Major/Program	Fitness & Wellness
College	Education
Department	Physical Education/Exercise Science
Contact	Sarah Hunt-Barron, Dean
2023-2024	

* FALS Requirement Temporarily Suspended

Lander University 4-Year Major Guide

Total Hours Required:

	F	irst Semester		Se	econd Semester		TOTALS
	Course	Notes	Hours	Course	Notes	Hours	
_	ENGL 101	Core Academic Skills (General Education	tio. 3	ENGL 102	Core Academic Skills (General Education)	3	
ear	General Education	Humanities and Fine Arts	3	General Education	Behavioral and Social Perspectives	3	
٣	General Education	Behavioral and Social Perspectives	3	General Education	Humanities and Fine Arts	3	
_ _	Laboratory Science	Scientific and Mathematical Reasoning	-	Mathematics	Core Academic Skills (General Education)	3	
Ś	Laboratory Ocience	(General Education)	•	Wathematics	,	J	
First Y	LINK 101	LINK 101	1	PEES 219		3	
_	PEES 175		2				
							Yearly Totals
		Subtota	al 16		Subtota	l 15	→ 31
	F	irst Semester		Se	econd Semester		
	Course	Notes	Hours	Course	Notes	Hours	
	Elective		3	Elective		3	
늘	Elective		3	Elective		3	
Year	HIST 111R,	Founding Documents (General	3	General Education	World Cultures	3	
×	HIST 112R, or	Education)					
	POLS 101R						
Ĕ	PEES 100-level activity	100-Level Sport/Fitness	1	MATH 211	Scientific and Mathematical Reasoning	3	
Ö	•				(General Education)		
Second	PEES 210		4	PEES 202		3	
	PEES 283		1				
							Yearly Totals
		Subtota	al 15		Subtota	15	→ 30
	E:	iret Samastar		Se	cond Samester		
		irst Semester	Hours		econd Semester	Hours	
	Course	irst Semester Notes	Hours	Course	econd Semester Notes	Hours	
	Course Elective	Notes	3	Course Elective		3	
ar	Course			Course			
ear	Course Elective PEES 100-level activity	Notes	3 1	Course Elective Elective		3 3	
Year	Course Elective PEES 100-level activity PEES 144	Notes	3 1	Course Elective Elective	Notes	3 3	
rd Year	Course Elective PEES 100-level activity	Notes	3 1	Course Elective Elective		3 3	
hird Year	Course Elective PEES 100-level activity PEES 144	Notes	3 1	Course Elective Elective	Notes	3 3	
Third Year	Course Elective PEES 100-level activity PEES 144 PEES 199	Notes	3 1 1 2	Course Elective Elective Elective PEES 100-level activity	Notes	3 3 1	
Third Year	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308	Notes	3 1 1 2 3	Course Elective Elective Elective PEES 100-level activity PEES 326 or PUBH 236	Notes	3 3 1 3	Yearly Totals
Third Year	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308	Notes	3 1 1 2 3 4	Course Elective Elective Elective PEES 100-level activity PEES 326 or PUBH 236	Notes	3 3 1 3 3 3	Yearly Totals → 30
Third Year	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311	Notes 100-Level Sport/Fitness Subtota	3 1 1 2 3 4	Course Elective Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405	Notes 100-Level Sport/Fitness Subtota	3 3 1 3 3 3	
Third Year	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311	Notes 100-Level Sport/Fitness Subtot:	3 1 1 2 3 4	Course Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405	Notes 100-Level Sport/Fitness Subtota	3 3 1 3 1 3 3	
Third Year	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311	Notes 100-Level Sport/Fitness Subtota	3 1 1 2 3 4 Hours	Course Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405	Notes 100-Level Sport/Fitness Subtota	3 3 1 1 3 3 1 16 -	
	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311 F Course Elective	Notes 100-Level Sport/Fitness Subtot:	3 1 2 3 4 4 A 14 Hours 3	Course Elective Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405 Se Course Elective	Notes 100-Level Sport/Fitness Subtota	3 3 1 1 3 3 1 16 -	
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	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311 F Course Elective	Notes 100-Level Sport/Fitness Subtot:	3 1 2 3 4 4 A 14 Hours 3	Course Elective Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405 Se Course Elective	Notes 100-Level Sport/Fitness Subtota	3 3 1 1 3 3 1 16 -	
	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311 F Course Elective Elective	Notes 100-Level Sport/Fitness Subtot:	3 1 1 2 3 4 al 14 Hours 3 3	Course Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405 Se Course Elective Elective	Notes 100-Level Sport/Fitness Subtota	3 3 1 3 3 3 1 16	
	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311 F Course Elective Elective Elective Elective PEES 100-level activity	Notes 100-Level Sport/Fitness Subtota irst Semester Notes	3 1 1 2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Course Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405 Se Course Elective PEES 300 or PEES 424 PEES 491	Notes 100-Level Sport/Fitness Subtota	3 3 1 1 3 3 1 16 -	
	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311 F Course Elective Elective Elective PEES 100-level activity PEES 402	Notes 100-Level Sport/Fitness Subtota irst Semester Notes	3 1 1 2 3 4 al 14 Hours 3 3 1 1 3	Course Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405 Se Course Elective Elective PEES 300 or PEES 424 PEES 491 PEES 499	Notes 100-Level Sport/Fitness Subtota econd Semester Notes	3 3 1 3 1 3 3 1 16 Hours 3 3 3 1	
Fourth Year Third Year	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311 F Course Elective Elective Elective Elective PEES 100-level activity	Notes 100-Level Sport/Fitness Subtota irst Semester Notes	3 1 1 2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Course Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405 Se Course Elective PEES 300 or PEES 424 PEES 491	Notes 100-Level Sport/Fitness Subtota	3 3 1 1 3 3 1 16 -	30
	Course Elective PEES 100-level activity PEES 144 PEES 199 PEES 308 PEES 311 F Course Elective Elective Elective PEES 100-level activity PEES 402	Notes 100-Level Sport/Fitness Subtota irst Semester Notes	3 1 1 2 3 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	Course Elective Elective PEES 100-level activity PEES 326 or PUBH 236 PEES 405 Se Course Elective Elective PEES 300 or PEES 424 PEES 491 PEES 499	Notes 100-Level Sport/Fitness Subtota econd Semester Notes	3 3 1 3 3 1 16 Hours 3 3 3 3 1 0	