

DEPARTMENT OF EXERCISE SCIENCE AND HUMAN PERFORMANCE

Three undergraduate degrees are offered by the Department of Exercise Science and Human Performance: the Bachelor of Science in Exercise Science, the Bachelor of Science degree in Fitness and Wellness, and the Bachelor of Science in Physical Education-Teacher Education. The degree programs are uniquely designed to thoroughly prepare students in their chosen professions. The goals listed for each program will be fostered through a carefully arranged and diverse variety of educational and practical opportunities.

Students majoring in Exercise Science, Fitness and Wellness, or Physical Education Teacher Education (PETE) must earn a grade of “C” or better* in all major program requirements. Each major within the Department of Exercise Science and Human Performance (ESHP) has specific standards for admission and continuation in the respective program. Failure to maintain the requirements, including GPA, for each of the respective programs throughout the student’s enrollment will result in probation or suspension from the program. ESHP majors will be allowed to repeat courses if the following conditions are met:

1. Courses classified as Program Requirements may be repeated only once. A student who fails to complete a ESHP course successfully (“C” or better*) within two attempts may not continue as a major in Exercise Science, Fitness and Wellness, or Physical Education-Teacher Education.
2. A student may not repeat more than a total of two 300- and 400-level ESHP courses.

Further, all students majoring in Exercise Science, Fitness and Wellness, or Physical Education-Teacher Education must complete all University and Departmental assessment requirements (this includes passing the ESHP Professional Knowledge Inventory test). *Assessment activities will be administered in the ESHP Professional Concerns Seminar and satisfactory performance on each assessment criteria is required to receive a passing grade for the course.*

*EXSC 490 and-EXSC 491 – Internships for Exercise Science and Fitness and Wellness majors require a “B” or better to be considered as passing. Students in the Exercise Science major should maintain the required GPA (2.75) and be in good standing to enroll in EXSC 490.

Exercise Science Major

The Exercise Science program is designed to prepare students for careers in public, private, hospital, and corporate wellness programs, industrial and cardiac rehabilitation programs as well as fitness and conditioning programs. The student will also be well prepared for graduate study in areas such as cardiac rehabilitation, exercise physiology, physical therapy, and occupational therapy.

Curriculum

A Bachelor of Science in Exercise Science consists of 35 hours of major core courses, 19 hours of additional courses for the major, 35 hours of general education courses, and 31 hours of additional electives.

Program Goals

The goals of the Lander University Exercise Science Major prepare students to be able to

1. Identify and discuss major factors in the evolution of the field of exercise science from its early historical roots to its present position in exercise-related careers;
2. Describe and apply bioscience (anatomical, physiological/biochemical, and biomechanical) concepts and changes occurring in the human organism to physical activity, conditioning, and health-related fitness across the lifespan;
3. Describe and utilize a variety of methods, techniques, and procedures to assess the health-related components of fitness and subsequently develop appropriate exercise prescriptions that address physical activity, conditioning, and health-related fitness in diverse populations;
4. Understand the scientific method of conducting research and possess the ability to utilize discipline-based research in order to analyze the validity of health-related consumer information; and
5. Exhibit professional dispositions in the exercise-related community conducive to promoting healthy lifestyles.

Student Eligibility

A student may declare a major in Exercise Science (Level I/pre-professional) upon enrollment in the university. However, Exercise Science majors will not be allowed to enroll in 300- and 400-level (professional) exercise science courses until they have been formally accepted into Level II (professional) of the Exercise Science Program. Students may be admitted into Level II of the Exercise Science Program at Lander University provided the following criteria are met:

1. Submission of a completed Exercise Science Program Application that can be downloaded from the website or obtained from the Coordinator of the Undergraduate Exercise Science Program;
2. Completion of a minimum of 30 credit hours of coursework including EXSC 175 (2 credits), EXSC 202 (3 credits), EXSC 210* (4 credits), and EXSC 219 (3 credits); and,
3. A minimum cumulative Lander grade point average (GPA) of 2.75 on a 4.0 scale.

Students applying for admission must submit application materials by the last day of classes each semester to the Coordinator of the Undergraduate Exercise Science Program. Those who are denied admission to Level II of the Exercise Science Program may re-submit their application materials upon successful completion of all admission requirements.

Transfer and Second Degree Students

Transfer and second-degree students will be considered for admission to Level II of the Exercise Science Program upon the completion of the above admission criteria. The Exercise Science Program screening committee reserves the right to determine what (if any) coursework from other colleges and universities will be accepted toward satisfaction of these requirements.

Program Requirements

Students who are admitted to Level II of the Exercise Science Program will be subject to ongoing evaluation. To continue in good standing, students must maintain a minimum cumulative Lander GPA of 2.75. A student who fails to maintain any of the above requirements will be given one semester (probationary period) to re-establish compliance with the requirement(s) before being withdrawn from the program (suspension). Students withdrawn from the program as a result of suspension will not be allowed to enroll in any upper-level exercise science courses but will be allowed to repeat courses if the following conditions are met:

1. Courses classified as Program Requirements may be repeated **only once**. A student who fails to complete a ESHP course successfully (“C” or better**) within two attempts **may not continue as a major in Exercise Science**.
2. A student **may not repeat more than a total of two 300- and 400-level ESHP courses**.
3. Students should maintain the required GPA (2.75), successfully complete the Internship screening documentation, and be in good standing to enroll in EXSC 490.

A student can only be on probation one time and must meet with their academic advisor to develop an Action Plan to improve their GPA. In the case that a student is suspended from the program and is then reinstated, a subsequent failure to maintain standards will result in suspension and not another probation.

*EXSC 210 may be substituted with BIOL 202 for Physical/Occupational Therapy concentrations.

**EXSC 490 and EXSC 491 (Internships) require a “B” or better to be considered as passing. Students should maintain the required GPA (2.75), successfully complete the Internship screening documentation, and be in good standing to enroll in EXSC 490.

Fitness and Wellness

The Fitness and Wellness program is designed to give students an in-depth knowledge of movement, physical activity programming, and nutrition. Students build their knowledge through projects and internships and graduates are prepared for a variety of certifications and careers in clinics, health and fitness clubs, community centers, nursing homes, hospitals, sports organizations, and corporate settings.

Curriculum

A Bachelor of Science in Fitness and Wellness consists of 46 hours of major courses, 35 hours of general education courses, and 39 hours of additional electives.

Program Goals

The goals of the Lander University Fitness and Wellness Major prepare students to be able to

1. Demonstrate an understanding of and the ability to apply important concepts related to health-related fitness across the lifespan;
2. Describe and utilize a variety of methods, techniques, and procedures to assess health-related fitness components and subsequently develop appropriate exercise programming for clients; and;
3. Demonstrate professional dispositions in the exercise-related community conducive to promoting healthy lifestyles.

Student Eligibility

A student may declare a major in Fitness and Wellness upon enrollment in the university. Fitness and Wellness majors will not be able to complete their internship until they meet all requirements for the internship.

Program Requirements

1. Courses classified as Program Requirements may be repeated **only once**. A student who fails to complete a ESHP course successfully (“C” or better**) within two attempts **may not continue as a major in Fitness and Wellness**.
2. A student **may not repeat more than a total of two 300- and 400-level ESHP courses**.
3. Students must successfully complete the Internship screening documentation and be in good standing to enroll in EXSC 490.

*EXSC 490 and EXSC 491 (Internships) require a “B” or better to be considered as passing. Students must successfully complete the Internship screening documentation and be in good standing to enroll in EXSC 490.

Physical Education Teacher Certification

The Bachelor of Science in Physical Education-Teacher Education (K-12) prepares a student for teaching careers in the public schools. The Physical Education-Teacher Education (K-12) is guided by the Society of Health and Physical Educators and the Council for the Accreditation of Educator Preparation (CAEP) standards for beginning physical education teachers and aligned with Lander University’s conceptual framework for teacher education.

Accreditation

The Physical Education-Teacher Education (K-12) major is recognized and accredited by SHAPE/CAEP.

Curriculum

A Bachelor of Science in Physical Education-Teacher Education (K-12) consists of 47 hours of major core courses, 22 hours of additional courses for the major (including a three-hour computer course), 18.5 hours of teacher certification requirements, and 35 hours of general education courses.

Program Goals

The goals of the Lander University Physical Education-Teacher Education Major prepare students to be able to

1. Identify and discuss major factors in the evolution of the field of Physical Education-Teacher Education from its early historical roots to its present position in the teaching profession;
2. Describe and apply bioscience (anatomical, physiological/biochemical, and biomechanical) concepts and changes occurring in the human organism to skillful movement, physical activity, conditioning, and fitness across the lifespan;
3. Identify, develop, and utilize a variety of instructional methods and assessment strategies that address the diverse cognitive, psychomotor, and affective learning needs of all students;
4. Describe knowledge of and apply experiences in planning, implementing, and assessing/evaluating a total school program of physical education in accordance with approved national/state content standards and the state physical education assessment program; and
5. Exhibit professional dispositions in the physical education community that promote active, lifelong learners.

Student Eligibility

Students enrolled in Secondary (History, English, Chemistry, Mathematics) or PK-12 (PETE, Art, Music):

Provisional Status

1. Always demonstrate professional behaviors and dispositions*.
2. Maintain a minimum 2.75 GPA on Lander coursework; achieve a grade of “B” or higher in each field experience; achieve a grade of “C” or higher in all EDUC courses (see catalog for further details, including each department’s GPA requirements within the specific content area).
3. Pass **ALL 3** sections of Praxis Core or have exempting SAT/ACT scores on file at Lander University and confirmed by the Department of Teacher Education.
4. Successfully complete other reviews as required by departments in specific content areas.
5. Apply for admission to the professional program in teacher education (see Department of Teacher Education section of catalog for requirements).

Candidate Status

1. Enter candidacy with formal admission to the professional program in teacher education.
2. Always demonstrate professional behaviors and dispositions*.
3. Maintain a 2.75 GPA on Lander coursework; achieve a grade of “B” or higher in each field experience; achieve a grade of “C” or higher in all EDUC courses (see catalog for further details, including each department’s GPA requirements within the specific content area).
4. Take the Praxis II prior to the student teaching semester**
5. Take the PLT (Principles of Learning and Teaching) by the end of the student teaching semester **
6. Successfully complete other departmental requirements, reviews, projects, or milestones.

Students not meeting one or more of the requirements will not progress to Candidate Status.

*Lander University has high expectations for all teacher education majors. Teacher education majors who exhibit unacceptable dispositions may be removed from the program. Procedures for removal are outlined within the Department of Teacher Education handbook.

**Praxis II and PLT must be passed to apply for certification with the South Carolina Department of Education.

Failure to maintain the above requirements, including GPA, throughout the student’s enrollment will result in probation or suspension from the program. PETE majors will be allowed to repeat courses if the following conditions are met:

1. Courses classified as Program Requirements may be repeated only once. A student who fails to complete a ESHP* course successfully (“C” or better*) within two attempts **may not continue as a Physical Education major.**
2. A student **may not repeat more than a total of two 300- and 400-level ESHP* courses.**

*ESHP courses include **both** EXSC and PETE courses for the Physical Education Major.

MINORS

Coaching Education Minor

The Coaching Education Minor is designed to prepare potential athletic coaches to better fulfill the duties of the coaching professions. This program integrates scientific and content knowledge, clinical skills, and practical experience required for the coaching profession.

Program Objectives: Develop an understanding of anatomical aspects of coaching; develop knowledge of coaching techniques; enhance leadership and communication skills; promote ethical coaching practices; assess and evaluate athlete performance; and apply coaching principles in real-world settings (i.e. Internship).

Core Competencies

Students will acquire expertise in legal aspects of coaching, Psycho-Sociological or theoretical/techniques of coaching, kinesiological or physiological aspects of coaching, and internship in athletic coaching.

This minor is particularly valuable to those students who are majoring in disciplines outside the areas of physical education but who are interested in teaching and coaching in the public/private schools. For the coaching education minor, a student must earn a grade of “C” or higher in all courses required in the minor.

Requirements for the Coaching Education minor (19 credit hours total) include:

Required (13 credit hours)

- EXSC 210 or BIOL 202 (4 credit hours)
- EXSC 300: Theories of Coaching (3 credit hours) or EXSC 424: Sport Psychology (3 credit hours)
- EXSC 490: Internship I (3 credit hours)
- PETE 228: Motor Learning (3 credit hours)

Choose six or more credit hours from the following:

- EXSC 308: Organization/Admin (3 credit hours)
or SPTM 201: Principles of Sports Management (3 credit hours)
- EXSC 310: Biomechanics (3 credit hours) or EXSC 311: Exercise Physiology (3 credit hours)
- EXSC 402: Strength/Conditioning (3 credit hours)
- PETE 204: Team Sports (2 credit hours) or PETE 206: Individual/Dual Sports (2 credit hours)
- PETE 318 – Instructional Aspects (3 credit hours)

Sports Medicine and Rehabilitation Minor

The Sports Medicine and Rehabilitation Minor provides students with comprehensive training in understanding athletic health, injury prevention, and rehabilitation strategies. This program integrates scientific knowledge, clinical skills, and practical experience to prepare students for dynamic careers in sports health, performance optimization, and patient care.

Program Objectives: Develop advanced understanding of human biomechanics and physiological responses to athletic stress, learn evidence-based assessment and intervention techniques for sports-related injuries; explore comprehensive approaches to athletic performance, injury prevention, and rehabilitation; and gain practical skills in diagnostic techniques and therapeutic interventions.

Core Competencies

Students will acquire expertise in injury assessment and diagnostic methodologies, rehabilitation protocol development, sports-specific conditioning strategies, biomechanical analysis, athletic performance optimization, and nutritional considerations for athletic recovery.

This minor is valuable for pre-professional students pursuing careers in physical therapy, athletic training, sports medicine, exercise physiology, fitness coaching, and orthopedic specialties. It would appeal to biology, physical education, nursing, or health-related disciplines seeking to specialize in sports and rehabilitation contexts.

Requirements for the Sports Medicine and Rehabilitation minor (19 hours total) include:

Required (16 hours)

- EXSC 210 or BIOL 202 (4 credit hours)
- EXSC 310 (4 credit hours)
- EXSC 311 (4 credit hours)
- EXSC 221 (3 credit hours)
- EXSC 180 or NURS 111 or BIOM 165 (1 credit hour)

Choose One from the following (3-4 hours)

- EXSC 326 – Nutrition (3 credit hours)
- EXSC 330 – Physiology of Aging (3 credit hours)
- EXSC 362 – Exercise Testing and Prescription (4 credit hours)
- EXSC 402 – Principles of Strength and Conditioning (3 credit hours)
- EXSC 424 – Sports Psychology (3 credit hours)

2025-2026 PROGRAM REQUIREMENTS

DEGREE: BACHELOR OF SCIENCE

MAJOR: EXERCISE SCIENCE

Credit Hours

GENERAL EDUCATION REQUIREMENTS

(For approved courses, see General Education: www.lander.edu/gen-ed.)

A. Core Academic Skills (9 hours)	
ENGL 101: Writing and Inquiry I	3
ENGL 102: Writing and Inquiry II	3
¹ Mathematics	3
B. Humanities and Fine Arts	6
(6 hours selected from 2 different disciplines)	
C. ¹Behavioral and Social Perspectives	6
(6 hours selected from 2 different disciplines)	
<i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R.</i>	
D. Scientific and Mathematical Reasoning	
(7 hours selected from 2 different disciplines, 1 lab science required)	
MATH 211: Statistical Methods I	3
¹ Laboratory Science	4
E. Founding Documents of the United States (3 hours)	3
HIST 111R: United States History to 1877 or	
HIST 112R: United States History since 1877 or	
POLS 101R: American National Government	
<i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R</i>	
F. World Cultures	3
G. LINK 101: Leadership, Involvement, Networking and Knowledge (1 hour)	1
LINK 101 is required of all new transfer students who have earned less than 24 credit hours of college-level work and all first-time freshmen.	
TOTAL GENERAL EDUCATION REQUIREMENTS	35

If all of the General Education requirements are met and/or waived, and the credit hours do not add up to at least 30, the General Education requirements are not complete. If below 30, additional General Education courses from any category must be taken until the total hours add up to at least 30 hours.

MAJOR PROGRAM CORE REQUIREMENTS

EXSC 180 Medical Terminology (preferred) or	1
BIOM 151: Medical Terminology or	
NURS 111: Medical Terminology	
EXSC 202: Personal Health and Health Promotion	3
EXSC 300: Theories of Coaching or	3
EXSC 424: Sports Psychology	
EXSC 308: Organization and Administration of Exercise-Related Professions	3
EXSC 310: Kinesiology and Exercise Biomechanics	4
EXSC 311: Physiology of Exercise	4
EXSC 326: Nutrition for Health and Performance	3
EXSC 330: Physiological Adaptations to Aging	3

EXSC 341: Research Techniques	3
EXSC 362: Exercise Testing and Prescription	4
EXSC 402: Principles of Strength and Conditioning	3
PETE 144: Beginning Weight Training	1

MAJOR PROGRAM ADDITIONAL REQUIREMENTS

EXSC 175: Wellness for Life	2
EXSC 210: Anatomy and Physiology of Human Movement or ¹ BIOL 202: Human Anatomy	4
EXSC 219: Historical and Philosophical Principles of Physical Education and Exercise Science	3
EXSC 283: Introduction to Exercise Science	1
EXSC 490: Internship I	3
EXSC 491: Internship II	3
EXSC 499: Professional Concerns Seminar	1
PETE 100-Level Sport/Fitness	1
PETE 100-Level Sport/Fitness	1
TOTAL MAJOR PROGRAM REQUIREMENTS	54

ADDITIONAL ELECTIVES 31

Students following the Pre-AT/OT/PT concentration should speak with an advisor in the Department of Exercise Science and Human Performance regarding the specific electives required to meet the Pre-AT/OT/PT prerequisites.

TOTAL FOR BS DEGREE 120

All Exercise Science majors must earn a “C” or better in all Major Program Core Requirements, all Major Program Additional Requirements and EXSC 175.

¹Students following the Pre-Athletic Training (AT), Occupational Therapy (OT) or Physical Therapy (PT) concentration should take PSYC 101, MATH 121, BIOL 111, and BIOL 202. Students not following the Pre-AT/OT/PT concentration may take any general education course that satisfies each of the general education requirements for the University and may take either EXSC 210 or BIOL 202 for the core requirement.

EXSC 210 or BIOL 202 is a prerequisite for admission into Level II of the Exercise Science program, along with a minimum cumulative Lander GPA of 2.75.

Students majoring in Exercise Science who are also interested in Pre-AT/OT/PT should see 4-year major guides for recommended courses and the order in which to take them.

Coursework must include at least 30 credit hours earned at 300-level or above, of which 12 credit hours must be in the major.

See 4-year major guides for recommended order in which to take courses
<https://www.lander.edu/academics/registrars-office/major-guides.html>

2025-2026 PROGRAM REQUIREMENTS

DEGREE: BACHELOR OF SCIENCE
MAJOR: FITNESS AND WELLNESS

Credit Hours

GENERAL EDUCATION REQUIREMENTS

(For approved courses, see General Education: www.lander.edu/gen-ed.)

A. Core Academic Skills (9 hours)	
ENGL 101: Writing and Inquiry I	3
ENGL 102: Writing and Inquiry II	3
Mathematics	3
B. Humanities and Fine Arts	6
(6 hours selected from 2 different disciplines)	
C. Behavioral and Social Perspectives	6
(6 hours selected from 2 different disciplines)	
<i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R.</i>	
D. Scientific and Mathematical Reasoning	
(7 hours selected from 2 different disciplines, 1 lab science required)	
MATH 211: Statistical Methods I	3
Laboratory Science	4
E. Founding Documents of the United States	3
HIST 111R: United States History to 1877 or	
HIST 112R: United States History since 1877 or	
POLS 101R: American National Government	
<i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R.</i>	
F. World Cultures	3
G. LINK 101: Leadership, Involvement, Networking and Knowledge	1
LINK 101 is required of all new transfer students who have earned less than 24 credit hours of college-level work and all first-time freshmen.	
TOTAL GENERAL EDUCATION REQUIREMENTS	35

If all of the General Education requirements are met and/or waived, and the credit hours do not add up to at least 30, the General Education requirements are not complete. If below 30, additional General Education courses from any category must be taken until the total hours add up to at least 30 hours.

MAJOR PROGRAM CORE REQUIREMENTS

EXSC 175: Wellness for Life	2
EXSC 210: Anatomy and Physiology of Human Movement	4
EXSC 219: Historical and Philosophical Principles of Physical Education and Exercise Science	3
EXSC 308: Organization and Administration of Exercise-Related Professions	3
EXSC 311: Physiology of Exercise	4
EXSC 326: Nutrition for Health and Performance or	3
PUBH 236: Nutrition	
EXSC 405: Fitness Assessment and Programming	3
EXSC 490: Internship I	3
EXSC 491: Internship II	3

MAJOR PROGRAM ADDITIONAL REQUIREMENTS

EXSC 199: Adult CPR & First Aid	2
EXSC 202: Personal Health and Health Promotion	3
EXSC 283: Introduction to Exercise Science	1
EXSC 300: Theories of Coaching or EXSC 424: Sports Psychology	3
EXSC 402: Principles of Strength and Conditioning	3
EXSC 499: Professional Concerns Seminar	1
PETE 100-Level Sport/Fitness	1
PETE 100-Level Sport/Fitness	1
PETE 100-Level Sport/Fitness	1
PETE 100-Level Sport/Fitness	1
PETE 144: Beginning Weight Training	1

TOTAL MAJOR PROGRAM REQUIREMENTS 46

ADDITIONAL ELECTIVES 39

*At least 3 credit hours in the additional electives category must be earned at the 300-level or above.

TOTAL FOR BS DEGREE 120

All Fitness and Wellness majors must earn a “C” or better in all Major Program Core Requirements and all Major Program Additional Requirements

Coursework must include at least 30 credit hours earned at 300-level or above, of which 12 credit hours must be in the major.

See 4-year major guides for recommended order in which to take courses
<https://www.lander.edu/academics/registrar-office/major-guides.html>

2025-2026 PROGRAM REQUIREMENTS

DEGREE: BACHELOR OF SCIENCE
MAJOR: PHYSICAL EDUCATION
CERTIFICATION: K-12 TEACHER CERTIFICATION

Credit Hours

GENERAL EDUCATION REQUIREMENTS

(For approved courses, see General Education: www.lander.edu/gen-ed.)

- | | |
|--|---|
| A. Core Skills (9 hours) | 3 |
| ENGL 101: Writing and Inquiry I | 3 |
| ENGL 102: Writing and Inquiry II | 3 |
| Mathematics (MATH 121 or MATH 141) | 3 |
| B. Humanities and Fine Arts | 6 |
| (6 hours selected from 2 different disciplines) | |
| C. Behavioral and Social Perspectives | 3 |
| (6 hours selected from 2 different disciplines) | |
| PSYC 101 | 3 |
| Behavioral and Social Perspectives General Education Course | 3 |
| <i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R</i> | |
| D. Scientific and Mathematical Reasoning | 3 |
| (7 hours selected from 2 different disciplines, 1 lab science required) | |
| MATH 211: Statistical Methods I | 4 |
| Lab Science (PSCI 111 recommended) | 3 |
| E. Founding Documents of the United States (3 hours) | 3 |
| HIST 111R: United States History to 1877 or | |
| HIST 112R: United States History since 1877 or | |
| POLS 101R: American National Government | |
| <i>If you already have credit for HIST 111, do not take HIST 111R; if you already have credit for HIST 112, do not take HIST 112R; if you already have credit for POLS 101, do not take POLS 101R.</i> | |
| F. World Cultures | 3 |
| G. LINK 101: Leadership, Involvement, Networking and Knowledge (1 hour) | 1 |
| LINK 101 is required of all new transfer students who have earned less than 24 credit hours of college-level work and all first-time freshmen. | |

TOTAL GENERAL EDUCATION REQUIREMENTS	35
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If all of the General Education requirements are met and/or waived, and the credit hours do not add up to at least 30, the General Education requirements are not complete. If below 30, additional General Education courses from any category must be taken until the total hours add up to at least 30 hours.

MAJOR PROGRAM CORE REQUIREMENTS

- | | |
|--|---|
| EXSC 175: Wellness for Life | 2 |
| EXSC 210: Anatomy and Physiology of Human Movement | 4 |
| EXSC 219: Historical and Philosophical Principles of Physical Education and Exercise Science | 3 |
| EXSC 310: Kinesiology and Exercise Biomechanics | 4 |
| EXSC 311: Physiology of Exercise | 4 |
| *EXSC 402: Principles of Strength and Conditioning | 3 |

EXSC 499: Professional Concerns Seminar	1
PETE 226: Motor Development	3
PETE 228: Motor Learning	3
*PETE 305: Measurement and Evaluation	3
*PETE 318: Instructional Aspects of Physical Education	3
*PETE 320: Teaching Methods for Elementary Physical Education	3
*PETE 329: Field Experience II	1
*PETE 420: Physical Education for Special Populations	3
*PETE 422: Secondary Methods of Instruction	3
*PETE 429: Field Experiences III	1
*PETE 451: Programmatic Concerns in Teaching Physical Education	3

MAJOR PROGRAM ADDITIONAL REQUIREMENTS

EDUC 204: Instructional Technology for Teachers or CIS 101: Computer Fundamentals	3
EXSC 300: Theories of Coaching, or EXSC 424: Sports Psychology	3
EXSC 326: Nutrition for Health and Performance	3
PETE 100-Level Sport/Fitness	1
PETE 100-Level Sport/Fitness	1
PETE 144: Beginning Weight Training	1
PETE 204: Teaching Team Sports	2
PETE 206: Teaching Individual and Dual Sports	2
PETE 222: Educational Games	2
PETE 223: Educational Gymnastics	2
PETE 224: Educational Dance	2
TOTAL MAJOR PROGRAM REQUIREMENTS	69

TEACHER CERTIFICATION REQUIREMENTS

EDUC 203: Field Experience I	0.5
EDUC 240: Child Growth and the Educational Process	3
*EDUC 300: Content Area Reading and Writing or * EDUC 320: Reading and Writing in the Content Area	3
*EDUC 499: Teacher Education Seminar	1
*PETE 461: Clinical Practice	11
TOTAL TEACHER CERTIFICATION REQUIREMENTS	18.5
TOTAL FOR BS DEGREE	122.5

*Student must be admitted to Professional Program in Teacher Education.

Additional requirements: CPR/FA card during 4-year period as a student

Physical Education majors must earn a “B” or better in PETE 329, PETE 429, and PETE 461. A “C” or better must be earned in all other Major Program Core Requirements, Major Program Additional Requirements, and EXSC 175.

Coursework must include at least 30 credit hours earned at 300-level or above, of which 12 credit hours must be in the major.

See 4-year major guides for recommended order in which to take courses
<https://www.lander.edu/academics/registrars-office/major-guides.html>