

HEALTH AND EXERCISE SCIENCE, BACHELOR OF SCIENCE - COACHING ATHLETICS AND PHYSICAL ACTIVITY OPTION

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Curriculum

Course	Title	Hours	Completed
Freshman			
Fall			
ENGL 1013	Composition I ²	3	_____
HES 1003	Introduction to Exercise Programming ²	3	_____
HLED 1513	Lifetime Health and Fitness ²	3	_____
MATH 1113	College Algebra ²	3	_____
USHG 1XXX	U.S. History and Government ^{1,2}	3	_____
Select one of the following: ³		1	_____
TEACHING OPTION:			
PE 1201	Orientation to Kinesiology ²		_____
NON-TEACHING OPTION:			
Minor Elective			_____
		Hours	16
Spring			
BIOL 1014	Introduction to Biological Science ²	4	_____
ENGL 1023	Composition II ²	3	_____
FAH 1XXX	Fine Arts and Humanities Courses ^{1,2}	3	_____
PE 2513	First Aid ²	3	_____
SS 1XXX	Social Science Courses ^{1,2}	3	_____
		Hours	16
Sophomore			
Fall			
BIOL 2014	Human Anatomy ²	4	_____
COMM 2003	Public Speaking ²	3	_____
FAH 1XXX	Fine Arts and Humanities Courses ^{1,2}	3	_____
HES 2013	Weight Training for Personal Trainers, High School Athletics and Strength Coaching ²	3	_____
SS 1XXX	Social Science Courses ^{1,2}	3	_____
		Hours	16
Spring			
HES 2023	Endurance Programming and Conditioning ²	3	_____
PE 3543	Lifespan Motor Development ²	3	_____
PE 3661	Laboratory Experiences in Anatomy/Physiology and Kinesiology ²	1	_____
PE 3663	Kinesiology ²	3	_____
Select one of the following: ³		6	_____
TEACHING OPTION:			

EDMD 2013 & SEED 2003	Integrating Instructional Technology and Education as a Profession ²	_____
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NON-TEACHING OPTION:

Minor Elective	_____
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Hours	16
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Junior**Fall**

HES 2043	Applied Fitness Assessment and Development ²	3	_____
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PE 3573	Prevention and Care of Activity Injuries ²	3	_____
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PE 4033	Exercise Physiology ²	3	_____
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PE 3413	Coaching Theory ²	3	_____
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Select one of the following: ³		3	_____
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TEACHING OPTION:

SEED 2113	Human Development and Learning Theories ²	_____
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NON-TEACHING OPTION:

Minor Elective	_____
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Hours	15
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Spring

HES 3003	Exercise Prescription ²	3	_____
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HES 3013	Coaching Power, Speed, and Agility ²	3	_____
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HES 4023	Principles of Strength and Conditioning ²	3	_____
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PE 3583	Coaching Physical Activity K-12 ²	3	_____
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PE 4513	Organization and Administration of Athletics and Physical Activity ²	3	_____
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Hours	15
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Senior**Fall**

HLED 4403	Sport and Exercise Nutrition ²	3	_____
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PE 4103	Principles of Adapted Physical Activity ²	3	_____
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Select one of the following: ³		8	_____
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TEACHING OPTION:

HLED 4303 & SEED 4553 & SPED 4052	Methods and Materials in Health for Grades K-12 and Classroom Application of Educational Psychology and Educating Diverse and Exceptional Learners ²	_____
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NON-TEACHING OPTION:

Minor Elective	_____
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Hours	14
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Spring

Select one of the following: ³		12	_____
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TEACHING OPTION:

SEED 4503 & SEED 4809	Seminar in Secondary Education and Residency B ²	_____
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NON-TEACHING OPTION:

HES 4012	Health and Exercise Science Internship ²	
	Hours	12
	Total Hours	120

¹ See appropriate alternatives or substitutions in "General Education Requirements (<https://catalog.atu.edu/undergraduate/general-education-requirements/>)".

² Must earn a grade of "C" or better.

³ This plan of study offers two options for students to select from:

- Teaching Option
 - Earns the Advanced Certificate in Secondary Education. (<https://catalog.atu.edu/undergraduate/programs/education-health/teaching-educational-leadership/secondary-education-ac/#curriculumtext>)
- Non-Teaching Option
 - Recommended minors: Business Administration (<https://catalog.atu.edu/undergraduate/programs/business-economic-development/business/business-administration-minor/>), Business and Entrepreneurship (<https://catalog.atu.edu/undergraduate/programs/business-economic-development/business/business-entrepreneurship-minor/>), Business Data Analytics (<https://catalog.atu.edu/undergraduate/programs/business-economic-development/business/business-data-analytics-minor/>), and Leadership (<https://catalog.atu.edu/undergraduate/programs/education-health/professional-community-education/organizational-studies/leadership-minor/>).