Major/Program	Exercise Science: General Track
College	Education
Department	Physical Education/Exercise Science
Contact	Dr. Sarah Hunt-Barron, Dean

2023-2024

Lander University
4-Year Major Guide

First Year

First Semester

Course	Notes	Hours
ENGL 101	*Core Academic Skills (General Education)*	3
[2] General Education	*Behavioral and Social Perspectives*	3
General Education	*Humanities and Fine Arts*	3
[1] Laboratory Science	*Scientific and Mathematical Reasoning (General Education)*	4
PEES 175		2
LINK 101	*General Education*	1
	Subtotal	**16**

Second Semester

Course	Notes	Hours
ENGL 102	*Core Academic Skills (General Education)*	3
[2] General Education	*Behavioral and Social Perspectives*	3
General Education	*Humanities and Fine Arts*	3
[1] Mathematics	*Core Academic Skills (General Education)*	3
PEES 219		3
	Subtotal	**15**

TOTALS

Yearly Totals → 31

Second Year

First Semester

Course	Notes	Hours
CIS 101		3
Elective		3
HIST 111R, HIST 112R, or POLS 101R	*Founding Documents (General Education)*	3
PEES 100-level activity		1
PEES 210 or [1]BIOL 202		4
PEES 283		1
	Subtotal	**15**

Second Semester

Course	Notes	Hours
Elective		3
General Education	*World Cultures*	3
MATH 211	*Scientific and Mathematical Reasoning (General Education)*	3
PEES 202		3
SPCH 101		3
	Subtotal	**15**

Yearly Totals → 30

Third Year

First Semester

Course	Notes	Hours
Elective		3
PEES 144		1
PEES 308		3
PEES 310		4
PEES 311		4
	Subtotal	**15**

Second Semester

Course	Notes	Hours
Elective		3
Elective		3
PEES 326		3
PEES 330		3
PEES 362		3
	Subtotal	**15**

Yearly Totals → 30

Fourth Year

First Semester

Elective		3
Elective		3
PEES 300 or PEES 424		3
PEES 341		3
PEES 490		3
	Subtotal	**15**

Second Semester

Elective		3
PEES 100-level activity		1
PEES 402		3
PEES 406		3
PEES 491		3
PEES 499		1
^FALS 101	*University Requirement*	0
	Subtotal	**14**

Yearly Totals → 29

Additional Requirements: CPR/FA card

Total Hours Required: 120

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

[1]Students following the Pre-Athletic Training (AT), Occupational Therapy (OT) or Physical Therapy (PT) concentration should take PSYC 101, MATH 121, BIOL 111 (AT: BIOL 101

[2]Students following the Pre-AT/OT/PT concentration should speak with an advisor in the PEES department regarding the specific electives required to meet the Pre-AT/OT/PT

^ FALS Requirement Temporarily Suspended