

EXERCISE SCIENCE (BA) - TEACHING PHYSICAL EDUCATION AND HEALTH SPECIALIZATION

Program Requirements

Code	Title	Hours
Major Core Curriculum		
EXSC-1150	Foundations of Human Movement	2
EXSC-2209	Personal & Community Health	2
EXSC-2210	First Aid & Personal Safety	2
EXSC-2263	Care & Prevention of Athletic Injuries	3
EXSC-3357	Tests & Measure Health & Exsc Science	3
EXSC-3366	Physiology of Exercise	3
EXSC-3380	Kinesiology & Biomechanical Analysis	3
EXSC-4402	Organiz & Admin Exer Sci & Sport	2
or ATHC-4406	Administration of Athletic Health Care	
EXSC-COMP	Senior Comprehensive Exam	0
One swimming course or swim proficiency test		1
Select one dance course of the following:		1
EXSC-1101	Aerobics-FITNESS	
EXSC-1123	Country & Social Dancing	
EXSC-1126	Zumba (FITNESS)	
EXSC-1111	Varsity Sport Activity (Dance Team only)	
Teaching Physical Education and Health Specialization		
EXSC-1105	Beginning Gymnastics & Body Mechanics	1
EXSC-2220	Techniques of Team Sport	2
EXSC-2222	Techniques of Individual Sport	2
EXSC-3302	Elementary Physical Education Curriculum	2
Select one of the following options:		3-6
Option 1		
EXSC-3303	Basic Nutrition	
or EXSC-334	Sports Nutrition	
Option 2		
EXSC-3303 & EXSC-3340	Basic Nutrition and Sports Nutrition	
EXSC-3350	Psychology of Sport & Methods Coaching	2
EXSC-3365	Special Physical Education & Recreation	2
EXSC-4457	Meth & Tech Teach Phys Activity & Health	3
Auxiliary Requirement		
BIOL-2242 & BIOL-2243	Human Anatomy & Physiology I and Human Anatomy & Physiology II	8
Total Hours		47-50

For teacher licensing, students must also complete the appropriate K-12 teacher licensure program courses.