

Health and Human Performance Major w/Physical Education and Sport Concentration



EASTERN OREGON
UNIVERSITY

DEGREE PROGRAM CHECK SHEET

Complete all Institutional Graduation Requirements (Including University Writing Requirement, Diversity Requirement, General Education Requirement, etc.) as provided at <http://www.eou.edu/registrar>.

Program Requirements: Health and Human Performance Major w/Physical Education and Sport Concentration is a minimum 70 graded credit hour degree. A grade of "C-" or better is required for each course counting towards the major, but a cumulative grade of C [2.00] is required for completion of the major.

The Health and Human Performance Major w/Physical Education and Sport Concentration is available on-campus and online. For the BIOL 231-233 series; on-campus students take BIOL 231/231L, 232/232L & 233/233L, online students take BIOL 231, 232 & 233 (not the BIOL 231L, 232L or 233L labs) as the lab is embedded into the online 231-233 courses.

Program recommended general education courses;

SSC: PSY 201, 202; SOC 204; ANTH 201
GTW: WR 121, LIB 127

CORE REQUIRED COURSES: 30 credits

Course #	Title [and course information]	Credit(s)	Prerequisites(s)
BIOL 231	Human Anatomy & Physiology I w/Lab	4	<i>MATH 070</i>
BIOL 231L*	Human Anatomy & Physiology Laboratory	0	<i>Must be taken concurrently with BIOL 231</i>
<i>*BIOL 231L is for on-campus students</i>			
BIOL 232	Human Anatomy & Physiology II w/Lab	4	<i>BIOL 231</i>
BIOL 232L*	Human Anatomy & Physiology Laboratory	0	<i>Must be taken concurrently with BIOL 232</i>
<i>*BIOL 232L is for on-campus students</i>			
BIOL 233	Human Anatomy & Physiology III w/Lab	4	<i>BIOL 232</i>
BIOL 233L*	Human Anatomy & Physiology Laboratory	0	<i>Must be taken concurrently with BIOL 233</i>
<i>*BIOL 233L is for on-campus students</i>			
PES 131	Foundations of Physical Activity and Health	2	

HWS 350	Behavior Change Theory	3	
PES 270	History, Philosophy and Ethics of Sport	3	
EXS 312	Measurement & Eval in Physical Activity & Health	3	
EXS 323	Physiology of Exercise I w/Lab [UWR]	4	<i>BIOL 321 & 232 or consent of instructor</i>
EXS 323L	Physiology of Exercise Laboratory	0	<i>Must be taken concurrently with EXS 323</i>
PES 495	Capstone Seminar	1	<i>Consent of instructor</i>
PES 496	Capstone Course	2-5	<i>PES 495, consent of instructor</i>

PHYSICAL EDUCATION & SPORT REQUIRED COURSES: 40 credit hours

Course #	Title [and course information]	Credit(s)	Prerequisite(s)
EXS 213	Qualitative Anal of Human Movement	3	<i>PES 131</i>
EXS 311	Sport Psychology [UWR]	3	
EXS 321	Applied Anatomy w/Lab	4	<i>BIOL 231, 232 & 233 or consent instructor</i>
EXS 321L	Applied Anatomy Laboratory	0	<i>Must be taken concurrently with EXS 321</i>
EXS 322	Biomechanics w/Lab	4	<i>EXS 321 or consent of instructor</i>
EXS 322L	Biomechanics Laboratory	0	<i>Must be taken concurrently with EXS 322</i>
EXS 440	Motor Development	3	<i>EXS 311 recommended</i>
EXS 444	Adapted Physical Activity	3	<i>EXS 440 or consent of instructor</i>
EXS 453	Motor Learning and Control w/lab	4	<i>EXS 323 or consent of instructor</i>
PES 294	Teaching Team Sports	3	<i>EXS 213</i>
PES 359	Prevention and Care of Athletic Injury	3	<i>EXS 321</i>
PES 394	Teaching Games/Dance/Gymnastics	3	<i>PES 294</i>
PES 470	Sport Management	3	
PES 494	Teaching Individual Lifetime Sports	3	<i>PES 394</i>

Select at least 1 course from the following electives:

HWS 252	First Aid & Safety	3
PES 364	Scientific Basis of Coaching Youth Sports	3

Total credits required for major: 70

Last EPCC update March 2019