



Major in: Exercise Science
Pre-Education Track

Advisor Signature: _____

Student Name: _____

Student Signature: _____

Student ID: _____

Date: _____

Major 74 hours, 36 UD	Hrs	Has	Lacks
Required Core Courses: (32)			
EXS 230 Foundations of Exercise Science	4		
EXS 310 Motor Learning	4		
EXS 371 Kinesiology	4		
EXS 415 Lifespan Motor Development	4		
EXS 444 Lifespan Adapted Physical Activity	4		
EXS 470 Soc & Psy Aspects of Physical Activity	4		
EXS 473 Physiology of Exercise	4		
EXS 483 Biomechanics	4		
Pre-Education Non-Licensure: (42)			
EXS 239 Teaching Movement Education	3		
EXS 240 Teach Dance in Physical Education	3		
EXS 241 Teaching Games I	3		
EXS 242 Teaching Games II	3		
EXS 243 Teaching Outdoor & Adventure ED	3		
EXS 244 Teaching Aerobic Fitness	3		
EXS 245 Teach Strength Training & Condition	3		
EXS 330 Teaching Methods in Phys ED I	4		
EXS 335 Field Experience in Phys ED	1		
EXS 430 Teaching Methods in Phys ED II	4		
EXS 431 Assessment Strategies in Phys ED	4		
EXS 445 Curricular Issues in Phys ED	4		
Choose any two courses from the following:	4		
Aquatics:			
Eastern Arts:			
Gymnastics:			
Outdoor Recreation:			

Program notes & Additional Degree Requirements			
It is recommended that students take BI 102, and BI 234, 235, to fulfill the Natural Science requirement in the LACC. BI 234, 235 and 236 are prerequisites to several major required and elective courses. See course descriptions for specific prerequisite requirements.			
Exercise Science majors must have a grade of C- or better in courses used to satisfy requirements of the major.			
Minimum degree requirements of at least:			
180 or more total credit hours			
62 Upper Division credit hours			
45 of last 60 credits earned at WOU campus			
BA Degree Requirements			
CS 101 or higher			
Math 105 or higher			
Writing Intensive:			
Foreign Language (C- or better):			
BS Degree Requirements			
CS 121 or higher			
Math 111 or higher			
CS/Math/Stats:			
Diversity:			
Writing Intensive:			