

**Physical Activity and Health:  
Physical Education and Sport Concentration  
Degree Requirements**

**Student's Name:** \_\_\_\_\_ **Student ID#:** \_\_\_\_\_

**Intended graduation date (Year):** Summer \_\_\_\_\_ Fall \_\_\_\_\_ Winter \_\_\_\_\_ Spring \_\_\_\_\_

**PAH Core (30 credit hours):**

Course #	Title	Cr	Term	Grade
BIO 231/L	Human Anatomy and Physiology I	4		
BIO 232/L	Human Anatomy and Physiology II	4		
BIO 233/L	Human Anatomy and Physiology III	4		
PES 131	Foundations of Physical Activity and Health	2		
HWS 350	Behavior Change Theory <i>At least sophomore standing</i>	3		
PES 270	History, Philosophy and Ethics of Sport	3		
EXS 312	Measurement and Evaluation in Physical Activity and Health <i>Sophomore standing</i>	3		
EXS 323/L	Physiology of Exercise I <i>BIO 233 or consent of instructor</i>	4		
PES 495	Capstone Seminar <i>Consent of instructor</i>	1		
PES 496	Capstone Course (2-5 credits) <i>PES 495, consent of instructor</i>	2		

**Additional University and Program Requirements:**

Requirement	Completed
Complete General Education requirement (attach completed GE checklist) with grade of C- or better.	
Complete University Writing Requirement (UWR) (2 lower and 2 upper division).	
Complete DPD course(s). (4 credit hours)	
Demonstrate competency in the academic content of physical activity and health by completing all degree course work with an average grade of C- or better.	
Complete a capstone experience as outlined by program faculty.	

**Physical Education and Sport (40 credit hours):**

Course #	Title	Cr	Term	Grade
Required courses (38 credits):				
EXS 213	Qualitative Analysis of Human Movement	3		
EXS 311	Sport Psychology (UWR)	3		
EXS 321/L	Applied Anatomy <i>BIOL 231, 232, and 233, at least sophomore standing</i>	4		
EXS 322/L	Biomechanics <i>EXS 321 or consent of instructor</i>	4		
EXS 440	Motor Development	3		
EXS 444	Adapted Physical Activity <i>EXS 440 or consent of instructor</i>	3		
EXS 453/L	Motor Learning and Control <i>EXS 323 or consent of instructor</i>	4		
PES 294	Teaching Team Sports	3		
PES 359	Prevention and Care of Injury in Physical Activity Settings <i>EXS 321 and at least sophomore standing</i>	3		
PES 394	Teaching Games, Dance and Gymnastics	3		
PES 494	Teaching Individual Lifetime Sports	3		
PES 470	Sports Management	3		
Select at least 1 credits from the following courses:				
HWS 252	First Aid and Safety	3		
PES 364	Scientific Basis of Coaching Youth Sports <i>At least sophomore standing</i>	3		

Recommended GE Courses:

SSC: PSY 201, 202; SOC 204; ANTH 201

Gateway: WR 121, LIB 127