

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

2019-2020

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	
	'Lab Science	Scientific and Mathematical Reasoning (General Education)	4	PEES 219		3	
	Foreign Language	Core Academic Skills (General Education)	3	General Education	Behavioral and Social Perspectives (General Education)	3	
	PEES 175	General Education Elective	2	'Mathematics	Core Academic Skills (General Education)	3	
	'General Education	'Behavioral and Social Perspectives (General Education)	3	General Education	Humanities and Fine Arts (General Education)	3	
	LINK 101	Core Academic Skills (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	PEES 210 or 'BIOL 202		4	
	General Education	Humanities and Fine Arts (General Education)	3	PEES 283		1	
	General Education Elective	General Education	3	PEES 202		3	
	Elective		3	PEES 176	General Education Elective	1	
Elective		3	Elective		3		
General Education Elective	General Education	1	Elective		3		
	Subtotal		16	Subtotal		15	Yearly Totals 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	General Education	Δ Global Issues and Cultures	3	
	MATH 211	Scientific and Mathematical Reasoning (General Education)	3	Elective		3	
PEES 144		1	Elective		3		
	Subtotal		14	Subtotal		16	Yearly Totals 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	
Elective		3	Elective		3		
Elective		1	PEES 100-level activity		1		
	Subtotal		16	Subtotal		14	Yearly Totals 30

Additional Requirements: CPR/FA card

Total Hours Required: 122

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

'Students 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.

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