

Major/Program	Exercise Science
College	Education
Department	Physical Education/Exercise Studies
Contact	Judi Neufeld, Dean

2017-2018

Lander University 4-Year Major Guide

	First Semester			Second Semester			TOTALS
	Course	Notes	Hours	Course	Notes	Hours	
First Year	ENGL 101	<i>Writing (General Educ.)</i>	3	ENGL 102	<i>Writing (General Educ.)</i>	3	
	¹ BIOL 101 or BIOL 111	<i>Lab. Sci. (General Educ.)</i>	4	*PEES 219		3	
	Foreign Language	<i>University Requirement</i>	3	Foreign Language	<i>University Requirement</i>	3	
	*PEES 175	<i>Wellness (Gen. Educ.)</i>	2	*Mathematics	<i>General Education</i>	3	
	¹ Behavioral Science	<i>General Education</i>	3	Fine Arts	<i>General Education</i>	3	
	LINK 101	<i>University Requirement</i>	1	PEES 176	<i>Wellness (Gen. Educ.)</i>	1	
	Subtotal			Subtotal			Yearly Totals
	16			16			32
Second Year	First Semester			Second Semester			
	Course	Notes	Hours	Course	Notes	Hours	
	CIS 101		3	*PEES 210 or ¹ BIOL 202		4	
	History	<i>General Education</i>	3	PEES 283		1	
	Laboratory Science	<i>General Education</i>	4	PEES 202		3	
	Literature	<i>General Education</i>	3	PEES 144		1	
² Elective		3	Political Economy	<i>General Education</i>	3		
	Subtotal			Subtotal			Yearly Totals
	16			15			31
Third Year	First Semester			Second Semester			
	Course	Notes	Hours	Course	Notes	Hours	
	PEES 311		4	PEES 326		3	
	PEES 310		3	PEES 362		3	
	SPCH 101		3	² Elective		2	
	MATH 211	<i>Logic & Analytical Thought (General Education)</i>	3	Global Issues / Nonwestern Studies	<i>General Education</i>	3	
² Elective		2	² Elective		3		
	Subtotal			Subtotal			Yearly Totals
	15			15			30
Fourth Year	First Semester			Second Semester			
	Course	Notes	Hours	Course	Notes	Hours	
	PEES 341		3	PEES 491		3	
	PEES 490		3	PEES 402		3	
	PEES 330		3	PEES 406		3	
	PEES 308		3	PEES 499		1	
² Elective		3	² Elective		3		
	Subtotal			Subtotal			Yearly Totals
	15			15			30

Additional Requirements: CPR/FA card

Total Hours Required: 123

*Prerequisite courses for admission into Level II of the Exercise Science Program, along with minimum cumulative Lander GPA of 2.75

¹Students following the Physical Therapy/Occupational Therapy concentration should take PSYC 101, MATH 121, BIOL 111, and BIOL 202. Students not following the PT/OT concentration may take any general education course that satisfies each of the general education requirements for the University and may take either PEES 210 or BIOL 202 for the core requirement.

²Students following the PT/OT concentration should speak with an advisor regarding the specific electives required to meet graduate school Physical Therapy or Occupational Therapy prerequisites.