

**BACHELOR OF SCIENCE DEGREE  
HEALTH, PHYSICAL EDUCATION, & RECREATION/EXERCISE SCIENCE CONCENTRATION**

2023-24 Catalog

Total Minimum Degree Requirements 121 hours

NAME \_\_\_\_\_ UA/GA \_\_\_\_\_ GRAD DATE \_\_\_\_\_  
 DSU ID# \_\_\_\_\_ ADVISOR \_\_\_\_\_ BAN \_\_\_\_\_ GPA \_\_\_\_\_  
 Evaluated by \_\_\_\_\_ Date \_\_\_\_\_ DBASE \_\_\_\_\_ HON \_\_\_\_\_

GENERAL EDUCATION REQUIREMENTS 38-40				
COURSE	SUB/TR	SEM	HRS	GR
ENG 101 Eng Comp			3	
ENG 102/200/201 Eng Comp			3	
*ENG LIT- ENG 201, 203, 205 or 206			3	
**FINE ARTS			3	
HIS 100/200 level			3	
**PHI 201, LIT, HIS or Fine Arts not already taken			3	
MAT 103 Quant Reas, MAT 104 Col Alg,				
MAT 106 Precal, <u>OR</u> MAT 115 Stats			3	
BIO 100 Prin of Bio <u>or</u> BIO 110 Bio/Hum Conc			3-4	
***Laboratory Science			4	
****Perspectives on Society			3	
****Perspectives on Society			3	
PER 101 Concepts in Physical Educ			1	
PER 100 level Activity Elect			1	
COM 101 or 202			3	

\*Transfer credit for most lit courses will count for this requirement

\*\*One appreciation, history, or intro to art/music or creative writing

Fine Arts: ART 101, 212, 401, 402, 405; MUS 105, 114, 115, 116; or ENG 202

\*\*\*BIO 100, 110, 123; CHE 101, 102, 110; PHY 105, 110, 115;

GIS 202

\*\*\*\*Select one: ECO 210, 211; GEO 201, 303; HON 290;

PSC 103,201; PSY 101; SOC 101

COURSE	SUB/TR	SEM	HRS	GR
*University Requirement FYS 100/300			1	

\*FYS 103 for honor students can meet this requirement.

SPECIAL DEGREE REQUIREMENTS 9				
HSE 140 Per & Comm Health			3	
FCS 343 Nutrition & Phys Fitness <b>OR</b>				
FCS 345 General Nutrition			3	
CIS Elective			3	

HPER CORE 12				
HSE 244 First Aid & CPR			3	
HSE 253 Intro to Athletic Training			3	
PER 380 Meas & Eval in PE			3	
PER 391 Org/Adm PE & Rec Prog			3	

EXERCISE SCIENCE 42				
COURSE	SUB/TR	SEM	HRS	GR
HSE 336 Phys of Exercise			3	
HSE 337 Exercise Phys Lab			1	
PER 300 Hist & Phil of Sport & PE			3	
PER 360 Clinical I Exper in Exercise Science			3	
PER 365 Fitness Training Techniques			3	
PER 438 Kinesiology			3	
PER 460 Exercise Testing			3	
PER 461 Exercise Prescription			3	
PER 463 Exercise for Special Populations			3	
PER 464 SR Seminar in Exer Sci			1	
PER 465 Internship in Exercise Science			12	
PER 484 Motor Development/Motor Learning			3	
PER 171Beg Swim 173 Swim, <u>or</u> 175 Lfg Tr			1	

ACADEMIC MINOR _____ 18-21				

Updated 11/2/2023