The Movement and Exercise Science major requires a minimum of 120 total hours to graduate. This total includes Liberal Arts Core requirements and the following specified major requirements, plus electives to complete the minimum of 120 hours.

Completion of this program prepares students for careers or further study in movement and exercise science or related areas but not for endorsement in K-12 school settings. To be admitted to this major a student must file an approved program of study with her/his advisor and have a C- or better in PEMES 2050 (420:050) Anatomy and Physiology of Human Movement. The student must maintain a cumulative 2.50 GPA in the major.

Required core:

**Athletic Training:**

- **AT 1018 (42T:018)** Prevention and Care of Athletic Injuries

**Physical Education:**

- **PEMES 2050 (420:050)** Anatomy and Physiology of Human Movement
- **PEMES 2053 (420:053)** Physical Activity and Nutrition for Health and Fitness
- **PEMES 2056 (420:056)** Introduction to Motor Behavior
- **PEMES 3121 (420:121)** Sociology and Psychology of Physical Activity
- **PEMES 3151 (420:151)** Introductory Biomechanics
- **PEMES 3153 (420:153)** Physiology of Exercise
- **PEMES 3162 (420:162)** Foundations of Human Movement Study

Physical Education (select a minimum of 6 hours from the following):

- **PEMES 3191 (420:191)** Senior Project
- **PEMES 3193 (420:193)** Research Experiences
- **PEMES 3197 (420:197)** Internship in Physical Education
- **PEMES 4194 (420:194)** Senior Thesis

Choose one of the following emphases:

**Emphasis 1 - Exercise Science:**

Physical Education:

- **PEMES 3155/5155 (420:155)** Exercise Physiology: Applications for Health and Human Performance
- **PEMES 3156 (420:156)** Fitness Assessment and Programming
PEMES 3157 (420:157)  Sports Nutrition

PEMES 3186 ("Studies in", 3 hrs.)

Emphasis 2 - Sport Psychology: **

Athletic Training:

AT 1019 (42T:019) Prevention and Care Laboratory

Physical Education:

PEMES 3122 (420:122) Psycho-Social Aspects of Competitive Sport

PEMES 3154 (420:154) Psychological Skills for Sport Participants

Physical Education (select a minimum of 6 hours from the following):

PEMES 2025 (420:025) Conditioning Theory and Practice

PEMES 3155/5155 (420:155g) Exercise Physiology: Applications for Health and Human Performance

PEMES 3156 (420:156) Fitness Assessment and Programming

PEMES 3186 ("Studies in", 1-6 hrs.)

Total Hours 39

* This emphasis prepares students with a broad background in exercise science with the ability to implement individual and group exercise and fitness programs, strength and power development, and as a preparation for graduate study in exercise science.

** This emphasis provides a broad education in sport psychology and is designed to prepare students interested in pursuing careers in coaching, youth sport, as a sport teaching professional, motivational trainer, or for advanced studies in coaching. Students in this emphasis are strongly encouraged to complete a coaching minor.