

FRESHMAN – Fall Semester		Hours	FRESHMAN – Spring Semester		Hours
COL 101 Foundations for Student Success+		1	PSY 111 General Psychology		3
ENG 109 College Writing I <u>OR</u> ENG 111 Freshman English*		3	Christian Studies Elective (BIB/CM/CT/PHIL)		3
CT 113 Critical Survey of Worldviews		3	HIS General Survey Course (100/200 level)		3
EHS 111 Concepts of Physical Fitness		2	Free Elective		3
EHS 149 Foundations of PE & Sport		3	EHS 221 Safety Education & First Aid		2
EHS 229 Intro to Sports Coaching		3	EHS Activity**		1
			(ENG 110 College Writing II)*		
TOTAL HOURS		15	TOTAL HOURS		15
SOPHOMORE – Fall Semester		Hours	SOPHOMORE – Spring Semester		Hours
BIB 222 Old Testament Literature & Interpretation		3	BIB 224 New Testament Literature & Interpretation		3
COMM 111 Introduction to Communication		3	MATH Elective (excluding MATH 132)		3
Choose ONE of the following: CSCI 116, 325, ECFN 100/200, PSGS 221, 226, 315, SS 211 <u>or</u> foreign language		3	Free Elective		1
Free Electives		3	BIO 210 Intro to Anatomy & Physiology <u>OR</u> BIO 221 Human Anatomy & Physiology I		4
EHS 331 Teaching Team Sports		3	EHS 332 Teaching Individual Sports		3
			EHS Activity**		1
TOTAL HOURS		15	TOTAL HOURS		15
JUNIOR – Fall Semester		Hours	JUNIOR – Spring Semester		Hours
Christian Studies Elective (BIB/CM/CT/PHIL/GRK/HEB)		3	Choose ONE of the following: ENG 100/200, FA 211, FLM 210, MUS 100/200, or THT 100/200 (excludes ENG 245, lessons, ensembles, practicums)		3
BIO 220 Intro to Nutrition		3	Free Electives		5
Free Electives		2	EHS 320 Exercise Leadership & Prescription (BIO 210 or 221 is prereq)		3
EHS 329 Motor Learning		3	EHS 325 Measurement and Evaluation in PE		3
EHS 342 Structural Kinesiology (BIO 210 or 221 is prereq)		3	EHS Activity**		1
EHS Activity**		1			
TOTAL HOURS		15	TOTAL HOURS		15
SENIOR – Fall Semester		Hours	SENIOR – Spring Semester		Hours
Free electives		5	EHS 200 Care and Prevention of Athletic Injuries		3
EHS 341 Physiology of Exercise (BIO 210 or 221 is prereq)		3	EHS 334 Adapted Physical Education		3
EHS 421 Senior Seminar in EHS		3	EHS 343 Sport Psychology		3
EHS 422 EHS Practicum I		3	EHS 423 EHS Practicum II		3
EHS Activity**		1	EHS 420 Admin & Supervision of PE & Sport Prog		3
TOTAL HOURS		15	TOTAL HOURS		15

+ COL 101 is required of first time freshmen who have no standardized test scores or those who score less than 18 on the ACT Composite, less than 960 on the SAT or less than 61 on the CLT.

*Students are required to take either ENG 109/110 College Writing I and II (6 credits) OR ENG 111 Freshman English (3 credits). Placement in ENG 111 requires an ACT English score of at least 21 OR an SAT Evidence-Based Reading & Writing score of at least 530 OR CLT score of at least 68. Students who are placed in the ENG 109-110 sequence will need to take ENG 110 in the spring semester of the freshman year.

** A repeatable Varsity Sport can be used only one time for this requirement.

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. Minimum total hours for a bachelors degree is 120.