



# ACADEMIC PLANNING GUIDE - PHYSICAL EDUCATION

effective with 2017-2018 Catalog

## MAJOR REQUIREMENTS

**Required Semester Hours:** BA: 44 semester hours  
BS: 47-54 semester hours

**Prerequisites and Supporting Courses: 8 semester hours**

- BIOL 1250: Introduction to Human Anatomy (4) - *meets Life Science requirement*
- STAT 1490: Introductory Statistics (4) - *meets Analytical and Quantitative Reasoning requirement*

**Required Core Courses: 22 semester hours**

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|---|--|
| <input type="checkbox"/> EXS 1500: Intro to Physical Education (4)                          | <input type="checkbox"/> EXS 3010: Biomechanics (4)  |
| <input type="checkbox"/> EXS 1600: First Aid/CPR (2)  | <input type="checkbox"/> EXS 3160: Exercise Physiology (4) - <i>meets Writing Research designation</i> |
| <input type="checkbox"/> EXS 2700: Motor Experiences for Elementary School Age Children (4) | <input type="checkbox"/> EXS 3700: Exercise Programming & Leadership (4)                               |

**BA degree: 4 semester hours**

one of the following:

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|---|--|
| <input type="checkbox"/> EXS 3130: Individual and Dual Sports (4) | <input type="checkbox"/> EXS 3140: Team Sports (4) |
|---|--|

**BS degree: 13-20 semester hours**

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|---|---|
| <input type="checkbox"/> EXS 2800: PE Curriculum: 6-12 (4)                | <input type="checkbox"/> EXS 3130: Individual and Dual Sports (4) |
| <input type="checkbox"/> EXS 3000: Methods of Teaching Aquatic Skills (2) | <input type="checkbox"/> EXS 3140: Team Sports (4)                |
- Select one of the following:
- |   |  |
|---|--|
| <input type="checkbox"/> EXS 4970: Internship in Exercise and Sport (1-4) | <input type="checkbox"/> EDUC 4130: Student Teaching (8) |
|---|--|

**Elective Courses:** BA: 10 semester hours  
BS: 4 semester hours

- Any EXS course

**Recommended Supporting Courses:**

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|---|---|
| <input type="checkbox"/> EXS 2500: Health and Behavior (4) - <i>meets Writing Intensive designation</i> | <input type="checkbox"/> EXS 3190: Health Promotion (4) |
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**Notes:**

Students seeking teaching certification must:

- Complete the education sequence and requirement for state certification. For more information consult the catalog and a faculty member in the education department.
- Are not required to take a Keystone Seminar

The Academic Planning Guide 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 a faculty 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.



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## CORE CURRICULUM

Starting with the framework of North Park's identity as a Christian, liberal arts institution, our Core Curriculum is intentionally multi-disciplinary and multi-year. It is set up as a progress through three areas: Foundation Courses, Explorations Courses, and Capstone Courses.

<http://www.northpark.edu/Academics/Undergraduate-Studies/Core-Curriculum>

### Foundations

Preparing for more in-depth work in both the Core Curriculum and your major

Cornerstone Seminar (4sh)	
Biblical Studies (4sh)	
Health and Well-Being (2sh)	
Analytical & Quantitative Reasoning (4sh)	
Global Histories (4sh)	
Modern Languages (8sh)	

### Explorations

Knowledge in specific disciplines, with strong emphasis on how you can use them in the context of your own life

Art and Aesthetics (2sh)	
Christian Life & Thought (4sh)	
Life Science (2sh/lab) <i>met by BIOL 1250</i>	
Physical Science (2sh/lab)	
Culture and Society (4sh)	
Ethical Reasoning (2sh)	

### Intermediate Level Writing

Two courses in the context of your major that specifically address writing clearly and doing effective research

Writing Intensive Course (4sh) <i>met by recommended course EXS 2500</i>	Research Writing Course (4sh) <i>met by EXS 3160</i>
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### Keystone

Interdisciplinary integration of skills and knowledge applied to contemporary social issues

Keystone Seminar (4sh)	

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