



Graduation Plan

Physical Education and Health: Exercise Science

Freshman Year					
Fall			Spring		
Course	Name	Credits	Course	Name	Credits
PEH 122	First Aid/CPR	2	PAC 1xx	Physical Activity	1
PEH 204	Foundations of Human Structure & Function	4	Gen Eds.	General Ed. Requirements	Var.
PAC 1xx	Physical Activity	1			
Gen Eds.	General Ed. Requirements	Var.			
Total Credits:		15-17	Total Credits:		15-16

Sophomore Year					
Fall			Spring		
Course	Name	Credits	Course	Name	Credits
PEH 210	Health and Wellness	4	PEH 211	Nutrition	3
PEH 222	Beginning Athletic Training	3	Gen Eds.	General Ed. Requirements	Var.
Gen Eds.	General Ed. Requirements	Var.			
Total Credits:		15-17	Total Credits:		15-17

Junior Year					
Fall			Spring		
Course	Name	Credits	Course	Name	Credits
PEH 320	Biomechanics	3	PEH 315	Motor Learning	2
PEH 343	PSY physical activity	3	PEH 345	Fitness Science	3
Gen Eds.	General Ed. Requirements	Var.	PEH 356	EX. Physiology	3
	Upper Division Electives	Var.	PEH 412	Management of Health Enhancement/Sport Programs	3
Total Credits:			Total Credits:		

Senior Year					
Fall			Spring		
Course	Name	Credits	Course	Name	Credits
PEH 441	Measurement & Evaluation in Health Enhancement & Exercise Science	2	PEH 450	Internship	4
PEH 450	Internship	4		Upper Division Electives	Var.
PEH 490	Senior Seminar	2	Gen Eds.	General Ed. Requirements	Var.
Gen Eds.	General Ed. Requirements	Var.			
Total Credits:			Total Credits:		