

<b>Bachelor of Science in Health and Physical Education</b>	
<b>MAJOR REQUIREMENTS/HEALTH STUDIES: 30 Credits</b>	<b>Credits</b>
<p style="margin-left: 40px;">HE101: Strategies for Healthy Living</p> <p style="margin-left: 40px;">HE160: Substance Use &amp; Abuse</p> <p style="margin-left: 40px;">HE212: Health: A Lifelong Process</p> <p style="margin-left: 40px;">HE225: Mind Body Connection</p> <p style="margin-left: 40px;">HE324: Human Sexuality: Implications for Health</p> <p style="margin-left: 40px;">HE335: Community Health</p> <p style="margin-left: 40px;">HE380: Nutrition and Health</p> <p style="margin-left: 40px;">HE440: Health Policy</p> <p style="margin-left: 20px;"><b>Guided Electives:</b> Choose 6 credits from courses designated with Course*Type: HEPE</p>	<p>3.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p>
<b>CONCENTRATION REQUIREMENTS/PHYSICAL EDUCATION: 18 Credits</b>	<b>Credits</b>
<p style="margin-left: 40px;">PE220: Exercise Physiology</p> <p style="margin-left: 40px;">PE230: Biomechanics/Kinesiology</p> <p style="margin-left: 40px;">PE310: Sport and Exercise Psychology</p> <p style="margin-left: 40px;">PE340: Motor Development and Learning</p> <p style="margin-left: 20px;"><b>Six Skills Courses:</b> At least 1 course from Individual, Dual, and Team</p>	<p>3.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p> <p>6.0</p>
<b>REQUIREMENTS OUTSIDE MAJOR: 17 Credits</b>	<b>Credits</b>
<p style="margin-left: 40px;">BY111: Anatomy and Physiology I</p> <p style="margin-left: 40px;">BY112: Anatomy and Physiology II</p> <p style="margin-left: 40px;">SO101: Introduction to Sociology</p> <p style="margin-left: 40px;">PY103: Introduction to Psychology</p> <p style="margin-left: 40px;">MA105: Math Model for Social Sciences</p>	<p>4.0</p> <p>4.0</p> <p>3.0</p> <p>3.0</p> <p>3.0</p>
<b>FREE ELECTIVES: 33.0 - 36.0 Credits</b>	<b>Credits</b>
<p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>33.0 - 36.0</p>

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GENERAL EDUCATION REQUIREMENTS: 27 to 30 Credits		Credits
First Year Seminar	FY-101: First Year Seminar	3.0
Reading and Writing	EN101: College Composition I	3.0
	EN102: College Composition II	3.0
Mathematics	Fulfilled in Outside Major Requirements with MA105	0.0
Natural Sciences	Fulfilled in Outside Major Requirements with BY111 and BY112	0.0
Literature	3 Credits from courses designated with Course*Type: LIT	3.0
Aesthetics and Creativity	3 Credits from Art, Music, Theatre, or Dance	3.0
Technological Literacy	HE100 or IT100	3.0
Reasoned Oral Discourse	Fulfilled in Major Requirements with HE212	0.0
Historical Perspective	3 Credits from courses designated with Course*Type: HS.SV	3.0
Social Science	Fulfilled in Outside Major Requirements with PY103	0.0
Historical Perspective/Social Sciences	Fulfilled in Outside Major Requirements with SO101	0.0
Interdisciplinary Perspectives	3 Credits from courses designated with Course*Type: ISP <i>*May be fulfilled in Outside Major Requirements with PR422 or PR433</i>	0.0 - 3.0
Cultural Diversity/Global Understanding	3 Credits from courses designated with Course*Type: CD	3.0
	3 Credits from courses designated with Course*Type: GU	3.0
	<b>or</b> 6 Credits from the SAME foreign language	
Experiential Education	One course designated with Course*Type: EX	0.0
Writing Intensive	Two courses from Health Studies (HE) designated	0.0
	with Course*Type: WT	0.0

**Total Credits for Bachelor of Science in Health and Physical Education = 128.0**

**NOTES:**

\* 58 credits must be completed at the 200 level or higher.