

## PROGRAM REQUIREMENTS

**DEGREE: BACHELOR OF SCIENCE**  
**MAJOR: INTERDISCIPLINARY STUDIES: Exercise & Human Services**  
**AREA 1: Exercise Science**  
**AREA 2: Human Services**

	Credit Hours
<b>UNIVERSITY REQUIREMENT</b>	
FALS 101: Fine Arts and Lecture Series	0
<b>GENERAL EDUCATION REQUIREMENTS</b>	
(For approved courses, see the General Education: <a href="http://www.lander.edu/gen-ed">www.lander.edu/gen-ed</a> .)	
<b>A. Core Academic Skills (9 hours)</b>	
ENGL 101: Writing and Inquiry I	3
ENGL 102: Writing and Inquiry II	3
Mathematics	3
<b>B. Humanities and Fine Arts</b>	
(6 hours selected from 2 different disciplines)	6
<b>C. Behavioral and Social Perspectives</b>	
PSYC 101 or 102	3
SOC 101	3
<b>D. Scientific and Mathematical Reasoning</b>	
(7 hours selected from 2 different disciplines, 1 lab science required)	
MATH 211: Statistical Methods I	3
Laboratory Science	4
<b>E. Founding Documents of the United States</b>	
HIST 111: United States History to 1877, or	3
POL 101: American National Government	
<b>F. World Cultures</b>	
	3
<b>G. LINK 101: Leadership, Involvement, Networking and Knowledge</b>	
	1
LINK 101 is required of all new transfer students who have earned less than 24 credit hours of college-level work and all first-time freshmen.	
<b>TOTAL GENERAL EDUCATION REQUIREMENTS</b>	<b>35</b>
If all of the General Education requirements are met and/or waived, and the credit hours do not add up to at least 30, the General Education requirements are not complete. If below 30, additional General Education courses from any category must be taken until the total hours add up to at least 30 hours.	
<b>*MAJOR PROGRAM CORE REQUIREMENTS</b>	
IDS 101: Introduction to Interdisciplinary Studies	3
IDS 499: Interdisciplinary Capstone Seminar	3
<b>TOTAL MAJOR PROGRAM CORE REQUIREMENTS</b>	<b>6</b>
<b>*MAJOR PROGRAM #1 REQUIREMENTS</b>	
PEES 175: Wellness for Life	2
PEES 202: Personal Health and Health Promotion	3
PEES 210: Anatomy and Physiology of Human Movement or	4
BIOL 202: Human Anatomy	

PEES 219: Historical & Philosophical Principles of Physical Ed & Exercise Sci	3
PEES 283: Introduction to Exercise Science	1
PEES 300: Theories of Coaching, or PEES 424: Sports Psychology	3
PEES 308: Organization and Administration of Exercise-Related Professions	3
PEES 310: Kinesiology and Exercise Biomechanics	4
PEES 311: Physiology of Exercise	4
6 credit hours selected from the following:	6
PEES 326: Nutrition for Health and Performance	
PEES 330: Physiological Adaptations to Aging	
PEES 341: Research Techniques	
PEES 362: Exercise Testing and Prescription for Healthy Populations	
PEES 402: Principles of Strength and Conditioning	
PEES 406: Clinical Exercise Physiology	
<b>TOTAL MAJOR PROGRAM #1 REQUIREMENTS</b>	<b>34</b>

**\*MAJOR PROGRAM #2 REQUIREMENTS**

HUS 201: Introduction to Human Services	3
PSYC 203: Developmental Psychology	3
PSYC 212: Interviewing and Counseling	3
12 credit hours selected from these options within at least 2 disciplines:	12
HUS 322: Marriage and Family Therapy	
HUS 337: Crisis Intervention and Prevention	
HUS 389: Special Populations	
PSYC 303: Psychology of Aging	
PSYC 311: Community Psychology	
PSYC 314: Psychology of Childhood	
PSYC 315: Adolescent Development	
PSYC 362: Health Psychology	
PSYC 371: Special Topics in Human Services	
PSYC 405: Death and Dying	
*SOCI 314: Social Welfare Policies and Programs	
SOCI 315: Non-Profit Organizations	
*SOCI 317: Case Management	
*SOCI 321: Medical Sociology	
SOCI 322: Sociology of Mental Health	
SOCI 351: Sociology of Family	
SOCI 361: Sociology of Aging	
*SOCI 202 is a prerequisite for marked courses.	
<b>TOTAL MAJOR PROGRAM #2 REQUIREMENTS</b>	<b>21</b>
<b>TOTAL MAJOR PROGRAM REQUIREMENTS</b>	<b>60</b>
<b>ADDITIONAL ELECTIVES</b>	<b>25</b>
<b>TOTAL FOR BS DEGREE</b>	<b>120</b>

\*Students must earn a “C” or better in all program requirement courses.

Coursework must include at least 30 credit hours earned at 300-level or above, of which 12 credit hours must be in the major.

Program reviewed for 2022-23.