

PROGRAM REQUIREMENTS FOR MAJOR IN PHYSICAL ACTIVITY AND HEALTH

1. Admission to All Programs

Complete PES 131 Foundations of Physical Activity and Health (2) with a grade of C- or better.

2. Graduation Requirements

- a. Have achieved good academic standing within the University and a minimum GPA of 2.00 overall.
- b. Have completed the University Writing Requirement (UWR.) 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.
- c. 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:
 - d. 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
 - e. (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.
- f. Competency in First Aid and CPR.
- g. 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.

- h. Math course for BS degree or Foreign Language for BA degree.
 - i. Capstone (Practicum and Certification Exam.)
 - j. **The degree requires 64 credit hours (CORE and CONCENTRATION) EOU requires a total of 180 quarter credits for graduation.**
 - k. **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.**
 - l. **NOTE: A student may take up to a total of 45 credits within the graduation requirement of 180 credits of courses numbered PEH 410.**
 - m. **NOTE: 60 Upper Division credits (300 and 400 numbered courses) are required for graduation.**
 - n. **NOTE: A Minimum of 20 credits toward a degree must be earned through EOU course work.**
- Minors:** Majors may complete a minor only if there is 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– 30 Credits
- Health Studies Minor– 30 Credits
- Gerontology Minor – 30 Credits



EASTERN OREGON
UNIVERSITY

Physical Activity
and Health
PHYSH



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CORE COURSE REQUIREMENTS FOR ALL PROGRAMS

- 34 Credit hours

BIOL 231	Human Anatomy and Physiology I (4)
BIOL 232	Human Anatomy and Physiology II (4)
BIOL 233	Human Anatomy and Physiology III (4)
PES 131	Foundation of Physical Activity and Health (2)
EXS 312	Measurement and Evaluation in Physical & Activity and Health (3)
EXS 321	Applied Anatomy (3)
EXS 322	Biomechanics (3)
EXS 323	Physiology of Exercise (5)
EXS 440	Motor Development, Control, and Learning (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	Hist, Philosophy and Ethics of Sport (3)
PES 294	Teaching Team Sports (3)
EXS 311	Sport Psychology(3)
*EXS 359	Prevention and Care of Injury (3)
PES 364	Sci. Basis of Coaching Yth Sports (3)
PES 394	Teaching Games, Dance, and Gymn. (3)
PES 410	Selected Topics (1-6) optional
*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 Off. (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

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 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 Hlth Act. (2)
HWS 423	Aging and Society (3)
PES 409	Practicum: Hlth and Wellness (1-6)
PES 410	Selected Topics: Health (1-6)optional
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	Principles of Development (5)
SOC 338	Sociology of Families (5)

*Required Courses

EXERCISE SCIENCE CONCENTRATION

Select at least 30 credits from the following:

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

Choose one from the following included in your 30 credits:

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

Liberal Studies in Business & 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 (3)
*EXS 323	Physiology of Exercise (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)

*Required

LS 401 Capstone (4)

Select two from the following three options:

1. PES 364 Sc. Basis Coaching Yth Sports (3)
2. PES 444 Adapted Physical Activity (3), or
3. HWS 422 Gerontology and Hlth Act (2); and
PES 409 Practicum: AHDP Program (1)

FACULTY

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