

Missouri Western State University

Physical Education/Health and Exercise Science

This is the preferred sequence of classes for this degree at Missouri Western State University. Your schedule may vary depending on transfer credit, dual enrollment credit, or other individual cases. Please contact the Health, Physical Education, and Recreation Department regarding these special circumstances.

Freshman Year – First Semester

Course	Hours
PED 191: Foundations of Physical Education (F, Sp, Su)	3
BIO 101: Principles of Biology (F, Sp, Su)	5
MAT 110: Int. Problem Solving (F, Sp, Su)	3
ENG 104: College Writing and Rhetoric (F, Sp, Su)	3
CED 131: Griffon Edge	1

Semester Total 15

* Griffon Edge is a 4-day orientation program held the week before classes begin in August. ** Students are encouraged to take 3 elective hours throughout freshman year.

Sophomore Year – First Semester

Course	Hours
BIO 250: Anatomy and Physiology (F, Sp, Su)	5
PSY 220: Health Psych./Stress Management (F)	3
HIS 110: Early Modern Civ. (F, Sp)	3
ART 100: Intro. To Art (F, Sp)	3
PE Lifetime Activity Course	1

Semester Total 15

* Students are encouraged to take 3 elective hours throughout freshman year.
** Students are encouraged to take 3 elective hours throughout sophomore year.

Junior Year – First Semester

Course	Hours
RSM 325: Recreation Law for Practitioner (F, Sp)	2
PED 304: Physiology of Exercise (F, Sp)	3
PED 393: Measurement in Physical Educ. (F, Sp)	3
PED 318: Principles of Aerobic Training (F)	2
PED 374: Psychology of Sport (F, Sp)	2

Semester Total 12

* Summer of Junior year: PED 480 (Practicum in Physical Education)
** PED 317 can be taken instead of PED 318 here.
*** Students are encouraged to take 3 elective hours throughout junior year.

Senior Year – First Semester

Course	Hours
PED 451: Research Methods in Physical Activity (F)	3
PED 388: Community Health (F)	2
PED Electives	9

Semester Total 14

** Students are encouraged to take 3 elective hours throughout senior year.

Comments:

* Students must have a cumulative 2.5 GPA in the following courses: PED 191 or PTA 100, BIO250, and PED 101 for admission to the program. ** Graduating students in this are strongly encouraged to have one of the following: certification or application for certification as a Health Fitness Instructor or higher from NSCA, Club Coach or higher from USWF, or other certifications cleared by the Department via petition or acceptance into an accredited graduate program at graduation.

* PED 401 should be taken in the junior year and PED 451 should be taken in the senior year.

Freshman Year – Second Semester

Course	Hours
ALH 106: Medical Terminology (F, Sp, Su)	2
PED 101: Fitness and Wellness (F, Sp, Su)	3
ENG 108: College Writing and Research (F, Sp, Su)	3
COM 104: Oral Communication (F, Sp, Su)	3
PSY 101: Introductory Psychology (F, Sp)	3

Semester Total 14

* PED 481 could be taken in summer of freshman year.

Sophomore Year – Second Semester

Course	Hours
PED 305: First Aid (F, Sp, Su) OR	2
PED 306: Sport Safety Training (F, Sp, Su)	2
ALH 352: Applied Nutrition (F, Sp)	2
GOV 101: American National Gov. (F, Sp, Su)	3
CHE 104: Fund. Of Chemistry (F, Sp, Su)	5

Semester Total 12

* PED 481 could be taken in summer of sophomore year.

Junior Year – Second Semester

Course	Hours
ENG 220: Introduction to Reading Texts (F, Sp)	3
PED 385: Principles of Athletic Training (F, Sp)	2
PED 303: Kinesiology (F, Sp)	2
PED 401: Graded Exercise Testing (Sp)	3
PED 317: Principles of Strength Training (DD)	2
PED 394: Drug Education (Sp)	2

Semester Total 14

* PED 481 could be taken in summer of junior year.
** PED 318 can be taken instead of PED 317 here.

Senior Year – Second Semester

Course	Hours
PED 393: Personal/Environmental Health (F, Sp)	3
PED 430: Practicum (F, Sp, Su)	9
Free Elective (preferably a PED course)	3

Semester Total 15