

**University of Missouri-St Louis College of Education**  
**BACHELOR OF EDUCATIONAL STUDIES (B.E.S.) WITH EMPHASIS IN EXERCISE SCIENCE & WELLNESS**

Name \_\_\_\_\_ Student Number \_\_\_\_\_

| General Education Requirements  |              |                    |              |
|---|--------------|--------------------|--------------|
| Course Number   | Course       | Semester Completed | Credit Hours |
| First Year Writing  | ENG 1100     |                    | 3            |
| Communication Proficiency: EDUC 2222 or COMM 1040                         |              |                    | 3            |
| Mathematics Proficiency: MATH 1030, 1020, 1021, 1025, or 1045             |              |                    | 3            |
| Information Literacy  | ED TECH 2230 |                    | 3            |
| U.S. History and Government: HIST 1001 OR HIST 1002                       |              |                    | 3            |
| Humanities  |              |                    | 3            |
|   |              |                    | 3            |
|   |              |                    | 3            |
| Social Sciences   |              |                    | 3            |
|   |              |                    | 3            |
|   |              |                    | 3            |
| Math and Sciences   |              |                    | 3            |
|   |              |                    | 3            |
|   |              |                    | 3            |
| OR Missouri Core 42 OR Associate of Arts Degree                           |              |                    | 42           |
| Junior Level Writing: ENG 3100, 3090, 3110, 3120, 3130, 3160, Honors 3100 |              |                    | 3            |
|   |              | <b>TOTAL</b>       | <b>45</b>    |

| Required Education Courses |   |                    |              |
|----------------------------|---|--------------------|--------------|
|                            | Course Number   | Semester Completed | Credit Hours |
| Fall, Spring, & Summer     | ED PSY 2212 Child and Adolescent Development<br>OR PSYCH 2272 Developmental Psychology: Adulthood and Aging   |                    | 3            |
|                            | ED TECH 4302 Educational Technology Instruction in Educational Agencies <u>or</u><br>ED TECH 4436 Computer Mediated Teaching and Learning in Education (Spring) |                    | 3            |
| Fall and Spring            | TCH ED 1001 Early Clinical Experience: Community Agency   |                    | 1            |
|                            | TCH ED 2000 Becoming a Professional Educator  |                    | 1            |
|                            | EDUC 2222 Interpretation: Connecting Audiences and Meaning  |                    | 3            |
|                            | THEATER 3362 Storytelling   |                    | 3            |
|                            | MKTG 3721 Introduction to Digital Marketing   |                    | 3            |
|                            | EDUC 2002 Social Entrepreneurship   |                    | 3            |
|                            |   |                    |              |
| Fall                       | ED FND 3251 Black American Education  |                    | 3            |
| Spring                     | PHYS ED 2136 Facility Management  |                    | 3            |
|                            | EDUC 3170 Grant Proposal Writing  |                    | 3            |
|                            | ED FND 4330 History of American Education through the Lens of Social Justice  |                    | 3            |
|                            |   | <b>TOTAL</b>       | <b>32</b>    |

**University of Missouri-St Louis College of Education**  
**BACHELOR OF EDUCATIONAL STUDIES (B.E.S.) WITH EMPHASIS IN EXERCISE SCIENCE & WELLNESS**

| Suggested Coursework  |                    |              |
|---|--------------------|--------------|
| Course Number   | Semester Completed | Credit Hours |
| MEDIA ST 2211 Introduction to Digital Multimedia Production |                    | 3            |
| MEDIA ST 2222 Convergence and Digital Media                 |                    | 3            |
| MGMT/SOC 3600 Management and Organizational Behavior        |                    | 3            |
| SOC WK 2000 Social Work and Social Issues                   |                    | 3            |
| ED/HLTH PE 3380 Intro to Nutrition for Health & Performance |                    | 3            |
|   | <b>TOTAL</b>       | <b>15</b>    |

| Required Exercise Science and Wellness Courses |  |                    |              |
|--|--|--------------------|--------------|
|  | Course Number  | Semester Completed | Credit Hours |
| Fall and Spring                                | PHY ED 2134 Personal Physical Fitness                    |                    | 3            |
|  | HLTH PE 3284 Physiology of Human Exercise                |                    | 3            |
| Fall   | HLTH PE 3285 Safety and Emergency Care of PE & Sport     |                    | 3            |
|  | HLTH PE 3434 Teaching Health and Wellness                |                    | 3            |
|  | PHY ED 1124 Principles & Practices in First Aid/CPR/AED  |                    | 1            |
| Spring   | PHY ED 3283 Kinesiology                                  |                    | 3            |
|  | PHY ED 3287 Seminar in Exercise Science                  |                    | 3            |
|  | PHY ED 3330 Designing Physical Activity Programs         |                    | 3            |
|  | PHY ED 3931 Adult Exercise Leadership                    |                    | 3            |
|  | HLTH PE 3280 Anatomy and Physiology                      |                    | 5            |
|  | HLTH PE 3380 Intro to Nutrition for Health & Performance |                    | 3            |
|  |  | <b>TOTAL</b>       |              |

| Required Clinical Experiences |   |                    |              |
|-------------------------------|---|--------------------|--------------|
|                               | Course Number   | Semester Completed | Credit Hours |
| Fall, Spring, & Summer        | EDUC 4989 Internship I: 120 hours of internship           |                    | 3            |
|                               | EDUC 4990 Capstone Internship I: 240 hours of internship  |                    | 6            |
|                               | EDUC 4991 Capstone Internship II: 240 hours of internship |                    | 6            |
|                               |   | <b>TOTAL</b>       | <b>15</b>    |

|  |            |
|--|------------|
| <b>Total Credit Hours Required for Degree Completion</b> | <b>120</b> |
|--|------------|

|  |             |
|--|-------------|
| I acknowledge that my advisor and I completely and thoroughly reviewed the information contained herein and I understand all of the degree requirements specified for this degree program. |             |
| <b>Student Signature</b>   | <b>Date</b> |
|  |             |
| <b>Advisor Signature</b>   | <b>Date</b> |
|  |             |

COMMENTS: