

PHYSICAL ACTIVITY/EXERCISE

COURSE

SUBSTITUTION

- Stat 243 Intro to Statistics _____
- PHE 250 Our Community, Our Health _____
- PHE 295 Health Promotion & Disease _____
- PHE 350 Health and Health Systems _____
- PHE 443U Environmental Health _____
- PHE 450 Epidemiology _____
- PHE 404 Internship (8 credits) _____

In addition to the core requirements, students pursuing a concentration in Physical Activity/Exercise must complete the following:

- BIO 301 Human Anatomy/Physiology _____
- BIO 302 Human Anatomy/Physiology _____
- BIO 303 Human Anatomy/Physiology _____
- PHE 370 Applied Kinesiology _____
- PHE 425U Nutrition _____
- PHE 456 Health Aspects of Aging _____
- PHE 473 Exercise Physiology _____
- PHE 474 Exercise Prescription _____
- PHE 475 Exercise Testing Techniques _____

Students must also complete:

- PHE 448 Health Ed. Teaching Techniques & Strategies
- Or**
- PHE 471 Program Planning/Eval. in Health

Elective Credits (16)

Total Upper Division Credits (72) _____

Total Credits (180) _____

UNIVERSITY STUDIES REQUIREMENTS

FRESHMAN INQUIRY

_____ UNST 101
_____ UNST 102
_____ UNST 103

Transfer students who have earned less than 30 credits must complete all of the University Studies Program. Transfers with 30-44 must take the Transfer Transition 210 course and complete the Sophomore Inquiry.

SOPHOMORE INQUIRY

_____ UNST
_____ UNST
_____ UNST

45-59 credits = 3 courses
60-74 credits = 2 courses
75-89 credits = 1 course

Transfer Transition 210 taken as a choice counts as a Sophomore Inquiry

UPPER DIVISION CLUSTER

_____ U
_____ U
_____ U

The upper division cluster must come from one of the Sophomore Inquiry classes or if a student transfers in with 90 credits, they may choose any cluster to follow. **PHE courses cannot be used to fulfill a cluster.** All students who transfer with over 90 credits must complete the cluster and the Capstone.

CAPSTONE (6 credits)

Must be 6 credits of the same capstone.

BACHELOR OF SCIENCE

Science (12credits, 8 must have a lab)

_____ Lab
_____ Lab
_____ Lab

Arts and/or Social Science (12 credits)

Math (4 credits)

BACHELOR OF ARTS

Arts and Letters (12 credits, min. of 4 in Fine & Performing Arts)

Science and/or Social Science (12 credits, 4 must be from science)

4 credits Foreign Language, numbered 203 or higher

Must have 180 credits to graduate of which 72 must be upper division.