

EXERCISE SCIENCE: WELLNESS MANAGEMENT

B.S. Degree

Approved by Department. Last updated 7/1/09

2009-2010 CURRICULUM CHECK SHEET is a guide to the requirements of this major. **It is NOT necessary to take these courses in the order given**. Please consult the online Bulletin for specific details (http://www.lasierra.edu/academics/bulletin).

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		FALL	WINTER	SPRING
FIRST	★ Dimensions of Health (HLED 214)(4 units) Meets Theme IB			
YEAR	★ Intro to Atheletic Training (HLED 215)(3 units)			
	* Lifeguarding (PEAC 108) & Water Safety (PEAC 109)(2 units)			
	* Individual Activities I (PEAC 290)(3 units)			
	First Year Seminar (UNST 101/100)(2-6 units)			
	College Writing (ENGL 111, 112, 113)(9 units) OR (ENGL 124)(4 units)	nits)	<u></u>	
	World Language Foundational Requirement (Proficiency through 153)		<u></u>	
	Lifetime Fitness (PEAC 120)(2 units)			
	Math Foundational Studies requirement MATH 121 (4 units)			
	Theme IC: Globalization, Identity, & Citizenship. Choose 1 course from:	:	·	
	SSCI 104, 105, 106, 107 (4 units)			
	Theme III: Religious Beliefs and Practice (4 units)			
SECOND	* Nutrition Theory & Practice (HLED 225)(4 units)			
YEAR	Special Education (PETH 344)(2 units)			
ILAK	Weight Training I (PEAC 112((0.5 unit))			
	Aerobic Rhythm I (PEAC 183)(0.5 unit)			
	Major Electives: consult with advisor (6 units)			
	Financial Accounting (ACCT 211)(4 units)			
	Human Anatomy & Physiology (BIOL 131,132)(10 units) Meets Theme	. 11/4		
	Theme IIA: History & Appreciation of Arts (4 units)	: IVA		
	Theme IIC: Exploring American Culture. Choose 1 course from:			
	HUMN 204, 205 (4 units)			
	Theme III: Religious Beliefs and Practice (4 units)			
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THIRD	* Exercise Physiology (HLED 426)(4 units)			
YEAR	* Physiological Assessment and Exercise Prescription (HLED 444)(3 unit			
	* Management of Physical Education & Sport (PETH 408)(4 units)			
	* Major Electives to complete 64 units (6 units)			
	* Upper Division Rhetorical Course (PETH 418C OR PETH 427)(4 ι	ınits)		
	(PETH 418 meets Theme IIB			
	Theme IA/B: Understanding Human Beings			
	OR National and Global Citizenship (4 units)			
	Theme IIB: Historical or Contemporary Culture and Context (4 units			
	Theme III: Religious Beliefs and Practice. Choose 1 course from:			
	RLGN 304, 305 (4 units)			
	Electives			
FOURTH	* Management & Organizational Behavior (MGMT 304)(4 units)			
YEAR	* Marketing Principles (MKTG 305)(4 units)			
	* Major Electives to complete 64 units (3 units)			
	Theme III: Religious Beliefs and Practice (4 units)			
	Must be in Scripture, Theme IIIC, unless previously taken			
	Theme IV B: Physical Science (4 units)			
	Theme IVC: Scientific Foundations: Choose one course from the fo	ollowing:		
	NSCI 404, 405, 406, 407 (4 units)	<i>9</i> .		
	Theme V: Religious, Moral & Social Aspects of Exercise Science (UNS	ST 404G) (4 units)		
	Electives to complete 190 quarter units	71 1010) (1 unus)		
	Electives to complete 170 quarter units			
	Major Requirements (69 units) ** Cognate Requirements			
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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 2008 was **\$41,330** per year.

SOURCES OF ADDITIONAL INFORMATION

Websites:

La Sierra University

http://www.lasierra.edu/

Department Contacts:

Chairperson:

Robert Thomas, Ed.D

Advisors:

William Andress, D.P.H. Robert Thomas, Ed.D.

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.nsca-lift.org

Academic Advising Center for Student Academic Success Sierra Vista Hall, Room 114

(951) 785-2452

