# Major Requirements (69 Units)

**Grades of “C” or better required.**

Exercise Science core curriculum

- EXSC 215 Introduction to Athletic Training (3)
- EXSC 344 Special Education (2)
- EXSC 426 Exercise Physiology (4) *Prerequisite: BIOL 131 & 132*
- EXSC 444 Physiological Assessment & Exercise Prescription (3) *Prerequisite: BIOL 131, EXSC 426, MATH 121 & HLSC 120*
- HLSC 214 Dimensions of Health (4) *Theme 1B* Prerequisite: ENGL 111/124. Recommended: HLSC 120/214.

Physical Education concentration

- EXSC 108 Lifeguarding (1)
- EXSC 109 Water Safety (1)
- EXSC 290 Individual Activities I (3)
- EXSC 291 Individual Activities II (3)
- EXSC 301 Technique and Theory of Flagball (3)
- EXSC 302 Technique and Theory of Soccer (3)
- EXSC 303 Technique and Theory of Basketball (3)
- EXSC 304 Technique and Theory of Volleyball (3)
- EXSC 305 Technique and Theory of Baseball/Softball (3)
- EXSC 306 Technique and Theory of Track and Field (3) Offered even spring quarters
- EXSC 384 Elementary School Physical Education (3)
- EXSC 408 Management of Physical Education and Sport (4) offered even winter quarters
- EXSC 414 Principles of Coaching (2) Offered even fall quarters
- EXSC 418C Movement in Cultural Perspective (4) *Theme 1B* *Offered odd spring quarters*
- EXSC 424 Biomechanics of Human Movement (4) offered odd spring quarters. *Prerequisite: Junior standing and BIOL 131, 132, and PHYS 117.*
- EXSC 427 Motor Learning (4) *Prerequisite: ENGL 113 or 124, HLSC 429*
- EXSC 485 Practicum in Coaching (2) *Prerequisite: EXSC 414*
- HLSC 429 Measurement and Evaluation (4) Prerequisites: MATH 121

**Required cognates**

- BIOL 131 Human Anatomy and Physiology I (5) *Theme IVA*
- BIOL 132 Human Anatomy and Physiology II (5) *Theme IVA* *Prerequisite: BIOL 131*

## University Studies Foundation Studies (20-37 Units)

**Grades of “C” or better required.**

| I | First-Year Seminar | UNST 101A (1) and 101B (1) or UNST 100A (3) and 100B (3) |  |
| II | Rhetorical Skills | A. ENGL 111 (3), 112 (3), 113 (3) College Writing or ENGL 124 Freshman Seminar (4) |  |
| III | Mathematics | One college-level Mathematics course (4) *MATH 121 required by major.* |  |
| IV | World Languages | Level 3 proficiency (e.g. 153) in one non-English language (4-12) |  |
| V | Health and Fitness | HLSC 120 Lifetime Fitness with laboratory (2) |  |

## University Studies General Studies (52 Units, 20 Upper Division)

**Grades of “D” or better required, unless courses are required by major.**

**Theme IA**
- Understanding Human Beings or IB Humans as Thoughtful Global Citizens (4) *May be fulfilled through major.*

**Theme IIA**
- History and Appreciation of Visual and Performing Arts (4)

**Theme IIB**
- Historical or Contemporary Culture and Context (4)

**Theme IIC**
- Exploring Culture (HUMN 204 / 205 / 206) (4) *Prerequisite: ENGL 112/124.*

**Theme III**
- Any Theme III course (Theme III A, B, C, or D) (4)

**Theme IIB**
- Required Beliefs course: RELT 104 / 106 / 245 or RLGN 304 (4)

**Theme IIC**
- Scripture (4)

**Theme IV**
- Life Science (4) *Theme IV A Life Science or Theme IV B Physical Science must include a laboratory. May be fulfilled through major.*

**Theme IVB**
- Physical Science (4) *Theme IV A Life Science or Theme IV B Physical Science must include a laboratory.*

**Theme IVC**
- Scientific Foundations (NSCI 404 / 405 / 406 / 407) (4) *Prerequisite: ENGL 113/124, Theme IV A/Theme IV B, F3 Mathematics.*

**Theme V**
- Senior Seminar: UNST 404G Religion, Values, and Social Responsibility (4) *Prerequisite: ENGL 111/124, Junior.*

## University Studies Service-Learning (3 Courses)

*A maximum of 4 units from the Major, and 8 units of Cognates required by the Major, may apply to University Studies General Studies requirements (2013-2014 Undergraduate Academic Bulletin p. 66).*

**NOTES:** A course with quarters marked by (brackets) indicate the quarters in which that course is usually offered. Should a student’s general education and major degree program not meet the minimum 190 units required for graduation, the student must complete elective units to make up the deficiency.
EXERCISE SCIENCE: 
PHYSICAL EDUCATION
Bachelor of Science

CAREER OPPORTUNITIES AND RELATED OCCUPATIONS: A degree in Exercise Science – Physical Education is primarily designed to prepare students for teaching positions in public and private schools. Students interested in this program should also consult with the School of Education to determine entry requirements to the Education Program and when to begin taking education classes.

EDUCATIONAL QUALIFICATIONS: Careers in personal and athletic training have varying educational requirements. An increasing number of employers require personal and athletic trainers to have bachelor degrees in fields such as physical education, kinesiology, or exercise science. In most states, trainers need a license or certification; requirements vary by state. Physical therapists require a postgraduate professional degree.

JOB OUTLOOK: In California, jobs for fitness trainers and aerobics instructors are expected to increase by 16.5 percent, or 4,600 jobs between 2010 and 2020 which is average in comparison to all occupations. Employment of athletic trainers is expected to grow by 30 percent from 2010 to 2020, much faster than the average for all occupations.

ENTERING SALARY: The median annual wage of athletic trainers was $41,600 in May 2010. The lowest 10 percent earned less than $25,750, and the top 10 percent earned more than $64,390. The median annual wage in 2012 for fitness trainers and aerobics instructors in California was $41,905 with salaries ranging from $31,091 to $56,835.

Career information adapted from

Academic program information adapted from