

# Major Planning Worksheet

## Human Performance Education

### Bachelor of Science

2021-2022 Catalog

Name: \_\_\_\_\_ ID Number: \_\_\_\_\_

Planned Degree Completion Date: Mo. \_\_\_\_\_ Yr. \_\_\_\_\_

<b>Human Performance Requirements</b>			<b>Hours</b>
/	BIOL 202/L	Fundamentals of Human Anatomy/Lab	3.0/1.0
/	BIOL 204/L	Fundamentals of Human Physiology/Lab	3.0/1.0
	ESAT 103	Foundations of Physical Education (PE) and Sport Sciences	2.0
	ESAT 200	Basic Principles of Nutrition*	3.0
	ESAT 205	Team Performance Training	3.0
	ESAT 206	Individual/Dual Performance Training	3.0
	ESAT 209	Principles of Coaching	2.0
	ESAT 243	Principles of Fitness	3.0
	ESAT 250	Performance Lab I	1.0
	ESAT 260	Performance Lab II	1.0
/	ESAT 325/L	Exercise Physiology/Lab*	3.0/1.0
	ESAT 339	Fundamental Techniques of Exercise and Fitness	3.0
	ESAT 345	Functional Kinesiology	3.0
	ESAT 410	Administration of Health and Physical Activity Programs*	3.0

#### **4 hours of Directed Electives (Consult with Advisor & Department Chair for Approval)**

(ESAT 145: Motor Development is highly recommended as an elective course for this section)


#### **Professional Education**

	EDUC 111	Exploring Teaching and Learning	3.0
	EDUC 212	The Exceptional Learner	3.0
	EDUC 230	Educational Psychology	3.0
	EDUC 246	Educational Assessment	3.0
	EDUC 343	Literacy in the Content Areas	3.0
	EDUC 353	Classroom Management/Conflict Resolution in Secondary Schools	3.0
	EDUC 362	Literacy and English Language Learners	2.0
	EDUC 410	The Teacher in Today's Schools	2.0
	EDUC 440	General Methods for Adolescent Teachers	3.0
	EDUC 475	High School Student Teaching	7.0
	EDUC 477	Jr. High/Middle School Student Teaching	6.0

\*Courses satisfy the Bachelor of Science Degree requirement

Notes: