

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
	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
	* Human Anatomy & Physiology (BIOL 131,132)	5	5	-
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	17.0	16.0	17.0	
SECOND YEAR	* Intro to Athletic Training (HLED 215)	-	3	-
	* Major Electives: Select 3 courses from HLED 225, 415, 467, PETH 408, 418C, 424, 427	4	4	4
	* General Biology OR General Chemistry OR General Physics: BIOL 111, 112, 113 & Labs; OR CHEM 111, 112, 113 & Labs; OR PHYS 231, 232, 233 & Labs	5	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	-
	Electives	4	-	-
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		17.0	16.0	17.0
THIRD YEAR	* Exercise Physiology (HLED 426)	4	-	-
	* Physiological Assessment and Exercise Prescription (HLED 444)	-	-	3
	* Measurement & Evaluation (HLED 429)	-	2	-
	* Major Electives to complete 66 units	4	3	4
	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	-	-
	Electives	4	6	4
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	16.0	15.0	15.0	
FOURTH YEAR	* Special Education (PETH 344)	2	-	-
	Theme III: Religious Beliefs and Practice	-	-	4
	Scientific Foundations: Choose one course from the following: NSCI 404, 405, 406, 407	4	-	-
	Theme IVB: Physical Science	-	4	-
	Religious, Moral & Social Aspects of Exercise Science (UNST 404G)	-	4	-
	Electives to complete 190 quarter units	12	4	10
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	14.0	16.0	14.0	
* Major Requirements				

EXERCISE SCIENCE

Concentration in Scientific Basis
B.S. Degree

CAREER OPPORTUNITIES AND RELATED OCCUPATIONS: Graduates from this program are qualified to work in an industry that has a physical fitness program—YMCA, YWCA, Jewish Centers—research, dean’s work, or physical fitness programs in hospitals or private clubs.

EDUCATIONAL QUALIFICATIONS: Graduate training is needed for college teaching.

JOB OUTLOOK: Employment of athletes, coaches, umpires, 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: The National Association of Colleges and Employers for Spring 2006, reports that the national entering wage level average for those with a Bachelor's degree in the Health and Related Sciences was **\$36,395** per year.

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

Professional Organizations:

American Alliance for Health,

Physical Education,

Recreation & Dance

1900 Association Drive

Reston, VA 22091

<http://www.aahperd.org>

American Council on Exercise

5820 Oberlin Dr., Ste. 102

San Diego, CA 92121-3787

<http://www.acefitness.org>

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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