

# ACADEMIC PLANNING SHEET

# PHYSICAL EDUCATION

NORTH PARK UNIVERSITY • CHICAGO • ILLINOIS

Revised June 2009

	Fall Semester		Spring Semester	
<b>First Year</b>	<ul style="list-style-type: none"> <li>•NPD 1000: Dialogue I</li> <li>•BIOL 1250: Introduction to Human Anatomy</li> <li>•BTS 1850: Introduction to the Bible</li> <li>EXS 1500: Foundations of Exercise and Sport</li> </ul>	4 4 4 4	<ul style="list-style-type: none"> <li>•Fine Arts Option</li> <li>•STAT 1490: Introductory Statistics</li> <li>•EXS 1000: Personal Health</li> <li>EXS 1600: First Aid/CPR</li> <li>Elective</li> </ul>	2 4 2 2 4
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>
<b>Second Year</b>	<ul style="list-style-type: none"> <li>•Biblical Studies Option</li> <li>•Foreign Language 1010 Option</li> <li>EXS 2700: Motor Experiences for Elementary School Children*</li> <li>EXS 3160: Exercise Physiology</li> </ul>	4 4 4 4	<ul style="list-style-type: none"> <li>•NPD 2000: Dialogue II</li> <li>•Foreign Language 1020 Option</li> <li>EXS 3130: Individual and Dual Sports* or EXS 3140: Team Sports*</li> <li>Elective</li> </ul>	4 4 4 4
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>
<b>Third Year</b>	<ul style="list-style-type: none"> <li>NPD 3000: Dialogue III</li> <li>•Culture and Society Option</li> <li>EXS 2800: PE Curriculum 6-12* (BS only)</li> <li>EXS 3010: Biomechanics</li> </ul>	4 4 4 4	<ul style="list-style-type: none"> <li>•Science Option (Chemistry or Physics)</li> <li>EXS 3000: Methods of Teaching Aquatic Skills</li> <li>EXS 3130: Individual and Dual Sports* or EXS 3140: Team Sports*</li> <li>EXS 3700: Exercise Programming &amp; Leadership</li> <li>Elective</li> </ul>	2 2 4 4 4
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>
<b>Fourth Year</b>	<ul style="list-style-type: none"> <li>EXS Elective</li> <li>EXS Elective (BA only)</li> <li>Elective</li> <li>Elective</li> </ul>	4 4 4 4	<ul style="list-style-type: none"> <li>EDUC 4110, EDUC 4120 or EXS 4970 (BS only)</li> <li>EXS Elective (BA only)</li> <li>Elective</li> <li>Elective</li> </ul>	4 2 4 4
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>

• Course meets a general education requirement

The Physical Education curriculum is designed to prepare students for teaching careers. Students may qualify for K-12 or secondary teaching certificates. Students seeking teaching certification must complete the education sequence. Students who do not seek teacher certification may concentrate on a non-school curriculum.

\*Alternative year courses

EXS 2700: Motor Experiences for Elementary School Children (4)

EXS 2800: PE Curriculum 6-12 (4)

EXS 3130: Individual and Dual Sports (4)

EXS 3140: Team Sports (4)

The Academic Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

