcohol and Drugs: Use Misuse and Addiction (5)
  - \_\_ PSY 231 Human Sexuality (3)
  - \_\_ PSY 311 Principles of Development (5)
  - \_\_ GEN/SOC 360 Gender and Power (5)
  - \_\_ SOC 338 Sociology of Families (5)
- \* Required Courses

### Gerontology Minor (30 credits)

- \_\_ HWS 250 Personal Skill for Healthy Living (3)
- \_\_ HWS 325 Nutrition (4)
- \_\_ SOC 338 Sociology of Families (5)
- \_\_ PES 407 Seminar: Aging (1)
- \_\_ PES 409 Practicum: Adult Health and Development Program (1-6) (3 credits required)
- \_\_ HWS 412 Program Design and Evaluation in Health and Wellness (3)
- \_\_ HWS 422 Gerontology and Healthy Activities (2)
- \_\_ HWS 423 Aging and Society (3) (New Course)
- \_\_ EXS 444 Adapted Physical Activity (3)
- \_\_ EXS 452 Physical Activity in Disease Prevention (3)