



Exercise Science (BS) and MAE Physical Education

FALL - Semester 1

ES 190 (WE) Introduction to Exercise Science
Foreign Language Elem I
MATH 186 Precalculus
TRU 110 Self & Society
TRU 100 Truman Symposium
Missouri Statute (Hist 298 or Pol 101)
ES 202 Strength & conditioning Anatomy

FALL - Semester 3

ES 224 Research Methods & Data Interp
CHEM 100 Chemistry for Cont. Living
STAT 190 Basic Statistics
ES 236 Rhythmic Movement & Dance
ES 282 First Aid & Injury Care

FALL - Semester 5

ES 345 Exercise Physiology
BIOL 325 Human Physiology
ES 393 Clinical Experiences in Teaching
ED 394 Experiences in Classroom Teaching \
ES 366 Outdoor Recreation & Fitness
Arts & Humanities Perspective

FALL - Semester 7

ES 369 Physical Activity with Disability
Arts and Humanities Perspective
ES 445 Assessment & Prescription
COMM 170, COMM 252 or COMM 276
Social Perspective

SPRING - Semester 2

ES 195 Instructional Strategies in PE & Health
Foreign Language Elem II
BIOL 100 Biology
ES 245 Nutrition
ENG 190 Writing as Critical Thinking

SPRING - Semester 4

ED 388 Exploratory Field Experiences
ED 389 Foundations of Education
ES 344 Lifespan Motor Development
ES 235 Fundamentals of Movement & Tumbling
PSYC 166 (Social Perspective)
HLTH 198/198L Personal Health & Fitness

SPRING - Semester 6

ES 342/L Biomechanics
BIOL 365 Human Anatomy w/ Lab
JINS 3XX
ES 364 Prevention & Treatment of Activity & Sport
Injuries
Arts & Humanities Perspective

SPRING - Semester 8

ES 498 (WE) Capstone in Exercise Science
ES 530G Methods of Teaching Team Games
ES 363 Health & Wellness Psychology
ES 368 Lifetime Fitness & Conditioning
Social Perspective

SUMMER Grad Semester 1

ED 601G Measurement & Evaluation
ED 603G Content Area Literacy
ED 605G Psychology of Exceptional Children

FALL Grad Semester 2

ES 608G Management of Instruction
ES 593 Psychological Foundations of Education
ES 507G Psychology of Sport & Injury Rehab
ES 531G Teaching Individual & Dual Games

SPRING Grad Semester 3

ED 607G Applied Educational Psychology
ED 609 G Teaching Internship

NOTES:

Semester 7: Apply to MAE Program

Semester 8: Apply to Graduate and Take Senior Test- ACSM EP-C

Grad Semester 2: Take MOCA K-12 Physical Education & Health Exams

The Dialogues curriculum requires a certain number of courses/credit hours in the following Perspectives: Social, Arts and Humanities, STEM, Communications, and Statistics. The exact number of courses a student will be required to take during their undergraduate career varies individually according to the credit transferred in.

Department Chair: Please contact the [Center for Academic Excellence](#) with any updates to the plan above. 5-3-23