

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	-	-	
	* Intro to Athletic Training (HLED 215)	-	3	-	
	* Lifeguarding (PEAC 108) & Water Safety (PEAC 109)	-	-	2	
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		16.0	14.0	15.0	
	SECOND YEAR	* Nutrition Theory & Practice (HLED 225)	-	4	-
		* Special Education (PETH 344)	2	-	-
* Aerobic Rhythm I (PEAC 183)		-	0.5	-	
* Weight Training I (PEAC 112)		0.5	-	-	
* Major Electives: <i>consult with advisor</i>		-	2	4	
* Financial Accounting (ACCT 211)		4	-	-	
* Human Anatomy & Physiology (BIOL 131,132)		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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		15.5	15.5	16.0	
THIRD YEAR	*Exercise Physiology (HLED 426)	4	-	-	
	* Physiological Assessment and Exercise Prescription (HLED 444)	-	-	3	
	* Management of Physical Education & Sport (PETH 408)	-	4	-	
	* Major Electives to complete 64 units	4	2	-	
	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	12	5	
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		16.0	18.0	16.0	
	FOURTH YEAR	* Major Electives: <i>to complete 64 units</i>	-	-	3
		* Management & Organizational Behavior (MGMT 304)	4	-	-
		* Marketing Principles (MKTG 305)	4	-	-
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		8	4	9	
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		16.0	16.0	16.0	
* Major Requirements					

EXERCISE SCIENCE
Concentration in Wellness Management
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 program 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 reports that the entering wage level for new graduates with a Bachelor's degree in Health and Related Sciences in Spring of 2006 was **\$39,395** per year.

**SOURCES OF
ADDITIONAL
INFORMATION**

Websites:

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

Department Contacts:

Chairperson:
Robert Thomas

Advisor:

Roger McFarland

Location:

Physical Education Trailer
951-785-2084

Professional Organizations:

American Alliance for Health,
Physical Education,
Recreation & Dance
1900 Association Drive
Reston, VA 22091

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>

National Strength & Conditioning
Association
1885 Bob Johnson Dr.
Colorado Springs, Co 80906
1-800-815-6826
<http://www.nasca-lift.org>

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

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