

<b>Major/Program</b>	Exercise Science: General Track
<b>College</b>	Education
<b>Department</b>	Physical Education/Exercise Science
<b>Contact</b>	Sarah Hunt-Barron, Dean

2024-2025

## Lander University

### 4-Year Major Guide

	First Semester			Second Semester			TOTALS
	Course	Notes	Hours	Course	Notes	Hours	
First Year	ENGL 101	Core Academic Skills (General Education)	3	ENGL 102	Core Academic Skills (General Education)	3	
	<sup>2</sup> General Education	Behavioral and Social Perspectives	3	<sup>2</sup> General Education	Behavioral and Social Perspectives	3	
	General Education	Humanities and Fine Arts	3	General Education	Humanities and Fine Arts	3	
	<sup>1</sup> Laboratory Science	Scientific and Mathematical Reasoning (General Education)	4	<sup>1</sup> Mathematics	Core Academic Skills (General Education)	3	
	PEES 175		2	PEES 180 or BIOM 151 or NURS 111	(PEES 180 preferred)	1	
	LINK 101	General Education	1	PEES 219		3	
	<b>Subtotal</b>			<b>Subtotal</b>			
16			16			32	

	First Semester			Second Semester			TOTALS
	Course	Notes	Hours	Course	Notes	Hours	
Second Year	Elective		3	Elective		3	
	Elective		3	Elective		3	
	HIST 111R, HIST 112R, or POLS 101R	Founding Documents (General Education)	3	General Education	World Cultures	3	
	PEES 100-level activity		1	MATH 211	Scientific and Mathematical Reasoning (General Education)	3	
	PEES 210 or <sup>1</sup> BIOL 202		4	PEES 202		3	
	PEES 283		1				
	<b>Subtotal</b>			<b>Subtotal</b>			
15			15			30	

	First Semester			Second Semester			TOTALS	
	Course	Notes	Hours	Course	Notes	Hours		
Third Year	Elective		3	Elective		3		
	PEES 144		1	Elective		3		
	PEES 308		3	PEES 326		3		
	PEES 310		4	PEES 330		3		
	PEES 311		4	PEES 362		4		
	<b>Subtotal</b>			<b>Subtotal</b>				<b>Yearly Totals</b>
	15			16				31

	First Semester			Second Semester			TOTALS
	Course	Notes	Hours	Course	Notes	Hours	
Fourth Year	Elective		3	Elective		3	
	Elective		1	Elective		3	
	PEES 300 or PEES 424		3	PEES 100-level activity		1	
	PEES 341		3	PEES 402		3	
	PEES 490		3	PEES 491		3	
				PEES 499		1	
	<b>Subtotal</b>			<b>Subtotal</b>			
13			14			27	

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

<sup>1</sup>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 or 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

<sup>2</sup>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 prerequisites.