Bachelor of Science in Health and Physical Education				
MAJOR REQUIREMENTS/HEALTH STUDIES: 30 Credits				
		HE101: Strategies for Healthy Living	3.0	
		HE160: Substance Use & Abuse	3.0	
		HE190: Introduction to Health Research	3.0	
		HE212: Health: A Lifelong Process HE324: Human Sexuality: Implications for Health	3.0	
		HE380: Nutrition and Health	3.0 3.0	
		HE435: Promoting Health in Communities	3.0	
		HE440: Health Policy	3.0	
	<b>Guided Electives:</b>	Choose 6 credits from courses designated with Course*Type: HEPE	3.0	
			3.0	
C	ONCENTRATION REQUIRE	EMENTS/PHYSICAL EDUCATION: 18 Credits	Credits	
		PE220: Exercise Physiology	3.0	
		PE230: Biomechanics/Kinesiology	3.0	
		PE310: Sport and Exercise Psychology	3.0	
		PE340: Motor Development and Learning	3.0	
		Six Skills Courses:		
		Choose at least 1 course from each category:	6.0	
		Individual, Dual, and Team		
RE	EQUIREMENTS OUTSIDE I	MAJOR: 17 Credits	Credits	
		BY111: Anatomy and Physiology I	4.0	
		BY112: Anatomy and Physiology II	4.0	
		SO101: Introduction to Sociology	3.0	
		PY103: Introduction to Psychology	3.0	
		MA105: Math Model for Social Sciences	3.0	
			Credits	
FREE ELECTIVES: 33 - 36 Credits				
			33.0 - 36.0	

Bachelor of Science in Health and Physical Education  GENERAL EDUCATION REQUIREMENTS: 27 - 30 Credits  Credits					
Reading and Writing	EN101: College Composition I EN102: College Composition II	3.0 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 *May be fulfilled in Outside Major Requirements with PR422 or PR433	0.0 - 3.0			
Cultural Diversity and Global Understanding or Foreign Language	3 Credits from courses designated with Course*Type: CD and 3 Credits from courses designated with Course*Type: GU or 6 Credits from the SAME foreign language	6.0			
Experiential Education	One course designated with Course*Type: EX	0.0			
Writing Intensive	Two courses from Health Studies (HE) designated with Course*Type: WT	0.0			

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

## **NOTES:**

<sup>\* 58</sup> credits must be completed at the 200 level or higher.