Health, Wellness, and Exercise Science (HWES)

The objectives of the Department of Health, Wellness, and Exercise Science are to provide the following; 1) The professional preparation of skilled teachers of physical education and health, as well as qualified persons in the allied areas of coaching, athletic training, and the fields of leisure and sport management; 2) Preparation for the student to pursue graduate studies; 3) The opportunity for the student to experience both the learning of theory and the discovery of application through practical extracurricular experiences; 4) The opportunity for certification in first aid, CPR, lifeguard training, and water safety instruction; and 5) Wholesome health and fitness attitudes and knowledge for all students so that they may have the opportunity to discover and to choose healthy life styles.

Prospective elementary and secondary teachers of health and physical education must student teach at both levels for state certification. Education courses offered through the Education Department for teacher certification are required. Consultation may be secured through the Education Department.

A student may receive a B.A. in physical education without teacher certification.

Transfer students must complete at least 40% of their major course work at Benedictine College to receive a B.A. in Physical Education or Athletic Training, and at least 40% of their minor course work at Benedictine College to receive a Physical Education minor.

As a general school requirement, all students are required to take Pe 115, Wellness for Life and one fitness course.

A maximum of one hour of fitness credit may be acquired through varsity sport participation. This applies both to majors and to non-majors.

Physical Education Major

Core Curriculum (24)

Pe 150, Foundations of Human Movement
Pe 209, Personal and Community Health
Pe 210, First Aid and Personal Safety
Pe 263, Care and Prevention of Athletic Injuries
Pe 357, Tests and Measurements in Health and Physical Education
Pe 366, Physiology of Exercise
Pe 380, Kinesiology and Biomechanical Analysis
Pe 402, Organization and Administration of Physical Education and Sports
plus one swimming course or swim proficiency test, and one dance course

A major will choose one area of concentration.

Areas of Concentration

1. Teaching Physical Education and Health: Pe 100 or Pe 101, Pe 105, Pe 220, Pe 222, Pe 302, Pe 350, Pe 365, Pe 457, Pe 303, auxiliary requirement, Bi 107, Bi 142, and Bi 143. For teacher licensing, students must also complete the appropriate K–12 teacher licensure program courses.
2. Coaching: Pe 220, Pe 222, Pe 240, Pe 303, Pe 350, and two Theory of Coaching courses.
3. Leisure Management: Pe 100 or Pe 101, Pe 240, Pe 365, Pe 401, Pe 205, Pe 404.
4. Strength and Conditioning: Pe 240, Pe 303, Pe 310, Pe 320, Pe 330, Pe 422, and Pe 423.

Sports Management Program:

Pe core curriculum, Pe 100 or Pe 101, Pe 240, minor in business administration, and Pe 411.

Athletic Training Program

The HWES Department also offers a major in Athletic Training for students who wish to become a certified Athletic Trainer. The following list of courses are required for this major: Pe 107, Pe 209, Pe 210, Pe 263, Pe 212, Pe 213, Pe 303, Pe 312, Pe 313, Pe 350, Pe 357, Pe 361, Pe 362, Pe 364, Pe 374, Pe 366, Pe 380, Pe 406, Pe 407, Pe 412, Pe 413, auxiliary requirements Bi 142, Bi 143. In addition, the student must complete the courses necessary for general education requirements

including Pe 115, Wellness for Life, which are described previously in this catalog.

Athletic Training majors must also complete an appropriate swimming course, or pass the proficiency test.

Students must be formally accepted into the Athletic Training Education Program (ATEP), receive a Hepatitis B immunization, and purchase their own student malpractice liability insurance to enroll in any of the clinical practicum courses. Applications and other supporting documents may be obtained by contacting the program director of Athletic Training. Acceptance into the ATEP is competitive and only those applicants who meet the requirements listed below will be considered. Applicants must satisfy the following entrance requirements before the deadline (April 1 every spring) to be accepted into the ATEP. Only those students who have been accepted are allowed to enroll in any of the Athletic Training clinical practicum courses (Pe 212, Pe 213, Pe 312, Pe 313, Pe 412, Pe 413). The ATEP only accepts a limited number of applicants each year, so special consideration will be given to previous athletic training related experience and to student GPA. Applicants who are not accepted are encouraged to officially declare a different major or re-apply the following year.

Entrance Requirements:

1. Formal acceptance to Benedictine College.
2. Successful completion of Pe 210 and Pe 263.
3. Current CPR and First Aid certificate. A separate fee may be required for this.
4. A cumulative GPA of 2.5.
5. Completion of at least 30 hours of athletic training experience at one of the BC athletic training rooms under the direct supervision of a current BC certified/licensed athletic trainer.
6. Written recommendation for admission to the ATEP from one of the current BC certified/licensed athletic trainers.
7. Completed application to the ATEP and two letters of recommendation.
8. Declare Athletic Training as academic major.
9. A completed health history and physical exam must be on file with the school nurse. This health history must include a current MMR, tuberculosis screening, and hepatitis B immunization. The physical exam must be conducted by a MD/DO/NP/PA and must include his or her signature, his or her printed name, and the date. A fee may be required for a physical exam.
10. Purchase your own student malpractice liability insurance policy. You may obtain information about these policies from the program director. Students are responsible for their own malpractice insurance and must pay their own premiums.
11. Acceptance of the technical standards, which are explained in the Athletic Training Student Handbook or by contacting the program director. Students with disabilities or those who do not meet these standards can request reasonable accommodations to these technical standards.
12. Approval of applicant by the majority of BC certified/licensed athletic trainers.
13. Students must have their own reliable source of transportation to travel to off-campus clinical rotations. Students are also responsible for any travel expenses or insurance needs for their source of transportation.

In addition to the above-mentioned requirements for admission, students must meet requirements for continued enrollment. Students are financially responsible for any costs associated with any of these requirements for continued enrollment, for example the blood borne pathogen training that is required every year. Transfer students applying to the ATEP can only transfer Pe 210 and Pe 263 upon department approval. All other required courses must be taken at Benedictine College.

Minor in Physical Education:

Pe 150, Pe 209, Pe 210, Pe 263, Pe 350, Pe 357, Pe 366 or Pe 380, Pe 402, Pe 404.

Teaching Minor in Physical Education:
Pe 150, Pe 220, Pe 222, Pe 350, Pe 209, Pe 210, Pe 263, Pe 357, Pe 366 or Pe 380, Pe 402, Pe 302, Pe 365, Pe 457.

General Education Approved Fitness Activity Courses:
Pe 100, Physical Fitness
Pe 101, Aerobics
Pe 105, Beginning Gymnastics and Body Mechanics
Pe 107, Beginning Weight and Circuit Training
Pe 108, Intermediate Swimming
Pe 110, Lifeguard Training
Pe 111, Varsity Sport
Pe 118, Power Yoga
Pe 126, Zumba Fitness
Pe 128, Fitness Swimming

Activity Courses

Pe 100
Physical Fitness (1) (B)
This course is designed to develop an interest in, and an understanding of, the components of physical fitness. Endurance, flexibility, and strength will be improved through a variety of activities. *This course will satisfy the physical education general education fitness requirement.*

Pe 101
Aerobics (1) (B)
This course is designed to enhance body tone, strengthen muscles, and improve cardiovascular development through rhythmic activities. *This course will satisfy the physical education general education fitness requirement.*

Pe 105
Beginning Gymnastics and Body Mechanics (1) (B)
This is a basic course in tumbling and in the use of gymnastic apparatus. Focus will be on the physical fitness training needed for participation in gymnastics including flexibility, cardiovascular endurance, muscular strength and muscular endurance. *This course will satisfy the physical education general education fitness requirement.*

Pe 107
Beginning Weight and Circuit Training (1) (B)
This course is designed to teach techniques and safety in basic weight training. Circuit training will also be included for all around fitness development. *This course will satisfy the physical education general education fitness requirement.*

Pe 108
Intermediate Swimming (1) (B)
Four basic swimming strokes and water safety are covered in this course, as well as Intermediate Red Cross swimming tests. The course is open to the entire student body. *This course will satisfy the physical education general education fitness requirement.*

Pe 110
Lifeguard Training (1) (D)
This is a Red Cross certification course. It is for the advanced swimmer who will gain proficiency in lifesaving techniques and prevention. *This course will satisfy the physical education general education fitness requirement.*

Pe 111
Varsity Sport Activity (1) (B)
This may be used only one time in one's college career. *Participation in a varsity sport will count one credit and will satisfy the physical education general education fitness requirement. Credit will be awarded upon recommendation of the coach.*

Pe 112
Water Safety Instructor (1) (D)
This is a Red Cross certification course that qualifies the student as a WSI. Emphasis is on teaching techniques and allows one to teach basic swim courses. *Prerequisite: Pe 108.*

Pe 113
Lifeguard Training Instructor (1) (D)
This is a Red Cross certification course that qualifies the student as an LGI. This certification allows one to teach Lifeguard Training. *Prerequisite: Pe 110.*

Pe 115
Wellness for Life (1) (B)
This course provides students with information, skills, and strategies to promote wellness for life. It is designed to provide opportunities for the student to discover and to choose healthy lifestyles. This is the physical education general education requirement for all students. (C)

Pe 118
Power Yoga (1) (B)
Power Yoga will give the student a basic understanding of yoga through psychological and physical practices. The student will learn the linking of several poses together to create strength, flexibility, endurance (muscular and cardio-respiratory) and balance. *This course will satisfy the physical education general education fitness requirement.*

Pe 123
Country and Social Dancing (1) (S)
This course introduces a variety of country, ballroom and folk dances. It includes basic dance steps and fundamentals of dance etiquette.

Pe 126
Zumba Fitness (1) (B)
This course is designed to promote healthy living and exercise through the ZUMBA® Fitness Program. The ZUMBA® program is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exciting, exhilarating, and effective fitness system. This course combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits. Some of the basic principles of aerobic, interval, and resistance training are used to maximize caloric output, cardiovascular benefits, flexibility, and total body toning. *This course will satisfy the physical education general education fitness requirement.*

Pe 128
Fitness Swimming (1) (D)
This course is designed to assist students in a swimming program that develops overall muscular strength and muscular endurance, flexibility and cardiovascular fitness. *Prerequisite: At least intermediate swim level. This course will satisfy the physical education general education fitness requirement.*

Theory Courses

Pe 150
Foundations of Human Movement (2) (B)
A study of the historical developments, philosophy, principles, and career opportunities. An orientation to health, physical education, and recreation.

Pe 198
Special Topics (1–4)
These are topics not included in the regular catalog. This course may be taken more than once if the subject matter varies sufficiently.

Pe 199
Swimming Proficiency (cr)
A student may be exempt from the HWES swimming requirement if proficiency is shown by passing a swimming skill test.

Pe 205
Introduction to Recreation and Leisure (2) (D)
This course studies the everyday operation of both public and private recreational services. Special emphasis will be placed on management techniques and program development. Services to various age groups and special populations will be explored.

Pe 209
Personal and Community Health (2) (B)
This course presents information concerning personal, family and community health. The course is vitally essential to the individual in meeting the needs of daily living, professional, parent and community responsibilities.

Pe 210
First Aid and Personal Safety (2) (B)
This course is designed to prepare the student with first aid knowledge and skills necessary to assist victims of most injuries and emergency situations. Red Cross certification is awarded for successful completion of Red Cross Standard First Aid and CPR (adult, child, infant). For students pursuing Red Cross certification, a separate fee is required.

Pe 212
Beginning Athletic Training Clinical Practicum I (3) (F)
This course is designed to give the student the practical experience necessary for athletic training. Students will be expected to demonstrate successful completion of specific clinical proficiencies and psychomotor competencies as identified by the NATA Educational Council. Students are encouraged to practice these proficiencies and competencies during their assigned clinical rotations. *Prerequisites: Pe 210 and Pe 263.*

Pe 213
Beginning Athletic Training Clinical Practicum II (3) (S)
This course is designed to give the student the practical experience necessary for athletic training. Students will be expected to demonstrate successful completion of specific clinical proficiencies and psychomotor competencies as identified by the NATA Educational Council. Students are encouraged to practice these proficiencies and competencies during their assigned clinical rotations. *Prerequisite: Pe 212.*

Pe 220
Techniques of Team Sport (2) (F)
This course is designed to provide the student with the skills and the knowledge of rules, scoring and strategies of team sports, including basketball, soccer, volleyball, and baseball/softball. *This course is limited to teaching physical education and coaching concentration students or permission of the instructor.*

Pe 222
Techniques of Individual Sport (2) (S)
This course is designed to provide the student with the skills and knowledge of recreational individual sport activities. This may include: tennis, bowling, golf, racquetball, badminton, and anaerobic training. *This course is limited to teaching physical education and coaching concentrations or permission of the instructor.*

Pe 240
Structural Human Anatomy (3) (F)
An integrated study of the structure and functions of the cell, joints, skeletal, and neuromuscular systems. *Note: This course is specifically intended for those students pursuing a Physical Education major with a concentration in Coaching, Strength and Conditioning, Sports Management or Leisure Management.*

Pe 263
Care and Prevention of Athletic Injuries (3) (B)
This course deals with treatment of injuries within the scope of the physical education instructor, coach, and certified athletic trainer. It will serve as the foundation course in the athletic training Board of Certification (BOC). Emphasis will be placed on prevention, evaluation, management, and rehabilitation of athletic injuries. Laboratory experience will include taping techniques and using modalities in a training room setting.

Pe 302
Elementary Physical Education Curriculum (2) (B)
Theory and practice in methods, planning, and administering the activity program of games, skills, rhythms, and gymnastics for the elementary pupil. *This course is limited to teaching Physical Education and Elementary Education majors or permission of the instructor.*

Pe 303
Basic Nutrition (3) (B)
A study of nutrient needs, food habits, food fads and fallacies, and global food needs. Application of nutritional requirements during infancy, childhood, adolescence, and adulthood.

Pe 310
Introduction to Personal Training (3) (F)
This course is an introductory course to prepare the student for certification as a Personal Trainer. Exercise prescription, technique, and client assessment will be included. *Prerequisite: Pe 240, Pe 263, Pe 303 or permission of the instructor.*

Pe 312
Intermediate Athletic Training Clinical Practicum I (3) (F)
This course is designed to give the student the practical experience necessary for athletic training. Students will be expected to demonstrate successful completion of specific clinical proficiencies and psychomotor competencies as identified by the NATA Educational Council. Students are encouraged to practice these proficiencies and competencies during their assigned clinical rotations. *Prerequisites: Pe 209, Pe 213, Pe 364, Pe 374, Bi 142, and Bi 143. In addition to these course prerequisites, students must also possess a current CPR for the Professional Rescuer certificate.*

Pe 313
Intermediate Athletic Training Clinical Practicum II (3) (S)
This course is designed to give the student the practical experience necessary for athletic training. Students will be expected to demonstrate successful completion of specific clinical proficiencies and psychomotor competencies as identified by the NATA Educational Council. Students are encouraged to practice these proficiencies and competencies during their assigned clinical rotations. *Prerequisite: Pe 312. In addition to this course prerequisite students must also possess a current CPR for the Professional Rescuer certificate.*

Pe 320
Essentials of Strength and Conditioning (3) (S)
This course will cover the essential component of strength and conditioning as they pertain to the modern athlete. This includes the body's physical response to exercise, adaptations to anaerobic training, nutritional factors in sport, performance testing, program design, and administration of athletics conditioning. *Prerequisite: Pe 310 or permission of the instructor.*

Pe 330
Advanced Weight and Plyometric Training (2) (S)
This course is a combination of lecture and activity that is designed to teach students the knowledge and skills necessary to participate in a safe and effective advanced weight-training program. Proper weight training and spotting skills will be emphasized. Students will demonstrate and perform: plyometric, speed and agility, sport specific, power, open/closed chain and endurance exercises. This class *does not* satisfy the general education PE fitness activity requirement.

Pe 350
Psychology of Sport and Methods of Coaching (2) (F)
This will be an introduction to sports psychology and coaching methods as related to sports and athletics. Emphasis will be on personality, attention, anxiety, arousal, intervention strategies, motivation as they relate to individual and team athletics.

Pe 351
Theory of Coaching and Officiating Football (2) (D)
This course will examine the techniques of officiating football and the study of the rules, theory, practice, and methods of coaching football.

Pe 352
Theory of Coaching and Officiating Basketball (2) (D)
This course will examine the techniques of officiating basketball and the study of the rules, theory, practice, and methods of coaching basketball.

Pe 353
Theory of Coaching and Officiating Baseball and Softball (2) (D)
This course will examine the techniques of officiating baseball and softball and the study of the rules, theory, practice, and methods of coaching baseball and softball.

Pe 354
Theory of Coaching and Officiating Track and Field (2) (D)
This course will examine the techniques of officiating track and field and the study of the rules, theory, practice, and methods of coaching track and field.

Pe 355
Theory of Coaching and Officiating Soccer (2) (D)
This course will examine the techniques of officiating soccer and the study of the rules, theory, practice, and methods of coaching soccer.

Pe 357
Tests and Measurements in Health and Physical Education (3) (F)
Introduction to statistics, study of various tests, the practical application of tests in the field of Health, Physical Education, and Exercise Science. (QA)

Pe 361
Therapeutic Exercise and Rehabilitation (3) (S)
This course is designed to provide the athletic training, pre-physical therapy and pre-professional student with a broad theoretical knowledge base from which specific techniques of rehabilitation may be selected and practically applied in the care and treatment of athletic injuries. *Prerequisites: Pe 210 and Pe 263.*

Pe 362
Therapeutic Modalities (4) (S)
This course will examine the principles and properties associated with therapeutic modalities. Emphasis will be placed on how and why these modalities are used in the treatment of injuries. Appropriate psychomotor skills will be instructed in a laboratory setting. *Prerequisites: Pe 210 and Pe 263.*

Pe 364
Recognition and Evaluation of Upper Extremity Athletic Injuries (3) (S)
This course is designed to provide the student with the cognitive and psychomotor skills necessary for injury assessment of upper extremity injuries of the physically active. Appropriate psychomotor skills necessary for athletic injury assessment will be conducted in a laboratory setting. *Prerequisites: Pe 263, Pe 374, and Bi 143.*

Pe 365
Special Physical Education and Recreation (2) (S)
This course deals with special physical education, characteristics of different handicapping

conditions, and how to adapt activities to the special population. *This course is limited to teaching Physical Education and Elementary Education majors or permission of the instructor.*

Pe 366
Physiology of Exercise (3) (S)
This course helps in understanding the functional responses and adaptations the body makes to exercise. Fitness testing, exercise prescription, and research will be important aspects of the course. *Prerequisites: Bi 142 and Bi 143 or Pe 240.*

Pe 369
Theory of Coaching and Officiating Volleyball (2) (D)
This course will examine the techniques of officiating volleyball and the study of the rules, theory, practice, and methods of coaching volleyball.

Pe 374
Recognition and Evaluation of Lower Extremity Athletic Injuries (3) (F)
This course is designed to provide the student with the cognitive and psychomotor skills necessary for injury assessment of lower extremity injuries of the physically active. Appropriate psychomotor skills necessary for athletic injury assessment will be conducted in a laboratory setting. *Prerequisites: Pe 263 and Bi 142.*

Pe 380
Kinesiology and Biomechanical Analysis (3) (F)
This course develops an advanced understanding of the anatomical and mechanical principles of human movement. It is beneficial for those in pre-professional tract (allied health professions), athletic training and teaching physical education/coaching. *Prerequisites: Bi 142 and Bi 143 or Pe 240*. (VC)

Pe 398
Special Topics (1–4)
Topics not included in the regular catalog, usually treated in a lecture/discussion format. May be taken more than once if subject matter varies sufficiently.

Pe 401
Recreation Practicum (2–4) (D)
Opportunity to gain experience by working within a community program or in a project approved by the department. *Prerequisites: Pe 205, Pe 402, and Pe 404, or special permission by department chair.*

Pe 402
Organization and Administration of Physical Education and Sport (2) (S)
This course provides information and practical experience in organizing and administering programs in physical education, fitness, intramurals, recreation and athletics. Legal aspects, management techniques, public relations and organizational procedure are covered. *This course is limited to PE majors or permission of the instructor.*

Pe 404
Outdoor Leadership (2) (D)
This course provides knowledge and practical experience in outdoor recreational activities, cooking and camping skills. Leadership skills and responsibilities will be addressed for different types of camps and programs.

Pe 406
Administration of Athletic Training (2) (S)
This is a junior/senior level course that will examine the administrative competencies and proficiencies associated with the profession of athletic training. This includes health care administration, professional development and responsibilities. *Prerequisites: Pe 212, Pe 213 and Pe 263.*

Pe 407
Pharmacology in Athletic Training (2) (F)
This course is designed to provide the student with the cognitive and psychomotor competencies that relate to the pharmacology and the athletic trainer. Prescription and over-the-counter medications common in the practice of athletic training will be discussed. *Prerequisites: Pe 263, Pe 364, Pe 361, and Pe 362.*

Pe 411
Sports Management Practicum (1–4) (D)
For the student pursuing the sports management program, this will allow practical application as a culmination of all coursework. The student will be placed in a job situation for actual experience. *Prerequisite: Sports Management Program.*

Pe 412
Advanced Athletic Training
Clinical Practicum I (3) (F)
This course is designed to give the student the practical experience necessary for athletic training. Students will be expected to demonstrate successful completion of specific clinical proficiencies and psychomotor competencies as identified by the NATA Educational Council. Students are encouraged to practice these proficiencies and competencies during their assigned clinical rotations. *Prerequisites: Pe 313, Pe 361, Pe 362, Pe 364, Pe 406. In addition to these course prerequisites, students must also possess a current CPR for the Professional Rescuer certificate.*

Pe 413
Advanced Athletic Training
Clinical Practicum II (3) (S)
This course is designed to give the students the practical experience necessary for athletic training. Students will be expected to demonstrate successful completion of specific clinical proficiencies and psychomotor competencies as identified by the NATA Educational Council. Students are encouraged to practice these proficiencies and competencies during their assigned clinical rotations. *Prerequisite: Pe 412. In addition to this course prerequisite students must also possess a current CPR for the Professional Rescuer certificate.*

Pe 422
Strength and Conditioning
Practicum I (1) (S)
This course is designed to give the student the practical experience necessary for strength and conditioning. Students are expected to implement a pre-season, in-season, and/or post-season strength and conditioning program for an assigned team.

Pe 423
Strength and Conditioning
Practicum II (1) (F)
This course is designed to give the student the practical experience necessary for strength and conditioning. Students are expected to implement a pre-season, in-season, and/or post-season strength and conditioning program for an assigned team.

Pe 457
Methods and Techniques of Teaching
Physical Activities and Health (3) (F)
This course provides the knowledge and practical experience for organizing and teaching a variety of Pe activities, as well as methods and techniques for teaching health education. Limited to those students who have been accepted to the Teacher Education Program. (OC, VC, WC)

Pe 488
Senior Comprehensive (cr)

Pe 499
Independent Study (credit arranged)
Projects arranged with one or two student majors. Research, experience, and readings in the field of health, physical education, coaching or recreation. Meetings arranged at the discretion of the instructor. *Prerequisite: Permission of department chair.*

Suggested sequence of courses for a bachelor's degree in Physical Education

Freshman Year

Gs 150, BC Experience	cr	Pe 209, Personal & Community Health	2
Pe 115, Wellness for Life	1	Pe Activity course	1
Pe 150, Foundations Human Movement	2	Pe 210, First Aid	2
Bi 107, Principles of Biology	4	Th 101, Introduction to Theology	3
En 101, English Composition	3	Ph 175, Principles of Nature	3
Electives	6	Aesthetic Foundation	3
		Dance course	1
		Swimming course	1
	16		16

Sophomore Year

Pe 263, Care and Prevention of Ath. Inj.	3	Bi 143, Anatomy & Physiology II	4
Bi 142, Anatomy & Physiology I	4	Foreign Language	4
Pe Concentration	2	Faith Foundation	3
Foreign Language	4	Historical Foundation	3
Aesthetic Foundation	3	Electives	2
	16		16

Junior Year

Pe 357, Tests and Measurements	3	Pe 366, Physiology of Exercise	3
Pe Concentration	3	Pe Concentration	6
Historical Foundation	3	Philosophical Inquiry Foundation	3
Faith Foundation	3	Person and Community Foundation	3
Philosophical Inquiry Foundation	3	Electives	2
	15		17

Senior Year

Pe 380, Kinesiology	3	Pe 402, Organization & Admin of Physical Ed. And Sport	2
Pe Concentration	5	Pe Concentration	2
Electives	8	Electives	12
		Pe 488, Senior Comprehensive	cr
	16		16

Suggested sequence of courses for a major in Athletic Training

Freshman Year

Gs 150, BC Experience	cr	Pe 263, Care & Prev. of Athletic Injuries	3
Pe 107, Beginning Weight and Circuit Training	1	Appropriate Swimming Course	1
		Aesthetic Foundation	3
Pe 210, First Aid & Personal Safety	2	Bi 143, Human Anatomy & Phys II	4
En 101, English Composition	3	Ph 175, Principles of Nature	3
Th 101, Introduction to Theology	3	Pe 115, Wellness for Life	1
Person and Community Foundation	3		
Bi 142, Human Anatomy & Phys I	4		
	16		15

Sophomore Year

Faith Foundation	3	Faith Foundation	3
Pe 374, Recog & Eval of L.E. Athl Injuries	3	Foreign Language	4
Pe 209, Personal & Community Health	2	Pe 364, Recog & Eval of U.E. Athl Injuries	3
Foreign Language	4	Pe 362, Therapeutic Modalities	4
Written Communication Skill	3	Pe 213, Beginning A.T. Clinical Prac. II	3
Pe 212, Beginning A.T. Clinical Prac. I	3	Elective	1
	18		18

Junior Year

Pe 357, Tests & Measurements in Health and Physical Education	3	Pe 361, Therapeutic Exercise	3
		Pe 366, Physiology of Exercise	3
Bi 380, Kinesiology & Biomech Analysis	3	Pe 303, Basic Nutrition	3
Faith Foundation	3	Pe 313, Intermediate A.T. Clinical Prac. II	3
Pe 312, Intermediate A.T. Clinical Prac. I	3	Philosophical Inquiry Foundation	3
Aesthetic Foundation	3		
	15		15

Senior Year

Pe 407, Pharmacology	2	Pe 406, Administration of Athletic Training	2
Philosophical Inquiry Foundation	3	Historical Foundation	3
Historical Foundation	3	Written Communication Skill	3
Pe 412, Advanced A.T. Clinical Practicum I	3	Visual Communication	3
Oral Communication	3	Pe 413, Advanced A.T. Clinical Practicum II	3
Elective	2	Electives	2
		Pe 488, Senior Comprehensive	cr
	16		16