

**2006-2007 SAMPLE CURRICULUM:** It may not be necessary to take these courses in the order given. Please consult your advisor about the course selections.

		FALL	WINTER	SPRING	
<b>FIRST YEAR</b>	Orientation Seminar (UNST 101)	1	-	-	
	College Writing (ENGL 111, 112, 113)	3	3	3	
	Theme III: Religious Beliefs and Practice	4	-	-	
	Growing Up in America (SSCI 104) OR Identity and Society (SSCI 105) OR Childhood in Global Perspective (SSCI 106)	-	-	4	
	Modern Language through Intermediate Level (101, 102, 103)	4	4	4	
	Lifetime Fitness (PEAC 120)	-	2	-	
	College Algebra (MATH 121)	-	4	-	
	* Dimensions of Health (HLED 214)	4	-	-	
	* Intro to Athletic Training (HLED 215)	-	3	-	
	* Lifeguarding (PEAC 108) & Water Safety (PEAC 109)	-	-	2	
	* Individual Activities I (PEAC 290) (3 units required)	-	-	3	
		<hr/>	17.0	16.0	16.0
	<b>SECOND YEAR</b>	* Individual Activities II (PEAC 291) (3 units required)	-	3	-
* Technique and Theory (PETH 301, 302, 303)		3	3	3	
* Elementary School Physical Education (PETH 384)		-	-	3	
** Human Anatomy & Physiology (BIOL 131,132) Theme IA: Understanding Human Beings OR National and Global Citizenship		-	5	5	
Theme IIA: Arts Appreciation or History		4	-	-	
Theme III: Religious Beliefs and Practice		-	-	4	
Modern Language through Intermediate Level (201)		4	-	-	
Exploring American Culture through Literature (HUMN 204) OR Expl. Amer. Culture through Visual and Perf. Arts (HUMN 205)		4	-	-	
Teaching in the Multicultural Classroom (EDCI 204)		-	4	-	
		<hr/>	15.0	15.0	18.0
<b>THIRD YEAR</b>		* Exercise Physiology (HLED 426)	4	-	-
	* Measurement & Evaluation (HLED 429)	-	4	-	
	* Technique and Theory (PETH 304, 305, 306)	3	3	3	
	* Management of Physical Education & Sport (PETH 408)	-	4	-	
	* Principles of Coaching (PETH 414)	2	-	-	
	* Motor Learning (PETH 427) (Meets Upper Division Rhetorical Course)	-	-	4	
	* Practicum in Coaching (PETH 485)	-	2	-	
	* Movement in Cultural Perspective (PETH 418C) (Meets Upper Division Rhetorical Course)	-	4	-	
	Theme IVB: Physical Science (PHYS 117 recommended)	-	-	4	
	Adventism in Global Perspective (RLGN 304) OR Religion in Three Cultures (RLGN 305)	-	-	4	
	Theme IIB: Historical or Contemporary Culture and Context	4	-	-	
	Electives	3	-	-	
		<hr/>	16.0	17.0	15.0
<b>FOURTH YEAR</b>	* Physiological Assessment and Exercise Prescription (HLED 444)	-	-	3	
	* Special Education (PETH 344)	2	-	-	
	* Biomechanics (PETH 424)	-	-	4	
	Theme III: Religious Beliefs and Practice	4	-	-	
	Scientific Foundations: Choose one course from the following: NSCI 404, 405, 406, 407	4	-	-	
	Religious, Moral & Social Aspects of Exercise Science (UNST 404G)	-	4	-	
	Electives to complete 190 quarter units	8	8	8	
		<hr/>	14.0	16.0	15.0
	* Major Requirements				
	** Cognate Requirements				

**TEACHING CREDENTIALS:** EDCI 204 - Teaching in the Multicultural Classroom; EDCI 414 - Language & Literacy; EDCI 430 - Secondary Theory & Practice; EDCI 457 - Student Teaching in the Secondary School; EDFO 305 - Psychological Foundations of Education; EDFO 404 - Philosophy of Christian Education. *Take recommended religion classes for SDA credential.*

**EXERCISE SCIENCE**  
*Concentration in Physical Education*  
*B.S. Degree*

**CAREER OPPORTUNITIES AND RELATED OCCUPATIONS:** Graduates from this program are qualified to teach P.E. at the high school level, work in an industry that has a physical fitness program—YMCA, YWCA, Jewish Centers—research, dean’s work, physical fitness program, or recreational directors.

**EDUCATIONAL QUALIFICATIONS:** An additional year beyond the B.S. degree is needed to obtain credentials. Graduate training is needed for college teaching.

**JOB OUTLOOK:** Employment of coaches and related workers is expected to increase faster than the average for all occupations through the year 2014. Employment will grow as the general public continues to participate in organized sports for entertainment, recreation, and physical conditioning.

**ENTERING SALARY:** In 2005, the average entering salaries for credentialed teachers in the Inland Empire begin at **\$39,618**. Those with a Master's degree and more experience average about **\$70,000** a year.

**SOURCES OF  
ADDITIONAL  
INFORMATION**

*Websites:*

**La Sierra University**  
<http://www.lasierra.edu/>

*Department Contacts:*

**Chairperson:**  
Robert Thomas

**Advisors:**

Jennifer Gless  
Roger McFarland  
Robert Thomas

**Location:**

HESA Trailer  
951-785-2084

*Professional Organizations:*

American Alliance for Health,  
Physical Education,  
Recreation & Dance  
1900 Association Drive  
Reston, VA 22091  
**<http://www.aahperd.org>**

American Federation of Teachers  
Public Relations Department  
555 New Jersey Avenue, NW  
Washington, D.C. 20001

American Council on Exercise  
5820 Oberlin Dr., Ste. 102  
San Diego, CA 92121-3787  
**<http://www.acefitness.org>**

Academic Advising  
Administration Building  
Room 206  
(951) 785-2951

**LA SIERRA  
UNIVERSITY**