

FRESHMAN – Fall Semester		Hours	FRESHMAN – Spring Semester		Hours
COL 100 College Success	1		PSY 111 General Psychology	3	
ENG 109 College Writing I <u>OR</u> ENG 111 Freshman English*	3		Christian Life Formation Elective	1	
CT 113 Critical Survey of Worldviews	3		EHS 111 Concepts of Physical Fitness	2	
CT 101 CLF: Foundations for Christian Life	1		Foreign Language II	3	
EHS Activity (excludes Varsity Sports)	1		HIS general survey course (100/200 level)	3	
Foreign Language I	3		EHS Activity (excludes Varsity Sports)	1	
EHS 149 Foundations of PE & Sport	3		EHS 221 Safety Education & First Aid	2	
			(ENG 110 College Writing II)*		
TOTAL HOURS	15		TOTAL HOURS	15	
SOPHOMORE – Fall Semester			SOPHOMORE – Spring Semester		
BIB 222 Old Testament Literature & Interpretation	3		BIB 224 New Testament Literature & Interpretation	3	
Free Elective	4		Free Elective	3	
COMM 111 Intro to Communication	3		MATH Elective (excluding 211)	3	
EHS 200 Care and Prevention of Athletic Injuries	3		BIO 210 Intro to Anatomy & Physiology (meets core req)	4	
EHS 229 Intro to Sports Coaching	3		EHS 327 Teaching Ind/Dual/Team Sports	3	
TOTAL HOURS	16		TOTAL HOURS	16	
JUNIOR – Fall Semester			JUNIOR – Spring Semester		
ENG 411 Expository Writing	3		Choose ONE of the following: ENG 211, FA 211, FLM 210, MUS 210, or THT 111	3	
Free Electives	6		Free Electives	4	
BIO 220 Intro to Nutrition (meets core req)	3		EHS 320 Exercise Leadership & Prescription (BIO 210 is prereq)	3	
EHS Activity (excludes Varsity Sports)	1		EHS 325 Measurement and Evaluation in PE	3	
EHS 329 Motor Learning	3		EHS 343 Sport Psychology (PSY 111 is prereq)	3	
TOTAL HOURS	16		TOTAL HOURS	16	
SENIOR – Fall Semester			SENIOR – Spring Semester		
Free electives	3		CT 402 CLF: Worldview & Life	1	
EHS 341 Physiology of Exercise (BIO 210 is prereq)	3		Free Elective	3	
EHS 342 Structural Kinesiology (BIO 210 is prereq)	3		EHS Activity (excludes Varsity Sports)	1	
EHS 421 Senior Seminar in EHS	3		EHS 334 Adapted Physical Education	3	
EHS 422 EHS Practicum I	3		EHS 423 EHS Practicum II	3	
EHS Activity (excludes Varsity Sports)	1		EHS 420 Admin & Supervision of PE & Sport Prog	3	
TOTAL HOURS	16		TOTAL HOURS	14	

*Depending on standardized test scores, students are required to take either ENG 109-110 College Writing I and II (6 credits) OR ENG 111 Freshman English (3 credits). Students who are placed in the ENG 109-110 sequence will need to take ENG 110 in the spring semester of the freshman year.

This document is to be used for planning purposes only. Please refer to the academic catalog for complete information. Course planning should be completed in consultation with your academic adviser. Not all courses are offered every semester or every year.