



Pittsburg State University

College of Education Program Guide

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

As of Fall 2016

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 or PHIL 111 Ethics: Applied Emphasis Medical (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
 NURS 440: Pharmacology in Nursing I 2
 NURS 441: Pharmacology in Nursing II 1
 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.)

Basic Skills		12-13 hours
COMM	207 Speech Communication	3
ENGL	101 English Composition.....	3
ENGL	190 Honors English Composition	3
OR ENGL	299 Introduction to Research Writing	3
Mathematics (Select one)		
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
Sciences		8-9 hours
Natural Sciences (Select one)		
BIOL	111/112 General Biology and Laboratory	5
BIOL	113 Environmental Life Science	4
BIOL	211 Principles of Biology I.....	4
Physical Sciences (Select one)		
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
Social Studies		3 hours
SOC	100 Introduction to Sociology	3
WGS	200 Introduction to Women's Studies	3
Political Studies (Select one)		3 hours
POLS	101 U.S. Politics	3
POLS	103 Comparative Political Institutions.....	3
Producing and Consuming		5-6 hours
<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
MGMKT	101 Introduction to Business	3
Fine Arts and Aesthetic Studies (Select one)		2-3 hours
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

Cultural Studies (Select one)		3 hours
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

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

Human Heritage		6 hours
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<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	111 Ethics: Applied Emphasis (____).....	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.