

2009-2010 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)	_____	_____	_____
	* Intro to Athletic Training (HLED 215)(3 units)	_____	_____	_____
	* Lifeguarding (PEAC 108) & Water Safety (PEAC 109)(2 units)	_____	_____	_____
	* Individual Activities I (PEAC 290)(3 units)	_____	_____	_____
	College Writing (ENGL 111, 112, 113)(9 units)	_____	_____	_____
	OR Freshman Seminar in Writing (ENGL 124)(4 units)	_____	_____	_____
	Mathematics through Calculus I (MATH 131); OR College Algebra (MATH 121)	_____	_____	_____
	AND a statistics course	_____	_____	_____
	Lifetime Fitness (PEAC 120)(2 units)	_____	_____	_____
	World Language or Ancient Language (Proficiency through 201)	_____	_____	_____
	℘ Beginning to Seek (UHNR 101)(1 unit)	__X__	_____	_____
	℘ The Arts (UHNR 115/115L)(4 units)	_____	__X__	_____
℘ The Scientific Process (UHNR 114/114L)(4 units) <i>Recommended co-requisite: ENGL 112 or 124</i>	_____	_____	__X__	
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)	_____	_____	_____
	* Teaching in the Multicultural Classroom (EDCI 204)(3 units)	_____	_____	_____
	℘ Seminar in Rhetoric (UHNR 201)(2 units) <i>Pre-requisite: ENGL 113, OR ENGL 124 with a "B" or better</i>	__X__	_____	_____
	℘ Religious Understandings (UHNR 224)(4 units)	_____	__X__	_____
	℘ Global Cultures in Context: Theories and Perspectives (UHNR 231)(4 units) <i>Pre-requisite: Language through level 152 (may be taken concurrently)</i>	_____	_____	__X__
	℘ Global Cultures in Context: The Experience (UHNR 232)(4 units) <i>Pre-requisite UHNR 231</i>	__SUM__	_____	_____
	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) (Upper Division Rhetorical Course)(4 units)	_____	_____	_____
	℘ Changing Communities (UHNR 314/314L)(5 units)	__X__	_____	_____
	℘ Science and the Future (UHNR 324)(4 units) <i>Pre-requisite: One quarter of calculus or statistics; UHNR 114, 114L</i>	__X__	__X__	_____
	℘ Honors Community Involvement (UHNR 354)(3 units) <i>Pre-requisite: UHNR 314/314L</i>	_____	__X__	_____
℘ Honors Scholarship Colloquium (UHNR 364)(1 unit) <i>Pre-requisite: At least Sophomore standing</i>	_____	__X__	__X__	
FOURTH YEAR	* Physiological Assessment and Exercise Prescription (HLED 444)(3 units)	_____	_____	_____
	* Special Education (PETH 344)(2 units)	_____	_____	_____
	* Biomechanics (PETH 424)(4 units)	_____	_____	_____
	℘ Religious, Moral, and Social Aspects of the Academic Discipline (UHNR 404)(4 units) <i>Pre-requisite: UHNR 364; completion or concurrent enrollment in UHNR 354</i>	__X__	_____	_____
	℘ Religion and Future (UHNR 414)(4 units) <i>Pre-requisite: UHNR 224</i>	_____	__X__	_____
	℘ Seeking, Knowing, and Serving (UHNR 424)(4 units) <i>Pre-requisite: Senior Standing; completion of or concurrent enrollment in UHNR 354</i>	_____	_____	_____
	℘ Honors Scholarship Project (UHNR 464)(6-16 units) <i>Pre-requisite: Senior standing; UHNR 364</i>	_____	_____	_____
	* Major Requirements (122 with Secondary Teaching Credential) ** Cognate Requirements ℘ Honors Courses	_____	_____	_____

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 Andress, D.P.H.

Robert 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**

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