# RECOMMENDED FOUR YEAR SEQUENCE FOR

## PHYSICAL EDUCATION/HEALTH/COACHING PATTERN

### FRESHMAN FALL
- Truman Week Program: 1.0
- Foreign Language (I) Requirement: 3.0
- **Biol 107** Introductory Biology I (Life Science Mode): 4.0
- ENG 190 Writing as Critical Thinking: 3.0
- ES 190 Foundations of Exercise Science: 3.0
- HLTH 195 Lifetime Health & Fitness (Personal Well-Being): 1.5
- HLTH 196 Lifetime Physical Activity (Personal Well-Being): *0.0*

**SEMESTER TOTAL:** 16.0

### FRESHMAN SPRING
- Foreign Language (II) Requirement: 3.0
- MATH 194 (Mathematical Mode): 3.0
- COMM 170 Public Speaking: *0.0*
- ES 192 Microcomputer Applications: 2.0
- ES 232 Sport Management: 3.0
- ~ Pattern: HLTH 255 Intro To Comm & Public Hlth: 3.0

**SEMESTER TOTAL:** 16.0 **SEMMESTER TOTAL:** 17.0

### SOPHOMORE FALL
- Mode of Inquiry Requirement: 3.0
- ES 270 Research Methods in Exercise Science: 2.0
- ~ Pattern: HLTH 361 Mental Health: 3.0
- Pattern: ES 235 Physical Activities for the Young Child: 2.0
- Pattern: ES 236 Creative Movement for Children: 1.0
- STAT 190 Basic Statistics: 3.0

**SEMESTER TOTAL:** 14.0 **SEMESTER TOTAL:** 16.0

### SOPHOMORE SPRING
- ~ ES 247 Data Interpretation: 2.0
- ~ ES 342 Concepts of Biomechanics: 3.0
- HLTH 150 Nutrition in Health & Wellness: 3.0
- ~ Pattern: HLTH 260 Human Sexuality: 3.0
- PSYC 166 General Psychology (Social Scientific Mode): 3.0
- Pattern: ES 3xx Theory of Coaching Course (1 of 2): 1.0
- Pattern: ED 389 Foundations of Education: 2.0
  *(also offered as summer online course)*

**SEMESTER TOTAL:** 17.0

### JUNIOR FALL
- Mode of Inquiry Requirement: 3.0
- BIOL 365 Human Anatomy: 3.0
- BIOL 365 Human Anatomy Lab: 1.0
- ~ ES 334 Physiological Assessment: 3.0
- ~ ES 345 Introduction to Exercise Physiology: 3.0
- ~ ES 450 Professional Issues in Exercise Science: 1.0
- Pattern: ES 430 Principles of Coaching (odd years only): 2.0

**SEMESTER TOTAL:** 16.0

### JUNIOR SPRING
- Interdisciplinary WE Junior Seminar (JINS): 3.0
- ES 186 Outdoor Venture Activities (Individual Activity): 0.5
- ~ BIOL 325 Human Physiology: 4.0
- ~ Pattern: HLTH 245 Substance Abuse Prevention: 3.0
- ~ Pattern: ED 393 Clinical Experiences in Teaching: 3.0
- Mode of Inquiry Requirement: 3.0
- □ Take GRE if planning to apply to MAE next fall semester

**SEMESTER TOTAL:** 17.0

### SENIOR FALL
- ES 179 Outdoor Activities: 0.5
- ~ ES 344 Lifespan Motor Development: 3.0
- ~ ES 503 Exercise & Sport Psychology (WE): 3.0
- HIST 298 American Institutional History (MO Statute): 1.0
- ~ Pattern: ED 593 Psychological Foundations of Ed.: 3.0
- Intercultural Perspective Requirement: 3.0
- ES 45X: Applied Movement Analysis Course: 1.0
- ~ ES 456: Concepts of Aquatics: 1.0

**SEMESTER TOTAL:** 15.5

### SENIOR SPRING
- Mode of Inquiry Requirement: 3.0
- ~ ES 343 Motor Learning and Control: 2.0
- ~ ES 343 Motor Learning and Control Lab (WE): 1.0
- ~ ES 431 Injury Care of Active People: 2.0
- Pattern: ES 3xx Theory of Coaching Course (2 of 2): 1.0
- Pattern: ES 348 Adapted Physical Education: 2.0
- ~ Pattern: HLTH 455 School Health Programs: 3.0
- ~ ES 455: Applied Movement Analysis-Gymnastics: 1.0
- ES 502G Social Problems in Sport: *optional for UG-req for MAE*
- □ Take HFI (Senior Test)

**SEMESTER TOTAL:** 16.5

**Total Required Hours:** 124 - 129.0

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**Notes:**
All students must complete 7 of the 8 Modes of Inquiry: Exercise Science Physical Education/Health/Coaching students are specifically required to complete BIOL 107 (Life Science Mode), PSYC 166 (Social Scientific Mode), and MATH 194 (Mathematical Mode) to fulfill Required Support. Students who desire to prepare further for Calculus or who were not placed in MATH 194 must first complete the Elementary Functions requirement by completing MATH 186 (or) MATH 156 & 157. The Writing Enhanced (WE) course requirements are met by completing ENG 190 Writing as Critical Thinking *(Social Scientific Mode)*, and MATH 194 *(Life Science Mode)*, in addition to the Elementary Functions requirement. Truman Week Program is offered during the summer and can be taken beginning sophomore year with a 2.75 GPA. ED 389 is offered as an online course in the summer and can be taken beginning sophomore year with a 2.75 GPA. ED 393 is offered in the May Interim as an alternative to fall and spring semesters.

**COMM 170 test-out procedure is available on the following website:** http://rcp.truman.edu/speechtestout.htm. Students who earn varsity sport credit may use this credit in place of HLTH 196 (activity only).

**Indicates a course with pre-requisite(s). See catalog or pre-requisite list. Underlined courses indicate those that are offered fall only, spring only, or summer only. Courses in **bold** require students to be officially declared in the PE/Health/Coaching pattern in order to enroll. Students may check with the HES Office to verify pattern.

**This document reflects the recommended 4-year sequencing of courses specifically required for the Physical Education/Health/Coaching pattern. Students in this pattern are not required to complete ES 370 Field Experience in Exercise Science. Students may take up to 6 hours graduate credit (as an undergraduate) before acceptance into the MAE Program. Students who plan to graduate in May should apply to the MAE Program by September 15; those who plan to graduate in December should do so by February 15.