

## Major in Physical Education, Exercise Science

	Fall		Spring	
	Class	CH	Class	CH
First year	PE 201 Intro to Kinesiology	3	ENG 105 Freshmen English II	3
	ENG 101 Freshman English 1	3	Quantitative Literacy	3
	Communications	3	Non-native language	3
	Non-native language	3	Elective	3
	Health & Wellness	3	Elective	3
		<b>15</b>		<b>15</b>
Second year	PE 219 Resistance Training	2	PE 218 Aerobic & Anaerobic Training Meth	2
	ATTR 210/L Human Anatomy & Lab	3	PE 220/L Human Physiology & Lab	3
	Historical Studies	3	Literary Studies	3
	Social & Behavioral Studies	3	Fine and Performing Arts	3
	Elective	3	Elective	3
	Elective	3		
		<b>17</b>		<b>14</b>
Third year	PE 392 Instr Strat in Fitness Settings	2	PE 381 / L Physiology of Exercise	4
	PE 380 / L Analysis of Human Motion	4	PE 390 Practicum Seminar	1
	PE 445 Org & Admin of Fitness Progr	3	PE 466 Soc & Behav Aspects of PE	3
	AHS 201 Fundamentals of Nutrition OR	3	Elective	3
	AHS 429 Nutrition in Wellness		Junior Composition	3
	Global Perspectives & Cultural Diversity	3		
		<b>15</b>		<b>14</b>
Fourth year	<b>PE 488/L Fitness Appr &amp; Ex Presc. &amp; Lab</b>	4	<b>PE 483 Fitness through the Lifespan</b>	3
	PE 385 Foundations of Conditioning	3	AHS 211/L Emerg Care & FA & Lab	3
	AHS 340 Biostatistics	3	<b>PE 489 Chronic Lifestyle Disease</b>	3
	Ethics & Social Responsibility	3	Elective	3
	Upper Division Integrative Elective	3	PE 490 Internship	3-6
		<b>16</b>		<b>15-18</b>