



# Pittsburg State University

## College of Education Program Guide

Degree: Bachelor of Science  
 Major: Exercise Science  
 Emphasis/Option:  
 Minor (if required):

As of Fall 2017

### Required General Education/Prerequisite courses before Exercise Science core course work (2.75 GPA Required) (6 hours)

BIOL 111 General Biology and BIOL 112 General Biology Laboratory (satisfied by general education) (0 hours)

CHEM 105 Introductory Chemistry and CHEM 106 Introductory Chemistry Laboratory (satisfied by general education) (0 hours)

MATH 143 Elementary Statistics (satisfied by general education) (0 hours)

CIS 130 Computer Information Systems (satisfied by general education) (0 hours)

PHIL 105 Ethics (satisfied by general education) (0 hours)

FCS 203 Nutrition and Health or FCS 301 Nutrition (satisfied by general education) (0 hours)

BIOL 257: Anatomy and Physiology .....3  
 and BIOL 258: Anatomy and Physiology Laboratory .....2  
 EXSCI 200: Introduction to Exercise Science .....1

### Exercise Science core course work with a minimum 3.00 GPA (14 hours)

HHP 260: First Aid and CPR .....2  
 EXSCI 290: Introduction to Exercise Science Research Methods .....2  
 HHP 460: Kinesiology .....3  
 HHP 464: Physiology of Exercise .....3  
 REC 425: Personal Training and Fitness Management .....3  
 EXSCI 599: Pre-Internship .....1

### Choose one of the following tracks: (21-27 hours)

#### Clinical/Pre-Professional Track with a minimum 3.00 GPA

EXSCI 500: Physiology of Exercise II .....3  
 EXSCI 510: Technology and Instrumentation in Exercise Physiology .....3  
 EXSCI 520: Exercise Testing and Prescription .....3  
 EXSCI 530: Clinical Exercise Physiology .....3  
 EXSCI 550: Research Project in Exercise Physiology .....3  
 EXSCI 600: Internship .....6-12  
 (Suggested Minor: Biology, Physical Science, Interdisciplinary Gerontology, Public Health, or Psychology)

#### Non-Clinical Track with a minimum 3.00 GPA

COMM 277: Introduction to Public Relations .....3  
 REC 320: Management Strategies and Financing in Recreation .....3  
 REC 430: Commercial Recreation .....3  
 EXSCI 520: Exercise Testing and Prescription .....3

EXSCI 550: Research Project in Exercise Physiology .....3  
 EXSCI 600: Internship .....6-12  
 (Suggested Minor: Business Administration, Marketing, Interdisciplinary Gerontology, Public Health, or Psychology)

### Exercise Science Electives (26 hours)

BIOL 211: Principles of Biology I .....4  
 BIOL 212: Principles of Biology II .....4  
 BIOL 322: Genetics .....3  
 and BIOL 323: Genetics Laboratory .....2  
 BIOL 371: General Microbiology .....3  
 and BIOL 372: General Microbiology Laboratory .....2  
 BIOL 410: Biological and Medical Terminology .....2  
 BIOL 656: Human Physiology .....3  
 and BIOL 657: Human Physiology Laboratory .....2  
 BIOL 660: Human Anatomy and Dissection .....5  
 CHEM 215: General Chemistry I .....3  
 and CHEM 216: General Chemistry I Laboratory .....2  
 CHEM 225: General Chemistry II .....3  
 and CHEM 226: General Chemistry II Laboratory .....2  
 CHEM 575: Biochemistry I .....3  
 COMM 629: Theories of Human Communication .....3  
 FCS 285: Lifespan Human Development .....3  
 HHP 262: Care and Prevention of Athletic Injuries .....2  
 HHP 349: Group Fitness Instruction .....2  
 HHP 462: Adapted Physical Education .....2  
 HHP 466: Motor Development .....3  
 HHPR 763: Scientific Principles of Strength and Conditioning .....3  
 NURS 265: Health Promotion and Disease Prevention .....2  
 NURS 314: Health Care Terminology and Drug Calculations .....3  
 NURS 405: Health Alterations in Older Adults .....3  
 PHYS 100: College Physics I .....4  
 and PHYS 130: Elementary Physics Laboratory I .....1  
 PHYS 101: College Physics II .....4  
 and PHYS 131: Elementary Physics Laboratory II .....1  
 PSYCH 263: Developmental Psychology .....3  
 PSYCH 360: Psychology of Aging .....3  
 PSYCH 362: Death and Dying .....3  
 PSYCH 389: Research Methods in Psychology I .....3  
 PSYCH 456: Introduction to Social Psychology .....3  
 PSYCH 571: Abnormal Psychology .....3  
 PSYCH 675: Human Factors Psychology .....3  
 REC 240: Introduction to Therapeutic Recreation .....3  
 REC 419: Survey Research Techniques in Recreation .....3  
 REC 441: Therapeutic Interventions for Older Adults .....3  
 REC 465: Assessment and Documentation in Therapeutic Recreation .....3  
 REC 469: Intervention in Therapeutic Recreation .....3  
 Other electives .....0-8

# GENERAL EDUCATION REQUIREMENTS

(49-51 hrs.)

<b>Basic Skills</b>		<b>12-13 hours</b>
COMM	207	Speech Communication ..... 3
ENGL	101	English Composition..... 3
ENGL	190	Honors English Composition ..... 3
OR ENGL	299	Introduction to Research Writing ..... 3
<b>Mathematics (Select one)</b>		
MATH	110	College Algebra with Review ..... 5
MATH	113	College Algebra ..... 3
MATH	126	Pre-Calculus ..... 4
MATH	133	Quantitative Reasoning..... 3
MATH	143	Elementary Statistics..... 3
<b>Sciences</b>		<b>8-9 hours</b>
Natural Sciences ( <i>Select one</i> )		
BIOL	111/112	General Biology and Laboratory ..... 5
BIOL	113	Environmental Life Science ..... 4
BIOL	211	Principles of Biology I..... 4
Physical Sciences ( <i>Select one</i> )		
CHEM	105/106	Introductory Chemistry and Laboratory..... 4
CHEM	107/108	Chemistry for Life Sciences and Laboratory .... 4
PHYS	160/165	Physical Geology and Laboratory..... 4
PHYS	166/167	Meteorology and Laboratory..... 4
PHYS	171/172	Physical Science and Laboratory ..... 4
PHYS	175/176	Descriptive Astronomy and Laboratory..... 4
PHYS	375/176	Solar System Astronomy and Laboratory ..... 4
<b>Social Studies</b>		<b>3 hours</b>
SOC	100	Introduction to Sociology ..... 3
WGS	200	Introduction to Women's Studies ..... 3
<b>Political Studies (Select one)</b>		<b>3 hours</b>
POLS	101	U.S. Politics ..... 3
POLS	103	Comparative Political Institutions..... 3
<b>Producing and Consuming</b>		<b>5-6 hours</b>
<i>(Select one from two of the following three categories)</i>		
Economy		
ECON	191	Issues in Today's Economy ..... 3
FCS	230	Consumer Ed. and Personal Finance ..... 3
Technology		
EET	247	Computer Programming for Electronic Sys. .... 3
GT	190	Introduction to Technological Systems ..... 2
GT	350	Technology and Civilization..... 3
EDTH	330	Technology for the Classroom..... 3
TE	551	Integrated Technology for Educators..... 3
TM	350	Societal Influence of Technology..... 3
Business		
ACCTG	201	Financial Accounting ..... 3
CIS	130	Computer Information Systems ..... 3
MGT	101	Introduction to Business ..... 3
MGT	105	Introduction to Entrepreneurship..... 3
<b>Fine Arts and Aesthetic Studies (Select one)</b>		<b>2-3 hours</b>
ART	155	Printmaking and Paper Arts..... 3
ART	178	Introduction to the Visual Arts..... 3
ART	188	The Designed World ..... 3
ART	217	Crafts I..... 3
ART	222	Jewelry Design I..... 3
ART	233	Drawing I ..... 3
ART	244	Ceramics I..... 3
ART	266	Sculpture I..... 3
ART	277	Painting I..... 3

ART	288	Introduction to Art History I..... 3
ART	289	Introduction to Art History II ..... 3
ART	311	Art Education ..... 3
ART	351	Printmaking, Papermaking, Bookarts and the Letterpress..... 3
ART	430	Automotive: Art and Design ..... 3
COMM	105	Performance Appreciation..... 3
COMM	205	Performance Studies..... 3
COMM	295	Theatre History ..... 3
ENGL	250	Introduction to Creative Writing ..... 3
HHP	151	Dance Appreciation..... 3
MUSIC	120	Music Appreciation..... 3
MUSIC	121	Introduction to Music Literature ..... 2

<b>Cultural Studies (Select one)</b>		<b>3 hours</b>
ANTH	101	Introduction to Cultural Anthropology..... 3
MLL	114	Chinese Language and Culture I ..... 3
MLL	124	French Language and Culture I ..... 3
MLL	154	Spanish Language and Culture I ..... 3
MLL	184	Russian Language and Culture I ..... 3
MLL	194	Korean Language and Culture I..... 3
GEOG	106	World Regional Geography ..... 3
GEOG	300	Elements of Geography..... 3
GEOG	304	Human Geography..... 3
WGS	399	Global Women's Issues..... 3

<b>Health and Well Being</b>		<b>4-6 hours</b>
Psychological		
PSYCH	155	General Psychology ..... 3
Physical ( <i>Select one</i> )		
FCS	203	Nutrition and Health. .... 3
FCS	301	Nutrition ..... 3
HHP	150	Lifetime Fitness Concepts..... 1
NURS	303	Introduction to Public Health..... 3

<b>Human Heritage</b>		<b>6 hours</b>
<i>(Select one from two of the following three categories)</i>		
History		
HIST	101	World History to 1500..... 3
HIST	102	World History from 1500..... 3
HIST	201	American History to 1865..... 3
HIST	202	American History from 1865..... 3
Literature		
ENGL	113	General Literature..... 3
ENGL	114	General Literature (Genre)..... 3
ENGL	116	General Literature (Theme)..... 3
ENGL	120	Literature and Film..... 3
ENGL	315	Mythology ..... 3
ENGL	320	Literature and Film ..... 3
Philosophy		
PHIL	103	Introduction to Philosophy..... 3
PHIL	105	Ethics..... 3
PHIL	112	Biomedical Ethics..... 3
PHIL	113	Business Ethics..... 3
PHIL	114	Environmental Ethics..... 3
PHIL	207	Critical Thinking ..... 3
PHIL	208	Logic..... 3
PHIL	231	World Religions..... 3

Notes

NOTE: The information contained herein is intended to be used for the planning of a student's academic program and does not constitute a contract. While this guide was prepared with the latest information, courses, graduation requirements, and curricula are subject to change.

When a student attains 85 semester hours of credit (including current enrollment) the student must apply for a degree check in the Office of the Registrar (Degree Checking Section), Room 102 Russ Hall.

**MINIMUM GENERAL REQUIREMENTS:** The minimum requirements for graduation include 124 semester hours of which 60 hours must be from a four year university. In addition, 45 semester hours must be upper division and 30 hours in residence at PSU (including 24 of the last 30). Minimum GPA for non-education degree is 2.0 overall [2.0 in major], secondary education degree is 2.5 overall [2.75 in major], and early/late childhood/unified degree is 2.80 overall [3.0 in major]. A minimum GPA of 2.0 in any minor and in residence coursework is required. General Education and all degree requirements are provided in the online catalog. Refer to individual departments for specific requirements.