

B.A. in Exercise and Sports Science with Teacher Certification

Click on the course number to view course title and description.

Code	Title	Semester Hours
Exercise and Sports Science Teacher Certification Degree Plan (120 hours)		
Core Requirements (45 hours)		
First Year Seminar		3
FYE 1301	First Year Seminar	
Freshmen Composition I		3
EN 1311	Rhetoric and Composition	
or EN 1313	Rhetoric and Composition for International Students	
Literature		3
Any EN 23XX literature course		
History		3
Any 1000, 2000, or 3000-level HS course		
Social Science		6
ED 2330 and select one from the following: BA 1310, CJ 1301, CPH 1301, EC 2301, EC 2303, HU 3300, HU 3303, PO 1311, PO 1312, PO 1314, PS 1301, PS 2310, PS 2353, PS 2355, PS 2363, PS 2337, SC 1311, SC 2321, SC 2371, 3 hrs. of Communication Studies (CM 1341, CM 2321, CM 2333, CM 2334).		
Mathematics		3
MT 1303	College Algebra	
or MT 1411	Precalculus	
Natural or Physical Sciences		3
Select one: BL 1301, BL 1302, BL 3311, CH 1303, CH 1304, CH 1401, CH 1402, ES 1300, ES 1301, ES 1302, ES 1303, ES 1304, ES 1305, ES 1373, PY 1300, PY 1310, PY 1401, PY 1402		
Fine Arts		3
Select any 3 hrs. of the following: Art (AR), Drama (DM), Music (MU) or MU 1300		
Foreign Language and International Engagement		6
This requirement is satisfied through one of four ways: (1) One 3-hour course in any language at the 3000 level or above, with a grade of B or better; (2) Two courses (1311 and 1312) in a language not previously studied; (3) Two courses (2311 and 2312) in a language previously studied at the high school or college level; (4) Qualifying scores on an AP or CLEP exam, or both the ACTFL OPI and WPT exams		
Philosophy - Self		3
PL 1301	Introduction to Philosophy	
Philosophy - Ethics		3
PL 2301	Foundations of Ethics	
Theology - God		3
TH 1301	Introduction to Theology	
Intermediate Theology		3
Any TH 33xx course		
Exercise and Sport Science Major Courses - Teacher Certification (36 hours)		
EX 1302	Foundations of Exercise & Sport Science	3
EX 1312	Lifelong Health and Wellness	3
or NU 3301	Health Promotion and Disease Prevention Across the Lifespan	
EX 2308	Introduction to Athletic Training	3
EX 2310	Motor Learning	3
EX 1411	Human Anatomy & Physiology I	4
or BL 1411	Human Anatomy & Physiology I	
EX 1412	Human Anatomy & Physiology II	4
or BL 1412	Human Anatomy & Physiology II	

EX 3304	Biomechanics of Human Movement	3
EX 3310	Field Experience	3
EX 3401	Exercise Physiology	4
EX 4308	Research Seminar	3

EX - Teacher Certification Elective Course

Consult with your academic adviser to determine which of the following Medical Fitness courses and/or Strength and Conditioning courses fit your interests 3

Level 1: Medical Fitness Electives

EX 2304	Medical Terminology	
EX 3302	Prevention & Care of Activity-Related Injuries	
EX 3307	Prosthetics and Orthotics	
EX 3314	Exercise and Sport Psychology	
EX 4302	Advanced Exercise Physiology	

Level 1: Strength and Conditioning Electives

EX 2306	Instruction of Sports Activities and Games	
EX 3306	Current Issues in Exercise & Sport Science	
EX 4306	Sport Nutrition	

Teacher Certification Courses (27 hours)

ED 3321	Instructional Planning, Assessment and Evaluation	3
ED 3355	Educational Technology	3
ED 3361	Adolescent Development in the School Setting	3
ED 4388	Professional Development Seminar-Secondary	3
ED 4630	Teacher Residency I	6
ED 4635	Teacher Residency II	6

Electives (15 hours) **15**

An elective can be any course taken from any discipline. Students can use these hours to pursue certificates, minors, or second majors. ED 4362 and ED 3360 recommended.

Total Semester Hours **120**

This is a recommended degree plan subject to changes. Please meet with your adviser on a regular basis.

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First Year

Fall	Semester Spring Hours	Semester Hours
FYE 1301	3 Natural or Physical Sciences	3
EN 1311	3 Literature	3
Foreign Language I	3 Foreign Language II	3
EX 1411 or BL 1411	4 EX 1412 or BL 1412	4
EX 1302	3 EX 1312	3
	16	16

Second Year

Fall	Semester Spring Hours	Semester Hours
Mathematics	3 TH 1301	3
PL 1301	3 EX 2310	3
EX 2308	3 EX 3304	3
History	3 EX 3401	4
ED 2301	3 ED 2330	3
	15	16

Third Year

Fall	Semester Spring Hours	Semester Hours
PL 2301	3 Intermediate Theology	3
EX 3310	3 Fine Arts	3
ED 3361	3 EXSS Concentration	3
Social Science	3 ED 3355	3
General Elective	3 General Elective	3
General Elective	3 General Elective	3
	18	18

Fourth Year

Fall	Semester Spring Hours	Semester Hours
EX 4308	3 ED 4689	6
ED 3350	3 ED 4388	3
ED 3362	3	
General Elective	3	
	12	9

Total Semester Hours 120