EXERCISE SCIENCE: PHYSICAL EDUCATION

B.S. Degree
With Secondary Credential

2011-2012 CURRICULUM CHECK SHEET is a guide to the requirements of this major. **It is NOT necessary to take these courses in the order given**. Please consult the online Bulletin for specific details (http://www.lasierra.edu/academics/bulletin).

		FALL	WINTER	SPRING
FIRST YEAR	★ Dimensions of Health (HLED 214)(4 units) *Meets Theme IB*			
	★ Intro to Atheletic Training (HLED 215)(3 units)			
	★ Lifeguarding (PEAC 108) & Water Safety (PEAC 109)(2 units)			
	★ Individual Activities I (PEAC 290)(3 units)			
	First Year Seminar (UNST 101/100)(2-6 units)			
	College Writing (ENGL 111, 112, 113)(9 units) OR (ENGL 124)(4 units)			
	Math Foundational Studies requirement (MATH 121)(4 units)			
	World Language Foundational Requirement *(Proficiency through 153)*			
	Lifetime Fitness (PEAC 120)(2 units)			
	Theme IC: Globalization, Identity, & Citizenship. *Choose 1 course from:* SSCI 104, 105, 106, 107 (4 units)			
	Theme III: Religious Beliefs and Practice (4 units)			
SECOND YEAR	★ Individual Activities II (PEAC 291)(3 units)			
	★ Technique and Theory (PETH 301, 302, 303)(9 units)			
	★ Elementary School Physical Education (PETH 384)(3 units)			
	★★ Human Anatomy & Physiology (BIOL 131,132)(10 units) *Meets Theme IVA*			
	★★ Teaching in the Multicultural Classroom (EDCI 204)(3 units)			
	Theme IA/B: Understanding Human Beings OR National and Global Citizenship (4 units)			
	Theme IIA: History & Appreciation of Arts (4 units)			
	Theme IIC: Exploring American Culture. *Choose 1 course from:* HUMN 204, 205 (4 units)			
	Theme III: Religious Beliefs and Practice (4 units)			
	Apply to Teacher Education Program			
THIRD YEAR	★ Exercise Physiology (HLED 426)(4 units)			
	★ Measurement & Evaluation (HLED 429)(4 units)			
	★ Technique and Theory (PETH 304, 305, 306)(9 units)			
	★ Management of Physical Education & Sport (PETH 408)(4 units)			
	★ Principles of Coaching (PETH 414)(2 units)			
	★ Motor Learning (PETH 427) (Meets U.D. Rhetorical Course)(4 units)			
	★ Practicum in Coaching (PETH 485)(2 units)			
	★ Movement in Cultural Perspective (PETH 418C) *Meets Theme IIB and* (Upper Division Rhetorical Course)(4 units)			
	Theme IIB: Historical or Contemporary Culture and Context (4 units)			
	Theme III: Religious Beliefs and Practice. *Choose 1 course from:* RLGN 304, 305 (4 units)			
	Theme IVB: Physical Science (PHYS 117 recommended)(4 units)			
FOURTH YEAR	★ Physiological Assessment and Exercise Prescription (HLED 444)(3 units)			
	★ Special Education (PETH 344)(2 units)			
	★ Biomechanics (PETH 424)(4 units)			
	Theme III: Religious Beliefs and Practice (4 units) *Must be in Scripture, Theme IIIC, unless previously taken*			
	Theme IVC: Scientific Foundations: Choose one course from the following: NSCI 404, 405, 406, 407 (4 units)			
	Theme V: Sr. Sem.: Religion, Values, & Social Responsibility (UNST 404G) (4 units)			

★ Major Requirements (122 units with Secondary Teaching Credential)

Apply for Teacher Education Program after completing EDCI 204, HLED 214, HPCS 274, EDFO 305

Secondary Teaching Credential: Dimensions of Health (HLED 214)(4 units), Construction of American Political Life (HPSC 274)(4 units), Psychological Foundations of Education (EDFO 305)(4 units), Teacher Performance Assessment Seminar (EDCI 498) (1 unit), Classroom Management (EDCI 410)(3 units), Language and Literacy K-12 (EDCI 416) (3 units), Culture, Society, Religion, & Ethics (EDCI 417) (4 units), Reading in the Content Area (EDCI 419)(5 units)
Middle School Theory with Lab (EDCI 429) (3 units), Secondary Theory & Practice with Lab (EDCI 430)(4 units)
Student Teaching Secondary EDCI 457)(18 units)

For additional information, contact Credential Analyst at the School of Education.

***See note on next page for SDA Credential Requirements**

*Note:
Seventh-day Adventist Credential Requirements: Philosophy of Christian Education (EDFO 404)(4 units), Christian Beliefs (RELT 245)(4 units), Adventist Heritage (RELH 483)(4 units)Religion Electives (RELB)(8 units) Special Ed. in the Regular Classroom (EDCI 464)(3 units) OR The Exceptional Child (EDPC 460)(3 units)

EXERCISE SCIENCE

Concentration in Physical Education
B.S. Degree With Secondary Credential

CAREER OPPORTUNITIES AND RELATED OCCUPATIONS: Graduates from this program are qualified to teach P.E. at the high school level, work in an industry that has a physical fitness program—YMCA, YWCA, Jewish Centers—research, dean's work, physical fitness program, or recreational directors.

EDUCATIONAL QUALIFICATIONS: An additional year beyond the B.S. degree is needed to obtain credentials. Graduate training is needed for college teaching.

JOB OUTLOOK: Employment of coaches and related workers is expected to increase faster than the average for all occupations through the year 2014. Employment will grow as the general public continues to participate in organized sports for entertainment, recreation, and physical conditioning.

ENTERING SALARY: In 2008, the average entering salaries for credentialed teachers in the Inland Empire begin at **$39,618.** Those with a Master's degree and more experience average about **$70,000** a year.

SOURCES OF ADDITIONAL INFORMATION

Websites:
La Sierra University
http://www.lasierra.edu/

Department Contacts:
Chairperson:
Robert Thomas, Ed.D

Advisors:
William C. Andress, Dr.PH.
Wayne Borin, Ed.D.
Laura Fenton, M.A.
Robert K. Thomas, Ed.D.

Location:
HESA Trailer
951-785-2084

Professional Organizations:
American Alliance for Health,
Physical Education,
Recreation & Dance
1900 Association Drive
Reston, VA 22091
http://www.aahperd.org

American Federation of Teachers
Public Relations Department
555 New Jersey Avenue, NW
Washington, D.C. 20001

American Council on Exercise
5820 Oberlin Dr., Ste. 102
San Diego, CA 92121-3787
http://www.acefitness.org

Academic Advising
Center for Student Academic Success
Sierra Vista Hall, Room 114
(951) 785-2452

La Sierra UNIVERSITY