



Bachelor of Science in Physical Education (BSPE)

Movement Studies and Wellness Education

Exercise Science Concentration

Major Required Coursework (66)

Dept/No	Course Title & Prerequisite(s)	Credits	Term	
BIOL 225	Molecules, Cells, and Organisms	4	F	
BIOL 205	Human Anatomy and Physiology I	4	F	
BIOL 206	Human Anatomy and Physiology II	4	SP	
CHEM 105	Chemistry of Life	4	SP	
HEED 366	Health Psychology	4	F	
MATH 128	Linear Models and Calculus	4	F/SP	
<i>or</i>				
MATH 140	Analytical Geometry and Functions	4	F/SP	
PHED 277	Foundations of PE	2	F/SP	
PHED 324	Physical Activity and Lifespan	4	SP	
PHED 326	Adaptive Physical Activity	4	SP	
PHED 383	Exercise Testing and Prescription	4	SP	
PHED 384	Foundations of Health and Fitness Promotion	4	F	
PHED 478	Motor Learning and Human Performance	4	F	
PHED 480	Exercise Physiology	4	F	
PHED 486	Applied Biomechanics and Kinesiology	4	SP	
PHED 495	Internship (SR)	4	SP	
PHED 499	Capstone: Senior Seminar (SR)	4	SP	
STATS 231	Introductory Statistics	4	SP	
Total Hours/Credits		66		
Recommended General University Requirements				
PSYC 101	<i>Introduction to Psychology</i>	4	F	
WRIT 101	<i>Writing Seminar</i>	4	F	

~ ALL students must have current First Aid and CPR certification prior to internship

~ Candidates for the BSPE degree must meet the College of Arts and Sciences foreign language requirements.



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Suggested Course Sequence for Major

Year	Fall	Spring
Freshman		
	BIOL 225 Molecules, Cells, & Organisms (4)	<i>FI 190 Freshman Inquiry (4)</i>
	<i>PSYC 101 Introduction to Psychology (4)</i>	MATH 128 Linear Models & Calculus (4) <i>or</i> MATH 140 Analytical Geometry (4) & Functions
	<i>WRIT 101 Writing Seminar (4)</i>	PHED 277 Foundations of PE (2)
Sophomore		
	BIOL 205 Human Anatomy (4) & Physiology I	BIOL 206 Human Anatomy (4) & Physiology II
		CHEM 105 Chemistry of Life (4)
Junior		
	HEED 366 Health Psychology (4)	PHED 326 Adaptive Physical Activity (4)
	PHED 480 Exercise Physiology (4)	PHED 486 Applied Biomechanics/Kinesiology (4)
		STATS 231 Introductory Statistics (4)
Senior		
	PHED 384 Foundations of Health and Fitness Management (4)	PHED 324 Physical Activity & Lifespan (4)
	PHED 478 Motor Learning and Human Performance (4)	PHED 383 Exercise Testing & Prescription (4)
		PHED 495 Internship (SR) (4)
		PHED 499 Capstone: Senior Seminar (SR) (4)

~ *Courses in italics represent a partial list of recommended General University Requirements*

For Additional Information:

Dr. Anthony Evans (Major Advisor)
Olson Auditorium
253-535-7638
evansaj@plu.edu

Professor Brad Moore (Major Advisor)
Olson Auditorium
253-535-7362
moorebl@plu.edu