

Major/Program	Exercise Science: General Track
College	Education
Department	Physical Education/Exercise Science
Contact	Dr. Sarah Hunt-Barron, Dean

2022-2023

Lander University

4-Year Major Guide

	First Semester			Second Semester			TOTALS
	Course	Notes	Hours	Course	Notes	Hours	
First Year	ENGL 101	Core Academic Skills (General Education)	3	ENGL 102	Core Academic Skills (General Education)	3	
	² General Education	Behavioral and Social Perspectives	3	² General Education	Behavioral and Social Perspectives	3	
	General Education	Humanities and Fine Arts	3	General Education	Humanities and Fine Arts	3	
	¹ Laboratory Science	Scientific and Mathematical Reasoning (General Education)	4	¹ Mathematics	Core Academic Skills (General Education)	3	
	PEES 175		2	PEES 219		3	
	LINK 101	General Education	1				
	Subtotal		16	Subtotal		15	Yearly Totals 31
Second Year	First Semester			Second Semester			
	Course	Notes	Hours	Course	Notes	Hours	
	CIS 101		3	Elective		3	
	Elective		3	General Education	World Cultures	3	
	HIST 111 or POLS 101	Founding Documents (General Education)	3	MATH 211	Scientific and Mathematical Reasoning (General Education)	3	
	PEES 100-level activity		1	PEES 202		3	
PEES 210 or 'BIOL 202		4	SPCH 101		3		
PEES 283		1					
	Subtotal		15	Subtotal		15	Yearly Totals 30
Third Year	First Semester			Second Semester			
	Course	Notes	Hours	Course	Notes	Hours	
	Elective		3	Elective		3	
	PEES 144		1	Elective		3	
	PEES 308		3	PEES 326		3	
	PEES 310		4	PEES 330		3	
PEES 311		4	PEES 362		3		
	Subtotal		15	Subtotal		15	Yearly Totals 30
Fourth Year	First Semester			Second Semester			
	Course	Notes	Hours	Course	Notes	Hours	
	Elective		3	Elective		3	
	Elective		3	PEES 100-level activity		1	
	PEES 300 or PEES 424		3	PEES 402		3	
	PEES 341		3	PEES 406		3	
PEES 490		3	PEES 491		3		
			PEES 499		1		
			FALS 101	University Requirement	0		
	Subtotal		15	Subtotal		14	Yearly Totals 29

Additional Requirements: CPR/FA card

Total Hours Required: 120

PEES 210 or BIOL 202 is a prerequisite for admission into Level II of the Exercise Science Program, along with minimum cumulative Lander GPA of 2.75

¹Students following the Pre-Athletic Training (AT), Occupational Therapy (OT) or Physical Therapy (PT) concentration should take PSYC 101, MATH 121, BIOL 111

²Students following the Pre-AT/OT/PT concentration should speak with an advisor in the PEES department regarding the specific electives required to meet the Pre-