

B. A. Physical Education and Health (PED)

(Exercise Science Concentration)

*College: Arts & Sciences***DEGREE REQUIREMENTS**

Course requirements for all UNCW degrees include: (1) Basic Studies, (2) specific major requirements, and (3) sufficient elective hours for a combined total of a minimum of 124 hours.

(1) BASIC STUDIES (45 semester hours)

See Basic Studies sheet and/or information on the WEB at <http://www.uncw.edu/uc/basicstudies.htm>

(2) MAJOR REQUIREMENTS - PED (Minimum 55 hours PED + 15 hours Basic Studies + 12 hours approved electives)

Check when complete:

Basic Studies Course Requirements: 15 hours

_____	¹ +*BIO 204	Principles of Biology: Cells (4)
_____	¹ +*CHM 101	General Chemistry (4)
_____	¹ +*CHM 102	General Chemistry (4) Prerequisite: CHM 101
_____	¹ +MAT 111 (or higher)	College Algebra (3) Prerequisite: Satisfactory performance on the UNCW Math Placement Test

Physical Education / Health Course Requirements: 67 hours

_____	PED 200 or 201 or 202	Lifelong Physical Education Programming – Dance and Gymnastics (3) – Individual and Dual (3) or – Team (3)
_____	+*PED 216	Human Anatomy and Physiology I (4)
_____	PED 217	Human Anatomy and Physiology II (3)
_____	PED 266	Applications of Computers in Physical Education and Health (3) (Meets Computer Competency Requirement)
_____	² PED 340	Biomechanics (3) Prerequisite: PED 216
_____	² PED 342	Skill Analysis for Sport and Physical Activity (3) Prerequisite: PED major
_____	² PED 347	Field Experience in Exercise Science (3) Prerequisite: PED 349
_____	² *PED 349	Physiology of Exercise and Sport (4) Prerequisite: PED 216 or BIO 345
_____	² PED 350	Motor Behavior (3) Prerequisite: PED 216
_____	² PED 355	Measure and Evaluation of Human Physical Performance (3)
_____	² PED 359	Research and Evaluation in Health, Physical Education and Recreation (3) Prerequisite: PED 355 (Meets Oral Communication Competency Requirement)
_____	² PED 379	Legal Liabilities in Athletics and Physical Education (3) Prerequisite: Junior or senior standing
_____	² PED 415	Adapted Physical Education (4) Prerequisite: Senior standing or consent of instructor
_____	² PED 460	Sport and Exercise Psychology (3) Prerequisite: Junior or senior standing
_____	² PED 470	Exercise Prescription and Assessment : Healthy Population (4) Prerequisite: PED 349
_____	² PED 471	Exercise Prescription and Assessment: Special Populations (3) Prerequisite: PED 470
_____	HEA 465	Exercise Performance and Nutrition (3) Prerequisite: PED 216, PED 217, and junior status

Approved Elective Course Requirements: Students must take a minimum of 12 credit units of elective courses with the approval of the advisor

Recommended for Graduate School interest: LAT 101; PHY 101-102; COM 110; CSC 112; MAT 115; PED 200, 201, 202, 217; STT 210, 215; HEA 201, 292, 325; ENG 201, 300; BIO 345, 425, 459, 465; CHM 211

_____ PED _____ **Recommended for Corporate Fitness interest:** COM 110, 221, 325; MAT 115; BUS 150; PED 200, 201, 202, 435; STT 210;

_____ PED _____ HEA 201, 234, 292, 325; ENG 201, 300; MKT 345

_____ PED _____ **Recommended for Personal Training interest:** COM 110, 221, 325; BUS 150; PED 200, 201, 202, 217, 435; STT 210, HEA 200,

_____ PED _____ 201, 234, 292, 325; MKT 345

Recommended for Cardiac Rehabilitation interest: COM 110, 221; PED 200, 201, 202; HEA 201, 292, 325; ENG 201, 300

Recommended for Coaching interest: COM 110, 221; PED 200, 201, 202, 217, 236, 336, 386, 387, 415, 421, 422, 423, 424, 425, 426, 435; HEA 201, 292, 325; MKT 345; ENG 201

Recommended for Nutrition interest: PED 200, 201, 202; HEA 292, 325; ENG 300; BIO 246, 425, 459, 465; CHM 211, 417, 445

Additional Requirement: Provide written documentation of current First Aid and CPR certifications during the semester of graduation

¹Prior to declaring a concentration in exercise science, students must complete these courses with a collective GPA of 2.0 or better

²Students must maintain an overall GPA of 2.50 or better prior to enrollment in the 300- and 400-level PED and HEA courses.

*These courses require a lab

+May also be used to satisfy Basic Studies requirements

(3) ELECTIVES

_____ Elective hours to equal a minimum of 124 hours

Requirements to declare PRE-PED (Exercise Science Concentration): Completion of 24 hours

Requirements to declare PED (Exercise Science Concentration): Completion of BIO 204, CHM 101, 102 and MAT 111 or above with an overall grade point average of "C" (2.0) or better

For further information see the PED WEB site: <http://www.uncw.edu/hahs>

PHYSICAL EDUCATION COURSES

- PED 101. Foundations of Physical Activity (2)**
PED 103. (REC 103) Physical Education Activity – Program of Outdoor Pursuits (3)
Prerequisite: PED 101 or equivalent
- PED 104. Scuba (2)**
Prerequisite: Proficiency in swimming skills
- PED 105. Lifeguard Training (1)**
- PED 106. Beginning Swimming (1)**
- PED 107. Basic Swimming and Water Safety (1)**
- PED 108. Advanced Swimming (1)**
- PED 109. Water Safety (1)**
Prerequisite: Possess current Red Cross Emergency Water Safety or Lifeguard Training Certificate
- PED 110. Archery (1)**
- PED 111. Beginning Tennis (1)**
- PED 112. Intermediate Tennis (1)**
- PED 113. Golf (1)**
- PED 114. Bowling (1)**
- PED 115. Weight Training (1)**
- PED 116. Beginning Racquetball (1)**
- PED 117. Intermediate Racquetball (1)**
- PED 118. Beginning Racquetball - Tennis (1)**
- PED 119. Badminton - Tennis (1)**
- PED 120. Group Exercise (1)**
- PED 121. Soccer (1)**
- PED 122. Volleyball (1)**
- PED 123. Physical Conditioning (1)**
- PED 124. Basic Canoeing and Kayaking (1)**
- PED 125. Basic Sailboarding (1)**
- PED 126. Beginning Snow Skiing (1)**
- PED 127. Motor Boat Operation (1)**
- PED 134. (THR 134) Dance Techniques I (2)**
- PED 136. (THR 136) Movement Exploration (3)**
- PED 138. Hatha Yoga (1)**
- PED 140. Walking Fitness (1)**
- PED 142. Jogging Fitness (1)**
- PED 150. Beginning Sailing (1)**
- PED 199. Topics in Physical Education (1-3)**
- PED 200, 201, 202. Lifelong Physical Education Programming -**
Pre- or corequisite: PED 235 or consent of instructor
- PED 200. Dance and Gymnastics (3)**
- PED 201. Individual and Dual (3)**
- PED 202. Team (3)**
- PED 206. Traditional American Dance I (2)**
- PED 216. Human Anatomy and Physiology I (4)**
- PED 217. Human Anatomy and Physiology II (3)**
- PED 226. Intermediate Snow Skiing (1)**
Prerequisite: Permission of instructor
- PED 234. (THR 234) Dance Techniques II (2)**
Prerequisite: THR 134 or PED 134 or consent of instructor
- PED 235. Principles of Physical Education (3)**
- PED 236. Athletic Officiating (3)**
- PED 266. (HEA 266) Applications of Computers in Physical Education and Health (3)**
Prerequisite: Majors only or consent of instructor

- For add'l. prerequisites or corequisites in PED and ATR classes numbered above 299, please consult the undergraduate catalogue.*
- PED 315. Motor Development (2)**
- PED 320. Methods of Teaching Motor Activity (3)**
- PED 335. Reading in Physical Education (3)**
- PED 336. An Approach to Coaching (3)**
- PED 340. Biomechanics of Sports Exercises (3)**
- PED 342. Skill Analysis for Sport and Physical Activity (3)**
- PED 347. Field Experience in Exercise Science (3)**
- PED 349. Physiology of Exercise and Sport (4)**
- PED 350. Motor Behavior (3)**
- PED 355. Measure and Evaluation of Human Physical Performance (3)**
- PED 359. Research and Evaluation in Health, Physical Education and Health (3)**
- PED 360. Motor Learning (3)**
- PED 379. Sport, Physical Activity, and the Law (3)**
- PED 386. Curriculum and Methods in Elementary School Physical Education (4)**
- PED 387. Curriculum and Methods in Secondary School Physical Education (4)**
- PED 415. Adapted Physical Education (4)**
- PED 416. Laboratory Techniques and Research Methods in Exercise Physiology (3)**
- PED 421-422-423-424-425-426. Methods of Coaching (2)**
421 Baseball 424 Track and Field
422 Basketball 425 Soccer
423 Football 426 Volleyball
- PED 435. Sport Management (3)**
- PED 436. Intramurals (3)**
- PED 440. Selected Topics in Exercise Science (3)**
- PED 455. Advanced Tests and Measurements in Physical Education (3)**
- PED 460. Sport and Exercise Psychology (3)**
- PED 470. Exercise Prescription and Assessment: Healthy Population (4)**
- PED 471. Exercise Prescription and Assessment: Special Populations (3)**
- PED 481. Seminar in Athletic Training (3)**
- PED 491. Directed Individual Study (1-3)**
- PED 498. Internship in Physical Education (12)**
- PED 499. Honors Work in Physical Education (2-3)**

ATHLETIC TRAINING COURSES

- ATR 210. Introduction to Athletic Training (3)**
- ATR 211. Care and Prevention of Athletic Injuries (3)**
Prerequisite: ATR majors only or consent
- ATR 300. Seminar with Allied Health Care Professionals (1)**
- ATR 302. Therapeutic Modalities in Athletic Training (3)**
- ATR 303. Therapeutic Rehabilitation in Athletic Training (3)**
- ATR 304. Evaluation of Athletic Injuries I (3)**
- ATR 305. Evaluation of Athletic Injuries II (3)**
- ATR 306. Clinical I in Athletic Training (3)**
- ATR 307. Clinical II in Athletic Training (3)**
- ATR 445. Organization and Administration in Athletic Training (3)**
- ATR 448. Clinical III in Athletic Training (3)**
- ATR 449. Clinical IV in Athletic Training (3)**
- ATR 450. Pharmacology for Health Sciences (3)**
- ATR 490. Clinical V in Athletic Training (3)**