



# *Bachelor of Science in Physical Education (BSPE)*

## Movement Studies and Wellness Education

### Health & Fitness Promotion Concentration

**Major Required Coursework (68 hrs)**

| Dept/No  | Course Title & Prerequisite(s)                     | Credits   | Term |  |
|--|--|-----------|------|--|
| 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 266   | Nutrition, Health and Performance                  | 4         | F    |  |
| HEED 366   | Health Psychology                                  | 4         | F    |  |
| PHED 277   | Foundations of Physical Education                  | 2         | F/SP |  |
| PHED 293   | Teaching Methods: Fitness Activities               | 2         | SP   |  |
| PHED 314   | Team Building for High Performance Teams           | 4         | F    |  |
| PHED 324   | Physical Activity and Lifespan                     | 4         | SP   |  |
| PHED 326   | Adaptive Physical Activity                         | 4         | SP   |  |
| PHED 330   | Programming and Leadership in Sport and Recreation | 4         | F    |  |
| PHED 383   | Exercise Testing and Prescription                  | 4         | SP   |  |
| PHED 384   | Foundations of Health and Fitness Promotion        | 4         | F    |  |
| PHED 386   | Social Psychology of Physical Activity             | 4         | SP   |  |
| 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   |  |
| <b>Total Hours/Credits</b>                         |  | <b>68</b> |      |  |
| <b>Recommended General University Requirements</b> |  |           |      |  |
| 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  |
|------------------|---|---|
| <b>Freshman</b>  |   |   |
|                  | <i>PSYC 101 Introduction to Psychology (4)</i>              | CHEM 105 Chemistry of Life (4)                      |
|                  | <i>WRIT 101 Writing Seminar (4)</i>                         | <i>FI 190 Freshman Inquiry (4)</i>                  |
|                  |   | PHED 277 Foundations of PE (2)                      |
| <b>Sophomore</b> |   |   |
|                  | BIOL 205 Human Anatomy (4) & Physiology I                   | BIOL 206 Human Anatomy (4) & Physiology II          |
|                  | HEED 266 Nutrition, Health (4) & Performance                | PHED 326 Adapted Physical Activity (4)              |
| <b>Junior</b>    |   |   |
|                  | HEED 366 Health Psychology (4)                              | PHED 293 Teaching Methods: Fitness Activities (2)   |
|                  |   | PHED 383 Exercise Testing & Prescription (4)        |
|                  | PHED 480 Exercise Physiology (4)                            | PHED 386 Social Psychology of Physical Activity (4) |
|                  |   | PHED 486 Applied Biomechanics/Kinesiology (4)       |
| <b>Senior</b>    |   |   |
|                  | PHED 384 Foundations of Health & Fitness Promotion (4)      | PHED 324 Physical Activity & Lifespan (4)           |
|                  | PHED 314 Team Building for High Performance Teams (4)       | PHED 495 Internship (SR) (4)                        |
|                  | PHED 330 Programming & Leadership In Sport & Recreation (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](mailto:evansaj@plu.edu)

*Professor Brad Moore (Major Advisor)*  
 Olson Auditorium  
 253-535-7362  
[moorebl@plu.edu](mailto:moorebl@plu.edu)