



The department of Physical Activity & Health provides high-quality learning experiences in a variety of fields, including community health, sport performance, teacher education, coaching, and exercise science. Our highly qualified instructors emphasize scientific and community based approaches. We educate, engage, and exemplify good practice in physical activity and community program planning and evaluation.

## What are my career opportunities?

A bachelor's degree in Physical Activity & Health can prepare you for a career in a variety of health related fields.

### Be eligible to work as a:

Health Education Specialist  
Strength and Conditioning Coach  
Corporate Wellness Provider  
Clinical Exercise Specialist  
Inclusive Fitness Trainer  
Public Health Employee  
Personal Trainer

### Prepare for a professional program in:

Nursing  
Dentistry  
Medicine  
Chiropractic  
Physical Therapy  
Physician's Assistant  
Occupational Therapy

### Prepare for a Masters Degree in:

Teacher Education (k-12)  
Biomechanics  
Exercise Physiology  
Sports Management  
Nutrition (Registered Dietitian)

## Why should I choose EOU?

- > Take advantage of small class sizes.
- > Work closely with faculty in your concentration.
- > Access equipment and resources that provide practical experience in your specific area of interest.
- > Gain exposure to the health, clinical, performance and education aspects of physical activity.
- > Choose a concentration in Exercise Science, Community Health, or Physical Education & Sport.



**Apply NOW!**

[eou.edu/apply](http://eou.edu/apply)

## Exercise Science

### Physical Activity & Health Core

BIO 231-3 Human Anatomy & Physiology I-III  
PES 131 Foundations of Physical Activity & Health  
HWS 350 Behavior Change Theory  
PES 270 History, Philosophy & Ethics of Sport  
EXS 312 Measurement & Evaluation in Physical Activity & Health  
EXS 323 Physiology of Exercise I  
PES 495 Capstone Seminar  
PES 496 Capstone Course

### Exercise Science Concentration

EXS 321 Applied Anatomy  
EXS 322 Biomechanics  
EXS 451 Physiology of Exercise II  
EXS 452 Physical Activity in Disease Prevention  
EXS 453 Motor Learning & Control  
HWS 325 Nutrition & Sport Performance (pick 7 credits of the following)  
EXS 311 Sport Psychology  
HWS 351 Introduction to Community Health  
PES 359 Prevention & Care of Injury in Physical Activity Settings  
STAT  
Can be fulfilled from STAT 327 or STAT 243

Outdoor Recreation & Leadership is available as a minor.

## Community Health

### Physical Activity & Health Core

BIO 231-3 Human Anatomy & Physiology I-III  
PES 131 Foundations of Physical Activity & Health  
HWS 350 Behavior Change Theory  
PES 270 History, Philosophy & Ethics of Sport  
EXS 312 Measurement & Evaluation in Physical Activity & Health  
EXS 323 Physiology of Exercise I  
PES 495 Capstone Seminar  
PES 496 Capstone Course

### Community Health Concentration

HWS 298 Health & Fitness for Life  
HWS 225 Nutrition  
HWS 351 Introduction to Community Health  
HWS 352 Cultural Competence in Health Education & Health Promotion  
HWS 412 Program Evaluation  
(pick 17 credits from the following)  
HWS 413 Program Evaluation  
EXS 452 Physical Activity & Disease Prevention  
HWS 198 Outdoor Activity & Lifetime Wellness  
HWS 317 Global Health & Humanities  
HWS 334 Female Adolescent Development  
HWS 335 Male Adolescent Development  
HWS 423 Aging & Society  
HWS 431 Alcohol & Drugs: Prevention  
HWS 432 Substance Abuse & Family Relation

Health Studies is available as a minor with a modified class list.

## Physical Education & Sport

### Physical Activity & Health Core

BIO 231-3 Human Anatomy & Physiology I-III  
PES 131 Foundations of Physical Activity & Health  
HWS 350 Behavior Change Theory  
PES 270 History, Philosophy & Ethics of Sport  
EXS 312 Measurement & Evaluation in Physical Activity & Health  
EXS 323 Physiology of Exercise I  
PES 495 Capstone Seminar  
PES 496 Capstone Course

### Physical Education & Sport

EXS 213 Qualitative Analysis of Human Movement  
EXS 311 Sport Psychology  
EXS 321 Applied Anatomy  
EXS 322 Biomechanics  
EXS 440 Motor Development  
EXS 444 Adapted Physical Activity  
EXS 453 Motor Learning & Control  
PES 294 Teaching Team Sports  
PES 359 Prevention & Care of Injury in Physical Activity Settings  
PES 394 Teaching Games, Dance, & Gymnastics  
PES 494 Teaching Individual Lifetime Sports  
PES 470 Sports Management (pick 1 of the following)  
HWS 252 First Aid & Safety  
PES 364 Scientific Basis of Coaching Youth Sports

Physical Education is available as a minor with a modified class list.

AVAILABLE ONLINE AND ON CAMPUS.