

PE: Health & Exercise Science

Bachelor of Science

If you want to be a part of the solution to improve health, fitness and quality of life for youth and adults, you should consider a major in health, physical education or recreation. Many students in this major pursue a career as fitness instructors. Fitness instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercise, strength training, and stretching. They work in commercial and nonprofit health clubs, country clubs, hospitals, universities, yoga and Pilates studios, resorts, and clients' homes. Increasingly, fitness workers also are found in workplaces, where they organize and direct health and fitness programs for employees of all ages.*

*Occupational Outlook Handbook

MWSU Health, Physical Education, Recreation Department

Students who major in the Department of Health, Physical Education and Recreation can expect to participate in a wide variety of experiences that go beyond their classroom work. They can also expect professors from a broad range of backgrounds and experiences who care about them and want to help them reach their career goals. Students are challenged to be actively engaged in the learning process, to develop practical application of skills and

knowledge learned in their classes and develop critical thinking skills.

Students in the Health, Physical Education and Recreation Department gain practical experience that prepares them for their careers or graduate school. Upon graduation, they are prepared to plan, lead, organize and promote a variety of events and activities.

Career Opportunities

Careers in health, physical education and recreation offer opportunities for you to help youth and adults improve their health and help them explore fulfilling recreational activities. This field is always changing and improving.

Students who choose the Health and Exercise Science option have career options in private fitness specialization, corporate wellness programming, health clubs and hospital-based cardiac and pulmonary rehabilitation. Graduates have pursued master's degrees in administration, physical education or health. Students with Health and Exercise Science degrees have furthered their studies to earn degrees in physical therapy or nursing.

Admission Requirements

Health and Exercise Science:
A cumulative 2.5 GPA in three prerequisite courses.

Physical Education Teaching Certification:

2.5 GPA, pass the CBASE with a 235 in each area, and have an ACT score on file.

Recreation Sport Management:
Minimum cumulative GPA of 2.2 and 18 or higher ACT score.

Contact Information

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Did you know?

Each year, department majors coordinate two fundraisers: Hoops for Heart and Jump Rope for Heart, with hundreds of school-aged children participating. The department was asked to present a workshop on planning these two events at a national convention.

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This is the preferred sequence of classes for this degree at Missouri Western State University. Your schedule may vary depending on required developmental coursework, transfer credit, or other individual cases.

Freshman Year – First Semester

<i>Course</i>	<i>Hours</i>
GED 131 – Griffon Edge	1
MAT 110 – Contemporary Problem Solving	3
ENG 104 – College Writing/Rhetoric	3
PED 191 – Foundations of Physical Education	3
BIO 101 – Principles of Biology	5
Semester Total	16

Freshman Year – Second Semester

<i>Course</i>	<i>Hours</i>
PSY 101 – General Psychology	3
COM 104 – Oral Communications	3
PED 101 – Fitness & Wellness	3
ALH 106 – Medical Terminology	2
ENG 108 – College Writing/Research	3
Semester Total	14

Sophomore Year – First Semester

<i>Course</i>	<i>Hours</i>
Lifetime Sports PE Activity	1
General Studies Humanities	3
General Studies Social Science	3
BIO 250 – Anatomy & Physiology	5
PSY 220 – Health Psych./Stress Management	3
Semester Total	15

Sophomore Year – Second Semester

<i>Course</i>	<i>Hours</i>
Elective	3
ALH 352 – Applied Nutrition	2
PED 305/306 – First Aid OR Sport Safety Training	2
CHE 104 – Fundamentals of Chemistry	5
General Studies Social Science	3
Semester Total	15

Junior Year – First Semester

<i>Course</i>	<i>Hours</i>
Elective	3
PED 374 – Psychology of Sport	2
PED 317/318 – Principles of Strength Training & Conditioning OR Principles of Aerobic Training	3
RSM 325 – Recreation Law for the Practitioner	2
PED 304 – Physiology of Exercise	3
PED 393 – Measurement in Physical Education	3
Semester Total	15

Junior Year – Second Semester

<i>Course</i>	<i>Hours</i>
Elective	3
General Studies Humanities	3
PED 394 – Drug Education	2
PED 401 – Graded Exercise Testing	3
PED 303 – Kinesiology	3
PED 385 – Principles of Athletic Training	2
Semester Total	16

Junior Year – Summer Session

PED 480 – Practicum in Physical Education	2
Semester Total	2

Senior Year – First Semester

<i>Course</i>	<i>Hours</i>
PED Electives	9
PED 388 – Community Health	2
PED 451 – Research in Health & Exercise Science	3
Semester Total	14

Senior Year – Second Semester

<i>Course</i>	<i>Hours</i>
Elective	3
PED 391 – Personal/Environmental Health	3
PED 430 – Field Experience	9
Semester Total	15

Comments: Students must have a cumulative 2.5 GPA in the following courses: PED 191 or PTA 100, BIO 250, and PED 101 for admission to the program and earn a C or better in all courses in the major. Graduating students are strongly encouraged to have one of the following: certification or application for certification as a Health Fitness Instructor or higher from NSCA, Athletic Trainer from the NATA, Personal Trainer or higher from the NSCA, Club Coach or higher from USWF, or other certifications cleared by the Department via petition or acceptance into an accredited graduate program.

*PED 481 is only offered during the summer and may be taken at any time throughout the program.

*PED 401 should be taken in the junior year and PED 451 should be taken in the senior year.