NAME: __________________________________________ BENGAL# __________________________

86 Credits Total
(9 Core plus 77 Emphasis)

CORE REQUIREMENTS (9 credits)

Date Grade
----------------------------------------
PE 2222 First Aid, CPR and Sport Safety (3 cr) – F, S, Su
PE 2223 Foundations of Physical Education & Sport (3 cr) – F, S, Su
PE 4454 Senior Capstone (3cr)-PREREQ – F, S

OBJECTIVE #1: To develop foundational knowledge in the basic sciences (42 credits)

Biological Cognate: 11 credits

BIOL 3301 Anatomy and Phys. (4 cr)-PREREQ – F,S
BIOL 3301L Anatomy and Phys. Lab (0 cr)-PREREQ – F,S
BIOL 3302 Anatomy and Phys. (4 cr)-PREREQ – F,S
BIOL 3302L Anatomy and Phys. Lab (0 cr)-PREREQ – F,S
BIOL 4453 Foundations in Neuroscience (3 cr)-PREREQ – S

Chemistry Cognate: 9 credits

CHEM 1111 General Chem. I (4 cr) -PREREQ– F, S
CHEM 1111L General Chem. I Lab (1 cr) -PREREQ– F, S
CHEM 1112 General Chem. II (3 cr) -PREREQ– F,S
CHEM 1112L General Chem. II Lab (1 cr) -PREREQ– F,S

Physics Cognate: 8 credits

PHYS 1111 General Physics I (3cr)- PREREQ– F
PHYS 1112 General Physics II & Lab (3cr)-PREREQ– S
PHYS 1113 General Physics I Lab (1cr)- PREREQ– F
PHYS 1114 General Physics II Lab (1cr) -PREREQ– S

Math Cognate: 11 credits

MATH 1143* College Algebra* (3 cr) -PREREQ– F, S, Su
MATH 1144* Trigonometry* (2 cr) -PREREQ– F, S, Su
MATH 1153 Introduction to Statistics (3 cr) -PREREQ– F, S, Su
MATH 1160 Applied Calculus (3 cr) -PREREQ– F, S, Su
*MATH 1147 Precalculus (5 cr) will substitute for MATH 1143 and 1144.

Psychology Cognate:3 credits

PSYC 1101 Introduction to General Psychology (3 cr) – F, S
(partially satisfies General Education Objective 6)

OBJECTIVE #2: To develop specialized knowledge in human movement activities (14 credits)

PE 3300 Movement Theory and Motor Development (3 cr) – F,S
PE 3301 Physiology of Exercise (3 cr) -PREREQ– F,S,Su
PE 3301L Physiology of Exercise Lab (1 cr) -PREREQ– F, S, Su
PE 3302 Biomechanics (3 cr) -PREREQ – F,S, Su
PE 3302L Biomechanics Lab (1 cr) -PREREQ– F,S, Su
PE 3322 Introduction to Sport Psychology (3 cr) – F,S
OBJECTIVE #3: To develop skills assessing and analyzing human movement activities (12 credits)

<table>
<thead>
<tr>
<th>Date</th>
<th>Grade</th>
<th>PE 3370 Care and Prevention of Athletic Injuries (3 cr) -PREREQ– F, S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>PE 4482 Mechanical Analysis of Human Move. (3 cr) -PREREQ– F, S</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PE 4484 Exercise Assessment and Prescription (3 cr) -PREREQ– F, S</td>
</tr>
<tr>
<td></td>
<td></td>
<td>PE 4490 Practicum in Exercise Science (Avail 1-16 cr) (3 cr) – F, S, Su</td>
</tr>
</tbody>
</table>

OBJECTIVE #4: To develop knowledge and skills in cognate exercise disciplines (9 credits)

Required (3 credits):

| Date       | Grade | NTD 2239 Nutrition (3 cr) -PREREQ–F, S |

Electives, chosen with advisor approval (6 credits)

Recommended electives:

<table>
<thead>
<tr>
<th></th>
<th>BIOL 2221 Introductory Microbiology and Lab (4 cr) -PREREQ– F, S</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>BIOL 2235 General Microbiology and Lab (4 cr) -PREREQ– F, S</td>
</tr>
<tr>
<td></td>
<td>BIOL 4460 Neuroscience (4 cr) -PREREQ– S</td>
</tr>
<tr>
<td></td>
<td>CHEM 3301 Organic Chemistry (3 cr) -PREREQ– F</td>
</tr>
<tr>
<td></td>
<td>HE 2210 Medical Terminology and Communications (2 cr) – F, S</td>
</tr>
<tr>
<td></td>
<td>HE 3340 Fitness and Wellness Programs (3 cr) – S, D</td>
</tr>
<tr>
<td></td>
<td>NTD 4439 Sports Nutrition (3 cr) -PREREQ– D</td>
</tr>
<tr>
<td></td>
<td>PE 4427 Personal Trainer Certification (3 cr) – S</td>
</tr>
<tr>
<td></td>
<td>PE 4494 Adapted Physical Activity (3 cr) -PREREQ– S</td>
</tr>
<tr>
<td></td>
<td>PSCI 2205 Drugs in Society (2 cr) – F, S</td>
</tr>
<tr>
<td></td>
<td>PSYC 2225 Child Development (3) – F, S</td>
</tr>
<tr>
<td></td>
<td>PSYC 3301 Abnormal Psychology (3) – F, S</td>
</tr>
</tbody>
</table>

PREREQ-INDICATES THIS COURSE HAS A PREREQUISITE COURSE, SEE ISU ONLINE CATALOG FOR MOST CURRENT DETAILS

GRADUATION REQUIREMENTS:

In order to graduate from the Sport Science, Physical Education Program as a major, in addition to the course requirements listed, the following must be successfully completed:

- Minimum grade of "C" (2.0) in professional courses.
- Minimum cumulative GPA of 2.7.
- Minimum GPA of 3.00 in the major.
- Completion of student portfolio.
- Exit Interview with advisor

****STUDENTS MUST PRESENT EVIDENCE OF CURRENT FIRST AID/CPR CERTIFICATION TO THEIR ADVISOR AT THE TIME OF GRADUATION:

| Certification/Expiration Date | Certification Agency |