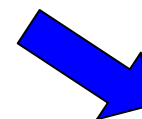


Eastern Oregon University
College of Education
BA/BS Physical Activity and Health (PHYSH)

CORE REQUIREMENTS - 34 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 Foundations of Physical Activity and Health (2)
EXS 312 Measurement and Evaluation in Physical Activity and Health (3)
EXS 321 Applied Anatomy (3) + 321L Lab (0)
EXS 322 Biomechanics (3) + 322L Lab (0)
EXS 323 Physiology of Exercise (5) + 323L Lab (0)
EXS 440 Motor Development, Control, and Learning (3)
PES 409 Capstone Practicum (3)



**Concentration in
Physical Education and Sport**

CHOOSE AT LEAST 30 CREDITS FROM THE FOLLOWING:

PES 270 History, Philosophy & Ethics of Sport (3)
*PES 294 Teaching Team Sports -(3)
EXS 311 Sport Psychology (3)
*PES 359 Prevention & Care of Injury in Physical Activity Settings (3)
*PES364 Scientific Basis for Coaching Youth Sports (3)
*PES 394 Teaching Games, Dance, and Gymnastics (3)
PES 410 Selected Topics (1-6)
*PES 444 Adapted Physical Activity (3)
PES 470 Sport Management (3)
*PES 494 Teaching Individual Lifetime Sports (3)
*EXS 213 Qualitative Analysis of Human Movement (3)

Choose a maximum of six credits 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 (3)
PES 373 Golf Coaching and Officiating
*Required

**Concentration in
Exercise Science**

Choose 25 Credits from the following:

PES 364 Scientific Basis for Coaching Youth Sports (3)
HWS 350 Lifestyle Behavior and Health (3)
PES 359 Prevention & Care of Injury in Physical Activity Settings (3)
EXS 451 Scientific Basis of Sport Conditioning (3)
EXS 452 Physical Activity in Disease Prevention (3)
EXS 453 Nutrition and Sport Performance (3)
HWS 412 Program Design and Evaluation in Health and Wellness (3)
EXS 311 Sport Psychology (3)
PES 444 Adapted Physical Activity (3)
HWS 325 Nutrition (4)

Choose five credits from the following:

Psych 327 Statistics (5)
or
Stat 315 Principles of Statistics (4) and Stat 316 Statistical Comp (1)

**Concentration in
Health and Wellness Studies**

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 320 Healthy Activities and Games (3)
*HWS 325 Nutrition (4)
*HWS 350 Lifestyle Behavior and Health (3)
*HWS 351 Comm. & Social Skls for Hlthy Living (3)
*HWS 412 Prog Des & Eval in Hlth and Wellness (3)
HWS 422 Gerontology and Healthy Activities (2)
HWS 423 Aging and Society (3)
PSY 231 Human Sexuality (3)
PSY 311 Principles: of Development (5)
PES 409 Practicum: Health and Wellness (1-6)
PES 410 Selected Topics: Health (1-6)
HWS 431 Alcohol and Drugs: Prevention (5)
HWS 432 Substance Abuse and Family Relations (5)
HWS 433 AOD: Use Misuse and Addiction (5)
GEN/SOC 360 Gender and Power (5)
SOC 338 Sociology of Families (5)
EXS 452 Physical Activity & Disease Prev. (3)

*Required

College of Education
BA/BS Physical Activity and Health (PHYSH)

Liberal Studies BA/BS Degree Option Draft:

Business and Health Promotion(36)

Business 32 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)
LS 401 Capstone (4)

Physical Activity and Health 30 Hours

HWS 298 Health and Fitness for Life (3)
EXS 321 Applied Anatomy (3)
EXS 323 Exercise Physiology (5)
HWS 325 Nutrition (4)
HWS 350 Lifestyle Behavior and Health (3)
EXS 359 Care and Prevention in PER Settings (3)
PES 470 Sport Management (3)

Select two from the following three options:

1. PES 364 Scientific Basis Coaching Youth Sports (3), or
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)

Physical Education Minor (Complete a minimum of 30 Credits)

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

Gerontology Minor (30 credits)

HWS 250 Personal Skill for Healthy Living (3)
HWS 325 Nutrition (4)
SOC 338 Sociology of Families (5)
HWS 407 Seminar on Aging (1)
PES 409 Practicum: Adult Health and Development Program (1-6) (3 credits required)
EXS 452 Physical Activity in Disease Prevention (3)
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)
PES 444 Adapted Physical Activity (3)
All courses are required

Health Studies Minor (complete a minimum of 30 Credits)

The following 16 credits are required

*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)

Choose at least 14 credits from the following:

HWS 314 Health and Humanities (2)
HWS 320 Healthy Activities and Games (3)
PES 409 Practicum: Health and Wellness (1-6)
PES 410 Selected Topics: Health (1-6)*
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)
HWS 412 Prog. Design and Eval. in Health and Wellness (3)
HWS 422 Gerontology and Healthy Activities (2)
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

March 14, 2005