

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
FIRST YEAR	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
	Lifetime Fitness (PEAC 120)	-	2	-
	College Algebra (MATH 121)	4	-	-
	* Dimensions of Health (HLED 214)	-	-	4
	* Intro to Athletic Training (HLED 215)	-	3	-
	* General Chemistry (CHEM 111, 112, 113 & Labs)	5	5	5
	# Calculus I (MATH 131)	-	4	-
	17.0	17.0	16.0	
SECOND YEAR	##*General Biology (BIOL 111, 112, 113 & Labs)	5	5	5
	##*Organic Chemistry (CHEM 371, 372, 373 & Labs)	4	4	4
	Theme IIA: Arts Appreciation or History	-	-	4
	Theme III: Religious Beliefs and Practice	4	-	-
	Modern Language through Intermediate Level (101, 102, 103)	4	4	4
	Exploring American Culture through Literature (HUMN 204) OR Expl. Amer. Culture through Visual and Perf. Arts (HUMN 205)	-	4	-
	17.0	17.0	17.0	
THIRD YEAR	* Physiological Assessment and Exercise Prescription (HLED 444)	-	-	3
	# General Physics (PHYS 231, 232, 233 & Labs)	5	5	5
	Human Anatomy and Physiology (BIOL 131, 132 & Lab) (Pre-requisite for HLED 426)	-	5	5
	Upper Division Rhetorical Course (This requirement met by PETH 418C OR PETH 427)	-	-	(4)
	Adventism in Global Perspective (RLGN 304) OR Religion in Three Cultures (RLGN 305)	4	-	-
	Theme IA: Understanding Human Beings OR National and Global Citizenship	-	-	4
	Theme IIB: Historical or Contemporary Culture and Context	4	-	-
	Modern Language through Intermediate Level (201)	4	-	-
	Electives	-	6	-
	17.0	16.0	17.0	
FOURTH YEAR	* Exercise Physiology (HLED 426)	4	-	-
	* Measurement and Evaluation (HLED 429)	-	2	-
	* Special Education (PETH 344)	2	-	-
	* Major Electives: Select 3 courses from HLED 225, 415, 467; PETH 408, 418C, 424, 427	4	4	4
	Scientific Foundations: Choose one course from the following: NSCI 404, 405, 406, 407	4	-	-
	Theme III: Religious Beliefs and Practice	-	-	4
	Religious, Moral & Social Aspects of Exercise Science (UNST 404G)	-	4	-
	Electives to complete 190 quarter units (Science Courses Recommended)	4	-	8
	14.0	14.0	14.0	
	* Major Requirements	# Pre-Med./Dent. Requirements		

EXERCISE SCIENCE

Concentration in Scientific Basis

B.S. Degree

Pre-Medicine/Pre-Dentistry Program

This program has been specifically designed for the pre-medical or pre-dental student who enjoys the study of Physical Education and wishes to have the enriching benefit of a liberal arts education.

According to the Association of American Medical Colleges, health professionals must become "informed participants in contemporary society" through an "understanding of its literature, politics, history and economics." Students preparing for medical careers should be encouraged to "make the pursuit of scholarly endeavor and the development of effective writing skills integral features of baccalaureate education." Such education will help students "to develop the values and attitudes essential for members of a caring profession, and to contribute to society of which they are a part."

CAREER OPPORTUNITIES AND RELATED OCCUPATIONS: Graduates from this program may use this as a basis for pre-medicine or pre-dentistry. This program may also be used as a basis to qualify for work in an industry that has a physical fitness program—YMCA, YWCA—research, dean's work, or physical fitness programs in hospitals.

SOURCES OF ADDITIONAL INFORMATION

Websites:

La Sierra University

<http://www.lasierra.edu/>

Department Contacts:

Chairperson:

Robert Thomas

Advisors:

Roger McFarland

Robert Thomas

Location:

HESA Trailer

951-785-2084

Pre-Professional Coordinator:

Becky Connell; bconnell@lasierra.edu

Palmer Hall Room 242A

951-785-2490

Professional Organizations:

American Alliance for Health,

Physical Education,

Recreation & Dance

1900 Association Drive

Reston, VA 22091

<http://www.aahperd.org>

Loma Linda University

School of Medicine & Dentistry

Loma Linda, CA 92350

American College of Sports Medicine

401 West Michigan Street

Indianapolis, IN 46202

317-637-9200

<http://www.acsm.org>

Academic Advising

Administration Building

Room 206

(951) 785-2951

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