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Quality academic advising is a cornerstone responsibility of HPSH faculty members. The HPSH Advising Guide serves as a resource. Our advisees look to us to discuss their academic goals and plans. It is a dynamic process and as information changes and programs evolve, this guide may not reflect the current status of course offerings or university policy. Therefore, it may be necessary to solicit information from other sources. Members of the department of HPSH do make a difference in the lives of students when we take the time to provide quality advising!

Donna K. Palivec, Ed. D.

Professor/HPSH Chair

**Special Thanks to:**

Registrar Michelle Frenzel

Michelle provided the first Academic Guide utilized as a resource for this advising guide.

Advising Success Center Staff & Zachary Johnson:

Zachary & his staff provided advising information from the 2014-2015 Student Academic Guide and resources provided to faculty who participate in AAR.

# BEMIDJI STATE UNIVERSITY

## BEMIDJI STATE UNIVERSITY VISION

Bemidji State University is a catalyst for shaping the potential of those it serves, who, in turn, shape the worlds in which they live and work.

## BEMIDJI STATE UNIVERSITY MISSION

As northern Minnesota's university, we engage in new worlds of thought, embrace responsible citizenship, and educate for a future that can only be imagined.

## BEMIDJI STATE UNIVERSITY SIGNATURE THEMES

* International/multicultural understanding
* Civic engagement
* Environmental stewardship

# COLLEGE OF HEALTH SCIENCES AND HUMAN ECOLOGY

## CHSHE VISION

The College of Health Sciences and Human Ecology embraces a deep respect for the individual, a holistic approach to education, dedication to science and service, and a commitment to the betterment of communities.

## CHSHE MISSION

To excel in education, research and service.

# DEPARTMENT OF HUMAN PERFORMANCE, SPORT & HEALTH

## HPSH VISION

Graduates of BSU’s Department of Human Performance, Sport & Health will be recognized as competent and prepared professionals, empowered lifelong learners, responsible citizens, participants in regular physical activity, and advocates for programs in physical education, health and sport.

## HPSH MISSION

The Department of Human Performance, Sport & Health provides students with opportunities to excel through purposeful experiences resulting in skills for lifelong learning, skills for citizenship, and skills for work that include communication, use of technology, and appreciation of individual difference. Through our programs, students develop an appreciation of the contributions of physical activity and sport to health by developing personalized exercise programs.

## HPSH VALUES

The Department of Human Performance, Sport & Health believes that the following values should be our guiding principles in all we do.

Integrity

Respect

Excellence

Student-centered

Communication

## HPSH LEARNER VALUES AND ATTRIBUTES

We agreed that the following are values or attributes that are the focus of learning in our programs:

Responsibility

Integrity

Skillful

Critical thinking

Respect for individual differences

Communication

# BEMIDJI STATE UNIVERSITY COLLEGES AND DEPARTMENTS

Bemidji State University includes three colleges – the College of Arts and Sciences, the **College of Health Sciences and Human Ecology**, and the College of Business, Technology, & Communication. Additional programs are included in Integrative Programs.

Each college has departments or major programs. A major is your area of study or discipline. For example, English is a major department within the College of Arts and Sciences. A dean heads each college and a faculty chair heads each department.

#### BEMIDJI STATE UNIVERSITY

**Integrative Programs**

##### College of Business, Technology & Communication

**College of**

**Health Sciences & Human Ecology**

**College of**

**Arts & Sciences**

**Academic Departments:**

Biology

Center for Environmental Earth & Space Studies, Economics and Sociology

Chemistry

Economics

English

Geography

Humanities

Languages & Ethnic Studies

Mathematics and Computer

Music

Political Science

**Academic Departments:**

Honors Program

Indian Studies

International Studies

Liberal Education Program

Liberal Studies

Pre-professional Studies

Religious Studies

Science Program

Social Studies

Women’s Studies Gender Studies

**Academic Departments:**

Accounting

Business Administration

Mass Communication

Technology, Art & Design

**Academic Departments:**

Criminal Justice

**Human Performance, Sport & Health**

Professional Education

Psychology

Social Work

**School of Graduate Studies**

**School of Nursing**

Nursing

# ACADEMIC COURSE LEVELS

Courses are categorized by level using the course number

0800 level College Preparatory courses: credits are **NOT included** in the total credits required for graduation, are on the transcript & calculated into the cumulative GPA

0900 level Developmental courses: a **MAXIMUM of 4 CREDITS** are included in the total credits required for graduation, are on the transcript & calculated into the GPA

1000 level Freshman-level courses: Considered “lower” division courses

2000 level Sophomore-level courses: Considered “lower” division courses

3000 level Junior-level courses: Considered “upper” division courses

4000 level Senior-level courses: Considered “upper” division courses

Be aware of the course number when registering students for courses. These levels indicate the expectations of the course.

**CLASS LEVEL:** A student must satisfactorily complete the following number of semester credits to attain each class level: 1-29 = freshman; 30-59 = sophomore; 60-89 = junior; >90 = senior.

# CREDIT LOAD

To maintain full-time status, students must be enrolled in 12 credits. The **AVERAGE LOAD is 16 credits per semester to complete degree requirements in 4 years.** This usually means that the student will be enrolled in 5-7 classes per semester. (New students or students with a GPA less than 3.0 may not enroll in more than 18 credits in a semester without advisor approval.)

# GRADUATION REQUIREMENTS FOR STUDENTS

1. **Satisfy admission requirements**

* Need to be admitted as a degree-seeking student.
* Students admitted as **“special student”** are considered **non-degree seeking**. Special students who decide to pursue a degree must complete the admissions application and satisfy all admission requirements.
* Students conditionally admitted are required to work with the Advising Success Center during their first semester of attendance.

1. **Satisfy overall degree requirements**
   * Total credits = minimum 120 semester credits (not including 0800 level).
   * These credits must fulfill the requirements for liberal education & the student’s major program(s) requirements. If the student declares a minor(s), he/she must also fulfill the program(s) requirements.
   * 40 of 120 credits must be at the 3000 level or above.

* Overall GPA – minimum 2.00. Majors require a higher GPA to graduate. Most majors require 2.25 GPA in all major courses, however, some require a HIGHER GPA. **Teacher licensure** programs **REQUIRE** an **overall 2.50 cumulative GPA, a 2.5 in the major & a 2.5 in the Standards of Effective Practice courses in Professional Education**.
  + **Transfer students:** At least 30 credits must be completed at Bemidji State University with a minimum of two semesters in residence.
    1. Complete appropriate Liberal Education requirements or Honors Program requirements
    2. Complete major program requirements

- Courses

- Credits – varies by major

- GPA – either 2.25, 2.50, or 2.75 (varies by major)

* + 1. Complete minor program requirements (if applicable)

- Courses

- Credits – varies by minor

- GPA – 2.00

* + 1. Complete elective credits (if applicable)

1. **Submit Graduation Plans** – at least TWO SEMESTERS PRIOR to expected term of completion

## DEGREE REQUIREMENTS

* To graduate from Bemidji State University with a BACCALAUREATE degree, students are required to complete a **MINIMUM OF 120 SEMESTER CREDITS** (does not include 0800 level courses).
* These credits must fulfill the requirements for liberal education and the major program requirements. If the student declares a minor, the student must also fulfill the minor program(s) requirements.
* Cumulative Grade Point Average (GPA) requirement to graduate is 2.00. Majors require a higher GPA to graduate. Most majors require 2.25 GPA in all major courses, however, some require a HIGHER GPA. **Teacher licensure** programs **REQUIRE** an **overall 2.50 cumulative GPA**.
* At least 40 of the 120 semester credits required for graduation must be at the 3000 level or higher.
* **TRANSFER STUDENTS:** At least 30 credits must be completed at Bemidji State University with a minimum of two semesters of residence.

Liberal Education requirements =

42 credits

Major program requirements = credits vary

Elective credits or Minor requirements =

Credit count varies

Total =

A minimum of

120 semester credits

## LIBERAL EDUCATION REQUIREMENTS OR HONORS PROGRAM REQUIREMENTS

Most new entering students begin at BSU by enrolling in courses that are options in liberal education. The liberal education curriculum is designed to enrich the life experiences of students as well as to offer the opportunity to acquire the confidence, knowledge, skills and values necessary for our changing society. As a faculty advisor, you can assist students in:

* Understanding the **intent** of the liberal education curriculum.
* Understanding the **requirements and course options** within the areas of liberal education. (42 total credits; 11 categories; at least 40 credits in Goals 1-10)
* Identifying liberal education courses that may **provide introductions to possible majors and/or minors or programs of interest.**
* Identifying liberal education courses that also **fulfill particular major requirements.**

**\*** Students meeting eligibility requirements may participate in the Honors Program. The Honors Program curriculum includes a unique Honors liberal education curriculum in addition to Honors classes. Information is available at AAR. Students interested in this program should contact the Honors Office at 755-3984.

## 

## MAJOR REQUIREMENTS

A student’s major is his/her main area of study and will determine which degree he/she will obtain. Each major’s requirements are listed in the BSU undergraduate catalog.

* Students MUST complete a major to graduate from BSU with a baccalaureate degree.
* Credits vary according to specific major.
* Grade point average (GPA) requirement within each major is at least 2.25 to graduate. Some majors require a higher GPA. For example, all teacher licensure programs require a 2.50 major GPA. View catalog for specifics.
* Some majors have “fields” or “areas of emphasis”, which offer a concentration of study within the major field.
* Some majors have guided electives. This is usually a listing of courses from which a student may select a minimum number to complete that portion of the major requirement.
* Transfer Students: At least one-third of the total credits used in the major must be completed at BSU.

## MINOR REQUIREMENTS

A minor is a secondary area of study. The credit requirements for fulfilling a minor are less than those required for a major. The number of credits required in each minor will vary. A minimum of a 2.00 minor GPA is required. Selection of a minor(s) should be a discussed with advisor. The Sport Management major **requires** a minor program of the student’s choice.

## ELECTIVE CREDITS

The number of credits varies for every major and minor. A student may need additional credits in order to meet the 120 semester credit minimum. These additional credits are referred to as elective credits. Elective credits are courses that are taken in a student’s liberal education, major, or minor that are above and beyond the requirements for his/her liberal education, major, or minor.

## GRADUATION PLANS

To graduate from Bemidji State University, students need to complete and submit “Graduation Plans” to The Records Office. It is suggested students submit their graduation plans at least two semesters prior to their anticipated date of graduation.

**A student’s Graduation Planning Document must include the following sections:**

* Completed Graduation Summary and Applicationform submitted to the Records office in Deputy Hall 101.

## LIBERAL EDUCATION GUIDELINES

1. Liberal education consists of 11 goal areas. Each goal area has a minimum credit and course requirement.
2. **A total of 42 credits** must be completed to satisfy the Liberal Education Program at BSU with **at least 40 credits in Goal Areas 1 through 10**, which compose of the Minnesota Transfer Curriculum (MNTC).
3. A single course may be placed in one or two categories. **Important note:** Each credit in any of these courses, however, may be counted only once in meeting the 42-credit requirement. (Numbers in parentheses after a course title indicate in which other category the course will appear).
4. The CRITICAL THINKING category may be satisfied by the satisfactory completion of the other Liberal Education categories. In each category where two courses are required, students are encouraged to take courses with different departmental prefixes.
5. Study-Travel Courses: For goal areas 3 & 11, departments may propose, subject to approval, study-travel courses (domestic or abroad) using the All-University specified number in the catalog.

**TRANSFER STUDENTS**

For information on the Minnesota Transfer Curriculum (MNTC), refer to the undergraduate catalog.

**ALL STUDENTS**

Courses from EXCLUDED departments will satisfy Liberal Education at BSU, but do not meet Minnesota Transfer Curriculum guidelines and may not be accepted as MNTC courses at other MnSCU institutions. Departments include: PHED, HLTH, ED, SOWK, IT

**HONOR PROGRAM STUDENTS**

Students participating in the Honors Program follow the Honors Program curriculum in place of the Liberal Education requirements. Contact the Honors Program Office or go to www.bemidjistate.edu/honors, for more information.

## LIBERAL EDUCATION CATEGORIES – students must complete 42 cr; 40 cr in Goals 1-10

CATEGORY 1: Communication (requires ENGL1151: Composition and ENGL 2152: Argument & Exposition or ENGL 3150 Writing in the Disciplines (6 credits)

CATEGORY 2: Critical Thinking (requires completion of the rest of the Liberal Education program)

CATEGORY 3: Natural Science (requires two courses, 7 or more credits, at least one course must have a laboratory component (LC))

CATEGORY 4: Mathematical/Logical Reasoning (requires one course, 3 or more credits)

CATEGORY 5: History and the Social and Behavioral Sciences (requires two courses, 6 or more credits)

CATEGORY 6: Humanities and the Arts (requires two courses, 5 or more credits)

CATEGORY 7: Human Diversity (requires one course, 2 or more credits)

CATEGORY 8: Global Perspective (requires one course, 3 or more credits)

CATEGORY 9: Ethical and Civic Responsibility (requires one course, 2 or more credits)

CATEGORY 10: People and the Environment (requires one course, 3 credits)

CATEGORY 11: Performances and Participation (requires 1 or more credits)

**EXERCISE:**

1. Students should read through each goal area of Liberal Education to:
   1. understand how many courses and credits are required for each goal area; and
   2. understand which courses are listed in each goal area.
2. Students identify which courses they may be interested in taking by checking those courses in the column marked with a check mark.
3. Students see which of the selected courses are offered by referring to the appropriate course schedule. Following this procedure will ensure proper selection and completion of the liberal education requirements.

## Transferology Lab

Transferology Lab is a web-based transfer information system. It provides information to students and advisors. This system also provides program information, course descriptions, and student services information. Information is found at <https://www.transferologylab.com/login.htm>

## INTERACTIVE DEGREE AUDIT REPORT & ACADEMIC STUDENT RECORD ONLINE

Students access their DEGREE AUDIT REPORT (DARS) and STUDENT ACADEMIC RECORD (academic transcript) through the BSU homepage. Click on myBSU, click on the e-Services link in the bottom right corner.

**Students log-in with their STAR ID** & password and click Login Now. Move to the menu on the LEFT and choose Degree Audit Report or Student Academic Record. Both documents can be printed from the website and are useful for students to keep up to date on individual progress

# MAJORS

## 

## DECIDING ON A MAJOR

It is important for students to begin to focus their educational goals and course of study through the selection of a major. Listed below are suggestions to help students in this decision-making process.

1. Encourage students to consider the selection of course options in **liberal education** for exposure to a variety of disciplines.
2. Encourage students to visit **Career Services** in Sanford Hall for information on possible careers, skills/interest assessment information, employment outlook information, or job market updates. Students can utilize the FOCUS, computerized career guidance system, StrengthsQuest and other career assessment tests to assist them in career exploration. Personal career counseling appointments are also available.
3. Encourage students to arrange a **discussion with a faculty member** in the discipline in which they may be interested.
4. Encourage students to **interview a professional** working in that field of interest. Find out their background and education, what skills they use in their profession, what qualifications are needed to enter the field, etc.
5. Encourage students to engage in **volunteer work** within the professional field that is of interest. This will provide direct experience to help them in the decision-making process.

**Things for the Student to Consider:**

1. What are his/her interests?
2. Where would he/she like to live?
3. What kind of lifestyle would he/she enjoy?
4. What are his/her own abilities, talents, achievements and personality traits?
5. What may be the future trend for a particular profession?

## DECLARING A MAJOR

Students are encouraged to consult with a faculty advisor or department chair in their chosen academic department. (*Some departments require formal admission to their major*.) The Advising Success Center can provide names, office locations, and office phone numbers of the department faculty. The campus directory is also online at www.bemidjistate.edu/directory.

**To officially declare a major:** Stop by the Records Office and fill out a Student Data form.

* It is important that the student report any changes to his/her declared major/minor/emphasis to the Records Office.
* Students should remember that they can change their major if they change their mind, and they should consult with their advisor.

# CREDIT LOAD AND REPEATING COURSES

## CREDIT LOAD

To be a full-time student during a semester, a student must be enrolled in a minimum of 12 credits, although the average load is 16 credits per semester to complete degree requirements in four years. This usually means that the student will enroll in 5-7 classes per semester. *(New students or students with a GPA less than 3.0 may not enroll in more than 18 credits in a semester without advisor approval.)*

**NOTE:**

* Enrollment in less than 12 credits per semester will affect eligibility for financial aid, health insurance, and on-campus employment.
* Full time status for recipients of Minnesota State Grant funds is a minimum of 15 credits per semester to receive the maximum for which the student is eligible.
* International students must be full time each semester to maintain their student visa status.

Class time plus study time for a full time student can add up to, or exceed, the equivalent of a full-time job. As advisors, it is a good guide to suggest to students to plan for a minimum of two hours for study/preparation/research for every hour of class time a week.

|  |  |  |
| --- | --- | --- |
| **Credits** | **Class Time Per Week\* + Study Time Per Week** | **Total Time Per Week** |
| 1 credit | 1 hour + 2 hours | 3 hours |
| 3 credits | 3 hours + 6 hours | 9 hours |
| 4 credits | 4 hours + 8 hours | 12 hours |
| 12 credits | 12 hours + 24 hours | 36 hours |
| 15 credits | 15 hours + 30 hours | 45 hours |
| 18 credits | 18 hours + 36 hours | 54 hours |

\*50-minute class periods rounded to 1 hour

When determining class load, students should consider the time they devote to work commitments, family commitments, and extra-curricular activities.

## REPEATING COURSES

Students may repeat courses in which they received a low or failing grade. When the course is offered, they must register for it andfile a **REPEAT COURSE FORM** in the Records Office. They need to be aware of the following items:

* The original grade will not be included in the computation of the grade point average and the credits will not be included in the total credits earned toward graduation.
* **No** course or grade will be removed from the transcript.
* Only the last grade and semester hours of a repeated course will be used in computing the grade point average and total earned semester hours.
* Classes taken for a letter grade must be repeated for a letter grade.

# ACADEMIC PROGRESS AND GPA

## 

## ACADEMIC PROGRESS

GPA is a general indicator of student academic performance.

GPAs range from 0.00 to 4.00. Each letter grade is assigned quality points.

The number of credits assigned to the course determines the number of quality points received.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Course** | **Grade** | **Assigned Quality Points\*** |  | **Semester Hours** |  | **Quality Points\*** |
| English 1101 | B | 3 | X | 3 | = | 9 |
| Math 1110 | C | 2 | X | 3 | = | 6 |
| Biology 1110 | A | 4 | X | 4 | = | 16 |
| Psychology 1100 | C | 2 | X | 4 | = | 8 |
| Music 1100 | A | 4 | X | 2 | = | 8 |
| **TOTAL** |  |  |  | **16** |  | **47** |
| **47 QUALITY POINTS DIVIDED BY 16 SEMESTER HOURS = 2.93 SEMESTER GPA** | | | | | | |

**\*Quality Points: A = 4; B = 3; C = 2; D = 1**

The student’s GPA is calculated for each semester and his/her cumulative GPA is recalculated after each semester. The better the student’s grades, the higher his/her GPA.

## MINIMUM GPA REQUIREMENTS

**For Graduation** BSU requires a minimum of a 2.00 **cumulative** GPA to graduate. Some majors require a higher cumulative GPA to graduate. Most majors require a minimum of a 2.25 GPA in major course work; others require higher. **All teacher licensure programs - PHYSICAL EDUCATION & HEALTH EDUCATION, require a 2.50 cumulative, Education & major GPA.**  
  
**Note:** Some majors, including PHYSICAL EDUCATION & HEALTH EDUCATION, **require a minimum GPA for entrance into the major.** Professional Education requires a 2.50 minimum GPA for entrance into education courses. Check the catalog for specific major GPA requirements.

**For Academic Honors** The Dean’s List is published each semester by Academic Affairs which recognizes students who have earned a minimum of a 3.25 semester GPA. (Enrollment in 12 or more semester hours of letter-graded (A, B, C, D, F) course work is required.)

**For Graduation Honors** Graduation Honors are granted to students who attain the following minimum GPA at the time of graduation\*:

At least 3.90 Summa Cum Laude

At least 3.70, but less than 3.90 Magna Cum Laude

At least 3.50, but less than 3.70 Cum Laude

\*See the catalog for a complete description of the computation of Graduation Honors

**For Academic Progress** It is important for students to be aware of their GPA. There are minimum GPAs that must be maintained for continued enrollment at BSU, based on the number of attempted credits.

# ACADEMIC PROGRESS AND CONTINUED ENROLLMENT

## SATISFACTORY ACADEMIC PROGRESS POLICY STATEMENT:

**Minimum Grade Point Average Requirement**

* A student will be suspended if the following grade point average (GPA) is not attained:

|  |  |
| --- | --- |
| **Attempted Credits\*** | **Minimum GPA\*\*** |
| 0-15 credits: | 1.50 GPA |
| 16-30 credits: | 1.75 GPA |
| 31-60 credits: | 1.90 GPA |
| 61 + credits: | 2.00 GPA |

\* Includes credits transferred from other schools & credits attempted at BSU, excludes repeated courses.

\*\* Cumulative GPA at BSU only (does not include grades from other institutions).

**Minimum Percent Completion**

* All students are required to obtain a 66.67% course completion rate. Credits accepted in transfer are added to the BSU attempted credits and BSU earned credits, the calculated total earned credits is then divided by the calculated attempted credits to determine the percent completion rate.

**Process**

* Cumulative values are used in determining if academic progress has been met. Students not meeting the minimum grade point average and/or the minimum percent completion requirements will be notified of their academic progress status. Academic progress statuses include **Academic Warning and Academic Suspension**.

## Determination of Academic Progress Standing

**Academic Warning:** The first time a student fails the minimum cumulative grade point average requirement or the cumulative percent completion requirement during the semester, the student will be placed on **ACADEMIC WARNING**.

Students on academic warning are eligible for continued enrollment and are expected to make progress toward meeting the minimum cumulative grade point average requirement and minimum percent completion requirement.

## Requirements for Academic Warning

Upon conclusion of the warning term, if the student has met BSU’s minimum cumulative GPA and cumulative percent completion, the student’s warning status is removed.

## ACADEMIC SUSPENSION

At the conclusion of the warning term, those students not meeting the minimum cumulative GPA or minimum cumulative percent completion requirement will be suspended for the minimum time period indicated below.

|  |  |
| --- | --- |
| **Number of Suspensions Following**  **the First Term of Probation** | **Period of Suspension** |
| 1 | One semester |
| 2 | One calendar year |
| 3 or more | Two calendar years |

## REINSTATEMENT/APPEAL PROCESS

Students suspended from BSU who wish to return following the period of suspension must **submit a petition to the Records & Registration Office.** The petition should include information on the circumstances that affected past performance and a plan to be successful in achieving future academic progress goals. Readmission will be considered provided that certain conditions regarding academic deficiencies are agreed to in advance and reflected in the subsequent registration.

Students on suspension due to poor academic performance may submit a petition/appeal prior to sitting out the term of suspension if extenuating circumstances impeded their academic performance.

All petitions are **submitted to the Records & Registration Office** to be **reviewed by the Student Programs & Admissions Committee**. In order to allow sufficient time to review the petition, it is recommended that appeals be **submitted at least 2 weeks prior to the start of the semester** for which the appeal is being requested.

**Academic Probation**

Students with an approved petition for academic reinstatement will be placed on academic probation. While on probation, the student will be required to meet the terms set forth in the approved petition.

*Note: Students returning to BSU after suspension shall always be subject to the minimum GPA requirements stated above. At any time a student falls below the minimum requirements, he/she will be suspended for the minimum time period stated previously.*

# STUDENT ACADEMIC SUPPORT

Various departments offer academic support to help students achieve their goals.

|  |  |
| --- | --- |
| **Advising** | Faculty members serve as academic advisers to students to provide assistance with goal setting, degree planning, and course selection. |
| **Advising Success Center**  Sattgast 207  755.4226  advising@bemidjistate.edu | Located in Sattgast Hall. Coordinates new student advising & registration portion of AAR program. Responsible for making advisor assignments, assisting students conditionally admitted and those on academic warning/probation. ASC provides academic referral information to ensure academic success, the First Year Experience program, Peer Tutoring and New Student Orientation. |
| **Disability Services Office**  Bangsberg 101  755.3883 | Coordinates services for students who have a documented disability & are registered with the DSO. Based on individual documented need, services may include material on audio cassettes, large print, exam accommodations, priority registration, note takers, and scribes. |
| **First Year Experience (FYE)** | Gives new students the opportunity to learn about BSU in a classroom setting. |
| **First Year Residential Experience (FYRE)** | Gives new students the opportunity to live with and meet other first year students. Special events are planned throughout the year specifically for FYRE students. |
| **Language Lab** Bangsberg 224-225  755.4053 | Designed to assist students with speech anxiety, outline preparation, practice (including videotape), situation analysis, audience analysis, sensory aids, contact, vocal skills, dialect coaching, and more. |
| **Math Help Sessions**  Hagg-Sauer Room 232 | Offers free math help sessions to all students throughout the school year. Staffed by qualified peer tutors prepared to address and assist all questions and problems dealing with math. |
| **New Student Orientation** | Designed for all new, first year and transfer, students to BSU. The activities provide opportunities for students to gain insight into the academic expectations of BSU, participate in events designed just for new students, and network with other new students. |
| **Peer Academic Assistance**  Contact: Residential Life  218.755.3750 or  1.888.350.4255 | Program provides academic tutorial services to students on their residential floors, as well as the Academic Resource Center located in lower Oak Hall. |
| **Records Office**  Deputy Hall 101  755.2020  records@bemidjistate.edu | Oversees the registration process, class schedule creation, Interacctive Degree Audit Report (DARS), graduation review, transcripts, enrollment verification, VA benefits, and catalog publication. |
| **TRIO/Student Support Services (TRIO/SSS)**  Sattgast 207  755.2614 | Provides support services to qualified students. Services include three credit-bearing courses: TRIO/SSS College Orientation (UNIV 1180), Critical Reading & Analysis (UNIV 1199), Life Career Planning (UNIV 1200); academic advising, tutoring, and mentoring. |
| **Writing Resource Center**  Hagg-Sauer 110  755.3919 | Helps students with writing problems and challenges. Tutors help students improve their writing skills. Tutors, however, do not proofread for students. Specially trained student writing assistants staff the center. No appointment is necessary, just stop in during the Center’s hours. |

# OTHER SUPPORT SERVICES

The following services may be helpful to students and related to discussions held with faculty advisers during the advising process.

|  |  |  |
| --- | --- | --- |
| **Service** | **Location** | **Phone** |
| Admissions Office | Deputy Hall 102 | 755.2040 |
| Advising Success Center | Sattgast 207 | 755.4226 |
| Business Services - Cashiers | Deputy Hall 202 | 755.2088 or 755.2045 |
| Career Services | Sattgast 207 | 755.2038 |
| Counseling Center | Birch Hall 1A | 755.2024 |
| Disabilities Services | Bangsberg 101 | 755.3883 |
| Financial Aid | Deputy Hall 114 | 755.2034 |
| Health Services | Birch Hall 1A | 755.2053 |
| International Program Center | Deputy Hall 103 | 755.4096 |
| Language Lab | Hagg-Sauer Hall 110B | 755.4053 |
| Library | A.C. Clark building | 755.3342 |
| Math Help Room | Hagg-Sauer Hall 232 | 755.2839 |
| Records & Registration | Deputy Hall 101 | 755.2020 |
| Recreation-Fitness Center | Gillett Center | 755.4135 |
| Residential Life (On-Campus Housing) | Walnut Hall – lower level | 755.3750 |
| Scholarships | Deputy Hall 102 | 755.2040 |
| Security & Safety | Walnut Hall – lower level | 755.3888 |
| Student Affairs Office | Deputy Hall 313 | 755.2075 |
| Student Support Services (SSS) | Sattgast 207 | 755.2614 |
| Student Union Information | Upper Hobson Union | 755.3760 |
| Writing Resource Center | Hagg-Sauer Hall 110A | 755.3919 |
| **GENERAL CAMPUS SWITCHBOARD** |  | **1.800.475.2001** |

## Changing Advisors

Advisor Change forms are available online at [www.bemidjistate.edu](http://www.bemidjistate.edu), from the Advising Success Center in Sattgast 207 or the Records Office, Deputy Hall 101. Students are encouraged to change advisors when they declare or change majors to ensure contact with a faculty member from the major department.

# SEVEN STEPS TO EFFECTIVE ADVISING IN HPSH (In 20 minutes or more)

1. **CONTACT** your advisees when schedules become available
2. e-mail addresses – log in to eServices>Advisees>Enrolled

b. include the following:

1. ask them to plan a WRITTEN schedule for the upcoming semester
2. ask them to make an appointment to see you (a day in advance?)
3. remind them to bring transfer equivalencies
4. remind them to bring master planning forms – Transcript, DARS (on web)
5. Clarify their **Goals** when they come for their appointment. Some examples follow.
6. What degree are they seeking?
7. Do they plan to complete their degree at BSU?
8. You might offer advice on co-curricular activities such as athletic participation and relevant work experience.
9. Ask advisee to bring a printout of his/her **current Interactive** **DARS** to their appointment
10. If not, show them how to access their BSU account
11. Click on MyBSU in the upper right corner of the BSU homepage.
12. At bottom right, click on e-Services to go to the Log-in page.
13. Log in, click on Degree Audit Report (DARS)
14. Print a copy for them to keep track of their completed classes.
15. Some students keep track on a major program list of courses.
16. Ask if they have taken the **MTLE Basic Skills test** if they are planning to pursue a teacher licensure major – this should be done after the freshman year or during the second year.
17. Look at the **SCHEDULE** they have planned
18. Compare those classes to the curriculum – use the **Interactive** **DARS** or catalog
19. Ask some of these questions
20. Are they taking classes in **numerical order**? (They should be, approximately)
21. Do they have the **prerequisites** for courses that they have selected?
22. **One time a year or every other year** **offerings**. Are they missing any classes that are only offered once each year or semester? This is important if the semester you are advising them for is their last semester.
23. How many classes have they taken in **Lib Ed**? How many areas are complete? What areas are incomplete?
24. Solve problems
25. **Can’t fill their schedule** with a full load
26. Look for classes in all majors, lib ed, specialist programs, etc.
27. Look at the “Suggested Semester Schedule” that follows each program in the catalog.
28. **Time conflicts**
29. Ask the instructors involved, see if it can be worked out
30. Make use of Center for Extended Learning (CEL) classes if they are seniors with a course conflict that does not allow them to register for the on-campus section.
31. Other
32. Make **phone calls** to seek information (Zachary Johnson or Jacqueline Dotson in the Advising Success Center – 755-4226)
33. Call other instructors to **pull strings** for them (if you want)
34. **Direct** them to information
35. Make **another appointment** with them if necessary or wish them the best and remind them that you are available if they need help.

# UNDERGRADUATE MAJOR PROGRAMS OFFERED BY HPSH

**Exercise Science**

**Community Health**

**Health Education**

**Physical Education**

**Sport Management**

## GENERAL INFORMATION FOR STUDENTS IN HPSH

* Students should **take classes in numerical order** when possible. Suggested semester schedules provide a guide and are included in book as well as the undergraduate catalog.
* HPSH students should submit **GRADUATION PLANNING DOCUMENTS** when they have **completed 80 semester hours** of degree coursework.

## INFORMATION FOR EXERCISE SCIENCE MAJORS

* Students who complete a degree in Exercise Science do not have teacher licensure. With the assistance of the academic advisor, students can prepare to pursue graduate courses of study in the therapy areas, such as physical therapy or occupational therapy; exercise physiology, or other health-related professions.
* Students may begin coursework in the major during the first two years of study and at the end of the second year have some courses that fulfill the Exercise Science major OR the Physical Education (teaching) major requirements.

## INFORMATION FOR COMMUNITY HEALTH MAJORS

* It is recommended that students pursue a minor or additional major area of study.

## INFORMATION FOR HEALTH AND PHYSICAL EDUCATION MAJORS

* **Biology 1110 OR Biology 1211** (for biology majors) **with the lab is REQUIRED**.   
  Biology 1211 or 1212 is NOT REQUIRED for Physical Education or Health majors.
* HLTH 2100 First Aid & CPR/AED is a requirement of the major. Students with a Red Cross First Aid & CPR/AED card or a Red Cross First Aid & CPR/AED card from a class taken off campus may have the First Aid & CPR/AED **requirement waived**, but students do not receive credits, and must have the **TOTAL NUMBER OF CREDITS required to graduate**.
* PHED 3300 Physiology of Exercise & Nutrition IS REQUIRED for PE majors; PHED 3090 Sport Physiology is NOT required for PE majors who pursue a COACHING SPECIALIST as PHED 3300 is a higher level exercise physiology & nutrition course. Students in other major programs who pursue a Coaching Specialist MAY take PHED 3300 Physiology of Exercise & Nutrition in place of PHED 3090: Sport Physiology.

## INFORMATION FOR HEALTH AND PHYSICAL EDUCATION TEACHING MAJORS

* The Department of HPSH and the Department of Professional Education encourage majors to enroll in SPCM 1090 Interpersonal Communication (Category 7 or 9) OR SPCM 1100 Public Speaking (Category 6 or 11) to fulfill liberal education. We RECOMMEND but DO NOT REQUIRE students to take PSY 1100 Introductory Psychology (Category 5).
* Student who enter the Professional Education program are required to take all parts of the Minnesota Teacher Licensure Exam (MTLE) Basic Skills tests in order to register for any Education course. Proof or documentation that the prospective student took the basic skills tests must be provided by either a score report, testing center verification, or reported to the BSU Records office or to the Department of Professional Education.
* MTLE Basic Skills tests may be taken numerous times.
* The Department of Professional Education offers MTLE remedial courses via online format. ED 2930: MTLE Basic Skills Reading, ED 2930: MTLE Basic Skills Writing and ED 2930 MTLE Basic Skills Math (1 credit each) are available to help students prepare for re-takes of the Basic Skills tests.
* Students must have a **minimum 2.5 cumulative GPA** in order to be **admitted** to the **College of Professional Education.**
* Physical Education and Health Education majors must have a **2.5 cumulative GPA for ALL CLASSES**, a **2.5 cumulative GPA in their major**, and a **2.5 cumulative GPA in Professional Education** at the time of graduation to complete the teacher licensure degree program.

## INFORMATION FOR PHYSICAL EDUCATION MAJORS

* **PHED 2100 Foundations of Physical Education** is offered during the **FALL SEMESTER ONLY** and should be taken during the **first fall (or second fall) in attendance**.
* ALL Physical Education majors are **REQUIRED** to satisfy an **AQUATICS ELECTIVE**. The minimum level of proficiency needed to meet the requirement is successful completion of PHED 1116 Advanced Swimming (American Red Cross Level 6 Fitness Swimming). Students not skilled in swimming should begin work on the swimming requirement EARLY and start with PHED 1114 Beginning Swimming or PHED 1115 Intermediate Swimming.
* Physical Education Majors or Minors are REQUIRED to take PHED 3300 Physiology of Exercise and Nutrition. PHED 3090 Sport Physiology is NOT REQUIRED for physical education majors who pursue a COACHING SPECIALIST.
* Students in TEACHING MAJORS OUTSIDE OF PHYSICAL EDUCATION, who pursue the Coaching Specialist, NEED PHED 3090 Sport Physiology. Students may substitute PHED 3300 Physiology of Exercise and Nutrition (a 3-credit required PE major class).
* PHED teaching methods courses should be taken in sequence as much as possible. Physical education majors should begin methods courses after they have taken PHED 2100 Foundations of Physical Education and some of the 3000 level PHED major foundational courses, such as Motor Development, Motor Learning, Physiology of Exercise & Nutrition, Sport Biomechanics.
* PHED teaching methods courses, and the semester they are offered  
  PHED 3504 Teaching Dance & Rhythms (2) FALL  
  PHED 3505 Teaching Elementary Physical Education (3) SPRING - odd years   
  PHED 3604 Teaching Team Sports (2) SPRING - even yearsPHED 3605 Teaching Individual Sports (2) FALL  
  PHED 3606 Teaching Fitness (2) SPRING ONLY

## 

## INFORMATION FOR SPORT MANAGEMENT MAJORS

* Completing liberal education requirements and a major in Sport Management which requires a minor in addition to the major course requirements may not earn students the minimum number of semester credits (120) to graduate from BSU.
* Students are encouraged to pursue a minor or double major to complement the sport management major.
* PHED 2970 Practicum in Sport Management should be taken during the student’s second year at BSU (or second semester if a transfer student – after PHED 2109 Introduction to Sport Management.
* PHED 4970 Internship in Sport Management should be taken during the student’s senior year at BSU. It is important to align the 12-credit internship with students’ future goals in the field.

# EXERCISE SCIENCE MAJOR COURSE OF STUDY- effective Fall 2013

**EXERCISE SCIENCE MAJOR: Emphasis A: 65-77 credits; Emphasis B: 69-77 credits**

**Suggested Liberal Education Classes:** PSY 1100 Introductory Psychology, SOC 1104 Introduction to Sociology, SPCM 1090 Interpersonal Communication (or SPCM 1100 Public Speaking)

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED COURSES**  **\*Pre-req in same department unless another department is specified** | | | | | **C=on-campus; O=online; S=self-guided**  **\*Asterisk = not every semester** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse #** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
| 3 |  | **BIOL** | **1211** | **Introductory Biology I** | | 4 | C,O | O | O |
|  |  | **BIOL** | **2110** | **Human Anatomy & Physiology** | | 5 | C | C |  |
| 3  3 |  | CHEM | 1111  2211 | General Chemistry I OR  Principles of Chemistry I | | 4 | C  C | C\* |  |
|  |  | **HLTH** | **2100** | **First Aid and CPR/AED** | | 1 | C\* | C | C\* |
|  |  | HLTH | 3300 | Nutrition | | 3 | O | C | O |
|  |  | PHED | 1240 | Techniques of Neuromuscular Relaxation | | 1 | C | C |  |
|  |  | **PHED** | **2100** | **Foundations of PE, Exercise Sci, & Sport** | | 3 | C |  |  |
|  |  | **PHED** | **3100** | **Motor Development** | | 2 | C | C | O |
|  |  | **PHED** | **3110** | **Motor Learning** | | 2 | C | C |  |
|  |  | **PHED** | **3120** | **Psychology of Sport** | | 2 | C | C | O |
|  |  | PHED | 3190 | Athletic Training | | 2 | C | C |  |
|  | 3100  BIOL  2110 | **PHED** | **3200** | **Introduction to Sport Biomechanics** | | 3 | C | C |  |
|  | BIOL 2110 | **PHED** | **3300** | **Physiology of Exercise & Nutrition** | | 3 | C | C |  |
|  | 3300 | PHED | 4160 | Advanced Fitness Assessment & Prescription - Aerobic | | 3 | C |  |  |
|  | 3300 | PHED | 4170 | Advanced Principles for Strength & Speed Training | | 3 |  | C |  |
|  |  | PHED | 4309 | Legal Aspects of Sport | | 3 | C\* | C | O |
|  |  | PHED | 4920 | DGS: Exercise Science Seminar | | 1 | C | C |  |
| 3  3 |  | PHYS  PHYS | 1101  2101 | General Physics I OR  Physics I | | 4  5 | C  C |  | C |
| **Required Emphasis: CHOOSE Emphasis A or B** | | | | | | | | | |
| **EMPHASIS A: MEDICAL FITNESS EMPHASIS** | | | | | | | | | |
|  |  | BIOL | 1300 | Medical Terminology | | 2 | O | O | O |
|  |  | HLTH | 3710 | Disease Identification, Prevention, & Epidemiology | | 3 | C | O\* | O\* |
|  |  | PSY  STAT | 3410  3660 | Basic Statistics for Research **OR**  Statistics for the Health Sciences | | 3  3 | C  O | C  O | O |
| In consultation with advisor, select 3 courses, 7-15 credits from III. Electives | | | | | | | | | |
| **EMPHASIS B: FITNESS LEADERSHIP & PROMOTION** | | | | | | | | | |
|  |  | BUAD  PHED | 3661  3600 | Marketing **OR**  Sport Marketing | | 3  3 | C, O  C | C\* |  |
|  |  | HLTH | 3400 | Health & Drugs in Society | | 2 | C,O | C,O | O |
|  |  | HLTH | 4410 | Health Programming | | 3 | C\* | C | O |
|  |  | PHED | 3449 | Socio-cultural & Ethical Issues in Sport | | 3 |  | C | O |
|  |  | PHED  PHED  PHED | 4409  3509  3519 | Sport Business Management **OR**  Sport Event Management **OR**  Sport Facility Management | | 3  2  2 | C  C | C |  |
| In consultation with advisor, select 2 courses, 4-11 credits from III. Electives | | | | | | | | | |

III. Electives, & IV. Required Practical Experience listed on next page

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **III. ELECTIVES FOR EITHER EMPHASIS** | | | | | | | | |
|  | 1211 | BIOL | 1212 | Introductory Biology II | 4 | O | C, O | O |
|  |  | CHEM  CHEM | 1112  2212 | General Chemistry II  Principles of Chemistry II | 4  4 |  | C |  |
|  |  | ENGL | 2150 | Technical Writing | 3 |  |  |  |
|  |  | HLTH | 3500 | Community Health | 3 | O\* | C | O\* |
|  |  | HLTH | 3710 | Disease Identification, Prevention & Epidemiology | 3 | C | O\* | O\* |
|  |  | NRSG | 3000 level | Nursing courses 3000 & higher | 2-6 |  |  |  |
| 3  3 | 1101  2101 | PHYS  PHYS | 1102  2102 | General Physics II OR  Physics II | 4  5 |  | C  C | C |
| 5 |  | PSY | 1100 | Introductory Psychology | 4 | C | C | O |
|  | 1100 | PSY | 2217 | Abnormal Psychology | 3 | C | C, O | O |
|  | 1100 | PSY | 3237 | Lifespan Development | 4 | C | C |  |
|  | 2120 | SOWK | 3830 | Gerontology: A Social Work Perspective | 2 |  |  |  |
| **IV. REQUIRED PRACTICAL EXPERIENCE** | | | | | | | | |
|  |  | PHED | 4970 | Internship: Exercise Science  If taken for 6 credits, 3 credits may be applied as 1 course in III. Electives above | 1-6 | C | C | C |

## 

## TRANSFER STUDENTS IN EXERCISE SCIENCE SUGGESTED FIRST YEAR SCHEDULE

\*assumes that students have completed their AA degree

The following is a list of required Exercise Science Major, B.S. courses arranged by year. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions; this schedule is flexible.

**Fall**

BIOL 2110 Human Anatomy and Physiology (5 cr)

PHED 1240 Techniques of Neuromuscular Relaxation (1 cr)

PHED 2100 Foundations of Physical Education, Exercise Science, & Sport (3 cr)

PHED 3190 Athletic Training (2 cr)

PHED 3100 Motor Development (2 cr)

PHED 3300 Physiology of Exercise and Nutrition (3 cr)

PHYS 1101 General Physics I (4 cr) or Physics I (5 cr)

Or

CHEM 1111 General Chemistry I (4 cr) or Principles of Chemistry I (4 cr)

Courses in selected Emphasis A or B

**Spring**

HLTH 2100 First Aid/CPR/AED (1 cr)

HLTH 3300 Nutrition (3 cr)

PHED 3110 Motor Learning (2 cr)

PHED 3120 Psychology of Sport (2 cr)

PHED 3200 Introduction to Sport Biomechanics (3 cr)

PHED 4170 Personal Trainer: Strength and Speed Training Exercise (3 cr)

Courses in selected Emphasis A or B

## SUGGESTED SEMESTER SCHEDULE FOR EXERCISE SCIENCE MAJOR

Students are encouraged to take the required Exercise Science, B.S. courses in approximate numerical order. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions. Consult the course descriptions for prerequisites.  
The following Liberal Education courses are recommended for students majoring in Exercise Science: PSY 1100 Introductory Psychology, SOC 1104 Introduction to Sociology, and SPCM 1090 Interpersonal Communication (or SPCM 1100 Public Speaking).

Freshman

* BIOL 1211 Introductory Biology I
* CHEM 1111 General Chemistry I
* or CHEM 2211 Principles of Chemistry I
* PHED 2100 Foundations of Physical Education, Exercise Science, and Sport
* PSY 1100 Introductory Psychology
* SOC 1104 Introduction to Sociology
* SPCM 1090 Interpersonal Communication
* or SPCM 1100 Public Speaking
* Liberal Education requirements

Sophomore

* BIOL 2110 Human Anatomy and Physiology
* HLTH 2100 First Aid CPR/AED
* PHED 1240 Skills for Life: Techniques of Neuromuscular Relaxation
* PHED 3100 Motor Development
* PHED 3110 Motor Learning
* PHED 3190 Athletic Training
* PHYS 1101 General Physics I (4 credits)
* or PHYS 2101 Physics I (5 credits)
* Liberal Education requirements

Junior

* HLTH 3300 Nutrition
* PHED 3120 Psychology of Sport
* PHED 3200 Introduction to Sport Biomechanics
* PHED 3300 Physiology of Exercise and Nutrition
* PHED 4160 Advanced Fitness Assessment and Prescription - Aerobic
* PHED 4170 Advanced Principles for Strength and Speed Training
* Exercise Science Courses in Emphasis
* Exercise Science Electives

Senior

* PHED 4309 Legal Aspects of Sport, Health, and Fitness
* PHED 4920 Directed Group Study: Seminar in Exercise Science
* PHED 4970 Internship
* Exercise Science Courses in Emphasis
* Exercise Science Electives

# COMMUNITY HEALTH MAJOR COURSE OF STUDY

**COMMUNITY HEALTH MAJOR, B.S. 61-66 credits required**

**\*Pre-req in same department unless another department is specified**

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED COURSES** | | | | | **C=on-campus; O=online; S=self-guided**  **\*Asterisk = not every semester** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
| 3 |  | BIOL | 1110 | Human Biology | | 4 | C, O | O | C,O |
|  |  | BIOL | 2110 | Human Anatomy & Physiology | | 5 | C | C |  |
|  |  | HLTH | 2100 | First Aid and CPR/AED | | 1 | C\* | C | C |
|  |  | HLTH | 3150 | Theoretical & Ethical Foundations of Health | | 3 | O | O\* | O |
|  |  | HLTH | 3200 | Personal & Consumer Health | | 3 | O |  | O |
|  |  | HLTH | 3300 | Nutrition | | 3 | O | C | O |
|  |  | HLTH | 3500 | Community Health | | 3 | O | C | C\* |
|  |  | HLTH | 3710 | Disease Identification, Prevention & Epidemiology | | 3 | C | O\* | C\* |
|  |  | HLTH | 3970 | Internship: Practicum in Health | | 1 | C | C | C |
|  |  | HLTH | 4410 | Health Programming | | 4 | O\* | C | O |
|  |  | HLTH | 4920 | Directed Group Study: Seminar in Health | | 1 | C | C |  |
|  |  | HLTH | 4970 | Internship: Community Health | | 12 | C | C | C |
|  |  | PHED | 3300 | Exercise Physiology & Nutrition | | 3 | C | C |  |
|  |  | PHED | 4309 | Legal Aspects of Sport, Health & Fitness | | 3 | C\* | C | O |
|  |  | PSY  STAT | 3401  3660 | Basic Statistics for Research OR  Statistics for the Health Sciences | | 4  3 | C  O | C  O | O |
| **II. ELECTIVES – Select 12 credits from the following courses** | | | | | | | | | |
|  |  | BIOL | 1300 | Medical Terminology | | 2 | O | O | O |
| 7 |  | HLTH | 2800 | Multicultural Health in America | | 2 | C | O\* |  |
|  |  | HLTH | 3400 | Health & Drugs in Society | | 2 | C,O | C, O | O |
|  |  | INST | 1107 | Introduction to Indian Studies OR  Up to 6 credits of other INST prefix courses | | 3  6 | C | C |  |
|  |  | NRSG |  | Up to 6 credits – most NRSG courses are for Nursing major students only | | 6 |  |  |  |
|  |  | PHED | 1240 | Techniques of Neuromuscular Relaxation | | 1 | C | C |  |
| 9 |  | PHED | 2200 | Lifestyle for Wellness | | 2 | C, O | C,O | O |
|  |  | PHED | 4160 | Advanced Principles for Assessment & Prescription – Aerobic | | 3 | C |  |  |
|  |  | PHED | 4170 | Advanced Principles of Strength & Speed Training | | 3 |  | C |  |
|  |  | PSY | 2200 | Human Sexuality | | 3 | C | O | O |
|  |  | PSY | 3387 | Topics in Psychology – when offered with subtitle Health Psychology | | 3 |  |  |  |

## SUGGESTED SEMESTER SCHEDULE FOR COMMUNITY HEALTH MAJOR

The following is a list of required courses for the Community Health Major, B.S. arranged by year. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions and this schedule is flexible.

Freshman

* BIOL 1110 Human Biology
* HLTH 2100 First Aid and CPR/AED
* Liberal Education requirements

Sophomore

* BIOL 2110 Human Anatomy and Physiology
* HLTH 3150 Theoretical and Ethical Foundations of Health
* HLTH 3200 Personal and Consumer Health
* Complete Liberal Education requirements

Junior

* HLTH 3300 Nutrition
* HLTH 3500 Community Health
* HLTH 3710 Disease Prevention & Epidemiology
* HLTH 3970 Internship: Health Practicum
* PHED 3300 Physiology of Exercise and Nutrition
* PSY 3401 Basic Statistics for Research or STAT 3660 Statistics for the Health Sciences
* Major Electives

Senior

* HLTH 4410 Health Programming
* HLTH 4920 Directed Group Study: Health Seminar
* PHED 4309 Legal Aspects of Health, Sport, and Fitness
* HLTH 4970 Internship: Community Health
* Major Electives

## TRANSFER STUDENTS IN COMMUNITY HEALTH SUGGESTED FIRST YEAR SCHEDULE

**Fall**

BIOL 2110 Human Anatomy & Physiology (5 cr)   
(sub BIOL 1110: Human Biology if not yet taken – move BIOL 2110 to either Spring or following Fall semester)

HLTH 2100 First Aid and CPR/AED (2 cr)

HLTH 3150 Theoretical and Ethical Foundations of Health Foundations (3 cr)

HLTH 3200 Personal and Consumer Health (3 cr)

Major Electives

**Spring**

HLTH 300 Nutrition (3 cr)

HLTH 3400 Health & Drugs in Society (2 cr)

HLTH 3500 Community Health (3 cr)

HLTH 4309 Legal Aspects of Health, Sport & Fitness (3 cr)

HLTH 3970 Internship: Practicum in Health (1 cr)

PSY 3401 Basic Statistics for Research (4 cr)

Major Electives

# HEALTH EDUCATION MAJOR COURSE OF STUDY

**HEALTH EDUCATION MAJOR. B.S. (Teacher Licensure): 71 credits required**

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

**\*Pre-req in same department unless another department is specified**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED COURSES** | | | | | **C=on-campus; O=online; S=self-guided**  **\*Asterisk = not every semester** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
| 3 |  | BIOL | 1110 | Human Biology | | 4 | C, O | O | C, O |
|  |  | BIOL | 2110 | Human Anatomy & Physiology | | 5 | C | C |  |
|  |  | HLTH | 2100 | First Aid and CPR/AED | | 1 | C\* | C | C\* |
|  |  | HLTH | 3150 | Theoretical & Ethical Foundations of Health | | 3 | O | O |  |
|  |  | HLTH | 3200 | Personal & Consumer Health | | 3 | O |  | O |
|  |  | HLTH | 3300 | Nutrition | | 3 | O | C | O |
|  |  | PHED | 3300 | Exercise Physiology & Nutrition | | 3 | C | C |  |
|  | 3150 | HLTH | 3500 | Community Health | | 3 | O | C | O\* |
|  |  | HLTH | 3710 | Disease Identification, Prevention & Epidemiology | | 3 | C | O\* | O\* |
|  |  | HLTH | 4206 | Secondary School Health | | 2 |  | O |  |
|  | 3200 | HLTH | 4410 | Health Programming | | 3 | C\* | C | O |
|  |  | HLTH | 4920 | Directed Group Study: Seminar in Health | | 1 | C | C |  |
|  |  | HLTH | 4970 | Secondary Health Teaching Practicum | | 1 | O | O |  |
| **REQUIRED PROFESSIONAL EDUCATION COURSES: 33 credits** | | | | | |  |  |  |  |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#r** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
|  |  | ED | 3100 | Introduction to the Found of Pub School Ed | | 3 | C | C |  |
|  |  | ED | 3110 | Educational Psychology | | 3 | C | C |  |
|  | 3110 | ED | 3140 | Human Relations in Education | | 3 | C | C |  |
|  | 3100  3110 | ED | 3350 | Pedagogy: Planning for Instruction | | 3 | C | C |  |
|  | 3100  3110  3140  3350 | ED | 3780 | Adaptation & Management: Designing the Learning Environment | | 3 | C | C |  |
|  |  | ED | 4799 | The Professional Teacher | | 1 | C | C |  |
|  |  | ED | 4737 | Reading in the Content Area | | 3 | C,O | C | O |
|  |  | ED | 4840 | Student Teaching – Special Fields | | 12 | C | C |  |
|  |  | HLTH | 3400 | Health & Drugs in Society | | 2 | C, O | C, O | O |

## SUGGESTED SEMESTER SCHEDULE FOR HEALTH EDUCATION MAJOR

The following is a list of required Health Education Major, B.S. courses arranged by year. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions and this schedule is flexible.

Freshman

* BIOL 1110 Human Biology
* HLTH 2100 First Aid and CPR/AED
* Liberal Education requirements

Sophomore

* BIOL 2110 Human Anatomy and Physiology
* HLTH 3150 Theoretical and Ethical Foundations of Health
* HLTH 3200 Personal and Consumer Health
* Complete Liberal Education requirements
* Take the Minnesota Teacher Licensure Exam (MTLE) Basic Skills test

Junior

* Begin Professional Education Standards of Effective Practice (SEP) courses
* HLTH 3300 Nutrition
* PHED 3300 Physiology of Exercise and Nutrition
* HLTH 3500 Community Health
* HLTH 3710 Disease Prevention and Epidemiology
* HLTH 4205 Secondary School Health
* HLTH 4970 Secondary Health Teaching Practicum

Senior

* HLTH 4410 Health Programming
* HLTH 4920 Directed Group Study: Seminar in Health
* PHED 4309 Legal Aspects of Sport, Health, and Fitness
* Complete Professional Education Standards of Effective Practice (SEP) courses
* Student teaching

## TRANSFER STUDENTS IN HEALTH EDUCATION SUGGESTED FIRST YEAR SCHEDULE

\*assumes that students have completed their AA degree and taken the Minnesota Teacher Licensure Exam (MTLE) Basic Skills Tests

If transfer students do not start the Professional Education sequence, they will not finish in two years. If they choose to stay for an extra semester it is much easier. If they can stay for 5 semesters they can wait to start Professional Education classes in the spring semester and take more subject matter content in the fall.

**Fall**

ED 3100 Introduction to the Foundations of Public School Education (3 cr)

ED 3110 Educational Psychology (3 cr)

HLTH 2100 First Aid and CPR/AED (1 cr)

HLTH 3150 Theoretical & Ethical Foundations of Health (3 cr)

HLTH 3200 Personal & Consumer Health (3 cr)

HLTH 3710 Disease Identification, Prevention & Epidemiology

**Spring**

ED 3350 Pedagogy: Planning for Instruction (3 cr)

ED 3140 Human Relations in Education (3 cr)

HLTH 3300 Nutrition (3)

HLTH 3500 Community Health (3 cr)

HLTH 4206 Secondary School Health (2 cr)

HLTH 4970 Practicum in Secondary Health Teaching (1 cr)

# PHYSICAL EDUCATION MAJOR COURSE OF STUDY

**PHYSICAL EDUCATION MAJOR: 80-82 credits required**

Suggested Liberal Education Classes:   
PHED 2200 Lifestyle for Wellness, PSY 1100 Introductory Psychology, SPCM 1090 Interpersonal Communication or SPCM 1100 Public Speaking

**\*Pre-req in same department unless another department is specified**

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED COURSES** | | | | | **C=campus; O=online; S=self-guided**  **\*Asterisk = not every semester** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
| 3 |  | BIOL | 1110  1211 | Human Biology  Introductory Biology | | 4 | C, O  C,O | O  O | O  O |
|  | 1110 | BIOL | 2110 | Human Anatomy & Physiology | | 5 | C | C |  |
|  |  | HLTH | 2100 | First Aid and CPR/AED | | 1 | C | C |  |
|  |  | PHED | 2100 | Found of PE, Exercise Science, & Sport | | 3 | C |  |  |
|  |  | PHED | 3100 | Motor Development | | 2 | C | C | O |
|  |  | PHED | 3110 | Motor Learning | | 2 | C | C |  |
|  |  | PHED | 3120 | Psychology of Sport | | 2 | C | C | O |
|  | BIOL  2110 | PHED | 3200 | Introduction to Sport Biomechanics | | 3 | C | C |  |
|  | BIOL  2110 | PHED | 3300 | Physiology of Exercise & Nutrition | | 3 | C | C |  |
|  |  | PHED | 3449 | Socio-Cultural & Ethical Issues in Sport | | 3 |  | C | O |
|  |  | PHED | 3504 | Teaching Rhythms & Dance | | 2 | C |  |  |
|  |  | PHED | 3505 | Teaching Elementary Physical Education | | 2 |  | C\*  Odd yr |  |
|  |  | PHED | 3604 | Teaching Team Sports | | 2 |  | C\*  Even yr |  |
|  |  | PHED | 3605 | Teaching Individual Sports | | 2 | C |  |  |
|  |  | PHED | 3607 | Teaching Fitness Activities | | 2 |  | C |  |
|  | 2100  3100  3300 | PHED | 4400 | Curriculum & Assessment in Physical Education | | 3 | C |  |  |
|  | Methods | PHED | 4500 | Inclusive Physical Education | | 3 | C |  |  |
|  | Senior | PHED | 4920 | DGS: Physical Education Seminar | | 1 | C | C |  |
|  | 3607 | PHED | 4970 | Internship: Practicum in Physical Education Teaching | | 1 | C | C |  |

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED AQUATICS ELECTIVES B: Select 1 course** | | | | |  |  |  |  |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | **Cr** | **Fall** | **Spr** | **Sum** |
|  |  | PHED | 1116 | Advanced Swimming | 1 |  | C |  |
|  |  | PHED | 2630 | Lifeguard Training | 3 |  |  |  |
|  |  | PHED | 2640 | Water Safety Instructor  2 of 3 credits may apply to Part A | 3 |  |  |  |

**Professional Education Core – next page**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED PROFESSIONAL EDUCATION COURSES** | | | | |  |  |  |  |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | **Cr** | **Fall** | **Spr** | **Sum** |
|  |  | ED | 3100 | Foundations of Public School Education | 3 | C | C |  |
|  |  | ED | 3110 | Educational Psychology | 3 | C | C |  |
|  |  | ED | 3140 | Human Relations in Education | 3 | C | C |  |
|  |  | ED | 3350 | Pedagogy: Planning for Instruction | 3 | C | C |  |
|  |  | ED | 3780 | Adaptation & Management: Designing the Learning Environment | 3 | C | C |  |
|  |  | ED | 4737 | Reading in the Content Area | 3 | C | C | O |
|  |  | ED | 4799 | The Professional Teacher | 1 | C | C |  |
|  |  | ED | 4840 | Student Teaching – Special Fields | 12 | C | C |  |
|  |  | HLTH | 3400 | Health & Drugs in Society | 2 | C, O | C, O | C, O |

## TRANSFER STUDENTS IN PHYSICAL EDUCATION SUGGESTED FIRST YEAR SCHEDULE

\*assumes that students have completed their AA degree and taken the MTLE Basic Skills tests with scores reported to BSU for admission to Professional Education

If transfer students do not start the Professional Education sequence, they will not finish in two years. If they choose to stay for an extra semester it is much easier. If they can stay for 5 semesters they can wait to start Professional Education classes in the spring semester and take more subject matter content in the fall.

**Fall Semester**

ED 3100 Introduction to the Foundations of Public School Education (3 cr)

ED 3110 Educational Psychology (3 cr)

BIOL 2110 Human Anatomy & Physiology (5 cr)

PHED 2100 Foundations of Physical Education (3 cr)

PHED 3100 Motor Development (2 cr)

PHED 3300 Physiology of Exercise & Nutrition (3 cr)

**Spring Semester**

ED 3350 Pedagogy: Planning for Instruction (3 cr)

ED 3140 Human Relations in Education (3 cr)

PHED 3110 Motor Learning (2 cr)

PHED 3449 Socio-Cultural & Ethical Issues in Sport (3 cr)

PHED 3505 Teaching Elementary Physical Education (2 cr)

PHED 3604 Teaching Team Sports (2 cr)\* - Even# yr spr

## SUGGESTED SEMESTER SCHEDULE FOR PHYSICAL EDUCATION MAJOR

Students are encouraged to take the required Physical Education, B.S. courses in approximate numerical order. This schedule is intended to help students plan their courses in an orderly fashion.

**First Year**

BIOL 1110 Human Biology (4 cr)

PHED 2100 Foundations of Physical Education, Exercise Science, & Sport (3 cr)

Liberal Education Requirements

Take MTLE exam sometime during Spring semester to be eligible for Education courses next year

**Second Year**

BIOL 2110 Human Anatomy and Physiology (5 cr)

HLTH 2100 First Aid and CPR/AED (1 cr)

PHED 3100 Motor Development (2 cr)

PHED 3110 Motor Learning (2 cr)

PHED 3120 Psychology of Sport (2 cr)

PHED 3200 Introduction to Sport Biomechanics (3 cr)

PHED 3300 Physiology of Exercise & Nutrition (3 cr)

Required Electives in Major

Liberal Education Requirements

Take the MTLE exam to be eligible to register for Education courses

**Third Year**

Begin Professional Education Courses

PHED 3449 Socio-Cultural & Ethical Issues in Sport (3 cr)

PHED 3504 Teaching Rhythms & Dance (2 cr)

PHED 3505 Teaching Elementary Physical Education (2 cr)

PHED 3604 Teaching Team Sports (2 cr)\* - Even# yr spr

PHED 3605 Teaching Individual Sports (2 cr)

PHED 3607 Teaching Fitness (2 cr)

Required Electives in Major

Liberal Education Requirements

**Fourth Year**

PHED 4500 Inclusive Physical Education (3 cr)

PHED 4400 Curriculum & Assessment in Physical Education (3 cr)

PHED 4920 Directed Group Study: Physical Education Seminar (1 cr)

PHED 4970 Internship: Practicum in Physical Education Teaching (1 cr)

Complete Professional Education Courses including Student Teaching

# SPORT MANAGEMENT MAJOR COURSE OF STUDY

**SPORT MANAGEMENT MAJOR, B. A.: 52 core credits with required minor in area of student’s choice (18-25 credits)**

**\*Pre-req in same department unless another department is specified**

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED COURSES** | | | | | **C=on-campus; O=online; S=self-guided**  **\*Asterisk = not every semester** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
|  |  | ACCT | 1101 | Principles of Accounting I | | 3 | C, O | C,O | O |
|  |  | BUAD | 2280 | Computer Business Applications | | 3 | C, O | C, O | O |
| 5 |  | ECON | 2000 | Markets & Resource Allocation | | 3 | C, O | C | C,O |
|  |  | HLTH | 2100 | First Aid and CPR/AED | | 1 | C\* | C | C\* |
|  |  | PHED | 2109 | Introduction to Sport Management | | 3 | C | C\* | O |
|  | 2109 | PHED | 2970 | Internship: Sports Management Practices | | 3 | C | C | C |
|  |  | PHED | 3120 | Psychology of Sport | | 2 | C | C | O |
|  | ECON 2000 | PHED | 3219 | Sport Economics | | 2 |  | C |  |
|  |  | PHED | 3449 | Socio-Cultural & Ethical Issues in Sport | | 3 |  | C | O |
|  | BUAD 2280 | PHED | 3509 | Sport Event Management | | 2 | C |  |  |
|  |  | PHED | 3519 | Sport Facility Management | | 2 |  | C |  |
|  | BUAD 2280 | PHED | 3600 | Sport Marketing | | 3 | C | C\* |  |
|  | ACCT 1101  ECON 2000 | PHED | 4209 | Sport Finance | | 3 |  | C |  |
|  | 3449 | PHED | 4309 | Legal Aspects of Sport | | 3 | C\* | C | O |
|  | 2970 | PHED | 4409 | Sport Business Management | | 3 | C |  |  |
|  | Senior | PHED | 4920 | Directed Group Study: Sport Management Seminar | | 1 | C | C |  |
|  |  | PHED | 4970 | Internship: Sport Management | | 12 | C | C | ARR |

## 

## SUGGESTED SEMESTER SCHEDULE FOR SPORT MANAGEMENT MAJOR

The following is a list of required Sport Management B.A. courses arranged by year. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions and this schedule is flexible.

**First Year**

ACCT 1110 Principles of Accounting I (3 cr)

HLTH 2100 First Aid and CPR/AED (1 cr)

PHED 2109 Introduction to Sport Management (3 cr)

Liberal Education Requirements

**Second Year**

BUAD 2280 Computer Business Applications (3 cr)

ECON 2000 Markets & Resource Allocation (3 cr)

PHED 2970 Internship: Sport Management Practices (3 cr)

PHED 3449 Socio-Cultural & Ethical Issues in Sport (3 cr)

Major Required Electives

Liberal Education Requirements

**Third Year**

PHED 3509 Sport Event Management (2 cr) – Fall

PHED 3519: Sport Facility Management (2 cr) – Spring

PHED 3219: Sport Economics (2 cr) - Spring

PHED 4309 Legal Aspects of Sport (3 cr)

Major Required Electives – Fall 2011 – complete required minor

**Fourth Year**

PHED 4209 Sport Finance (3 cr)

PHED 4409 Sport Business Management (3 cr)

PHED 4920 Directed Group Study: Sport Management Seminar (1 cr)

PHED 4970 Internship: Sport Management (12 cr)

Complete Major Required Electives – complete required minor

## TRANSFER STUDENTS IN SPORT MANAGEMENT SUGGESTED FIRST YEAR SCHEDULE

\*assumes that students have completed their AA degree

**SPORT MANAGEMENT**

**Fall Semester**

PHED 2109 Introduction to Sport Management (3 cr)

PHED 3120 Psychology of Sport (2 cr)

PHED 3509 Sport Event Management (2 cr)

ACCT 1101 Principles of Accounting I (3 cr)

ECON 2000 Market & Resource Allocations (3 cr)

HLTH 2100 First Aid and CPR/AED (1 cr)

Complete required minor

**Spring Semester**

PHED 2970 Sport Management Practices (3 cr)

PHED 3219 Sport Economics (2)

PHED 3449 Socio-Cultural & Ethical Issues (3 cr)

PHED 3519 Sport Facility Management (2 cr)

PHED 3600 Sports Marketing & Public Relations (3 cr)

BUAD 2280 Computer Business Applications (3 cr)

Complete required minor

# MINOR PROGRAMS OFFERED BY THE DEPARTMENT OF HPSH

## DEVELOPMENTAL ADAPTED PHYSICAL EDUCATION MINOR -32 credits

**Not currently available as an added license to physical education teacher licensure**

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

**\*Pre-req in same department unless another department is specified**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED SPECIAL EDUCATION COURSES** | | | | | **C=on-campus; O=online; S=self-guided**  **\*Asterisk = not every semester** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
|  | 3100  3110 | SPED | 3600 | Study of the Learner with Special Needs | | 3 | O | O | O |
|  | 3600 | SPED | 3640 | Due Process in Special Education | | 3 | O | O | O |
|  | 3600 | SPED | 3650 | Collaborative Techniques for Special Educators | | 3 | O | O | O |
|  | 3100 3110 | ED | 3201 | Language Arts I | | 3 | C | C | C |
|  | 3201 | ED | 3202 | Language Arts II | | 3 | C | C | C |
|  | 3202 | ED | 3203 | Language Arts III | | 3 | C | C |  |
| **REQUIRED PHYSICAL EDUCATION COURSES** | | | | | |  |  |  |  |
|  | 2100  3100  3400  Biol 2110 | PHED | 4211 | D/APE History, Philosophy, Diagnosis, & Assessment | | 3 |  |  |  |
|  | 2100  3100  3400  Biol 2110 | PHED | 4212 | Developmental Techniques for Adapted Physical Education | | 3 |  |  |  |
|  | 2100  3100  3400  4211  Biol 2110 | PHED | 4217 | D/APE Sport & Recreation for Individuals with Disabilities | | 3 |  |  |  |
|  |  | 1116  2100  3100  4211 | 4218 | Adapted Aquatics | | 2 |  |  |  |
|  |  | All SPED & ED | 4970 | Internship: Practicum in D/APE | | 3 |  |  |  |

HEALTH PROMOTION & EDUCATION MINOR: 21-34 credits required

This minor does NOT meet standards for health teaching licensure, but serves as support to a number of major programs offered at BSU.

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

**\*Pre-req in same department unless another department is specified**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED COURSES: 18 credits** | | | | | **C=on-campus; O=online; S=self-guided**  **\*Asterisk = not every semester** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
|  |  | HLTH | 3150 | Theoretical & Ethical Foundations of Health | | 3 | C\*, O | O |  |
|  |  | HLTH | 3200 | Personal & Consumer Health | | 3 | O |  | O |
|  |  | HLTH | 3300 | Nutrition | | 3 | O | C | O |
|  |  | HLTH | 3500 | Community Health | | 3 | C\* | O | O\* |
|  |  | HLTH | 3710 | Disease Prevention & Epidemiology | | 3 | C | O | O\* |
| **Required Option: Select ONE of the following** | | | | | |  |  |  |  |
| **OPTION A: PROMOTION – select 3 of the following courses** | | | | | |  |  |  |  |
|  |  | HLTH | 2800 | Multicultural Health in America | | 2 | C\* | O\* |  |
|  |  | HLTH | 3400 | Health & Drugs in Society | | 2 | C, O | C, O | O |
|  |  | INST | 1107 | Introduction to Indian Studies OR  Or other INST courses up to 6 credits total in consultation with advisor | | 3 | C | C |  |
|  |  | NRSG |  | Up to 6 credits accepted – Note: Most Nursing courses are open to Nursing majors only | |  |  |  |  |
|  |  | PHED | 1240 | Techniques of Neuromuscular Relaxation | | 1 | C | C |  |
|  |  | PHED | 2200 | Lifestyle for Wellness | | 2 | C, O | C, O | O |
|  |  | PHED | 3300 | Exercise Physiology & Nutrition | | 3 | C | C |  |
|  |  | PHED | 4160 | Advanced Fitness Assessment & Prescription | | 3 | C |  |  |
|  |  | PHED | 4170 | Advanced Principles for Strength & Speed Training | | 3 |  | C |  |
|  |  | PSY | 2200 | Human Sexuality | | 3 | C | C | O |
|  |  | PSY | 2217 | Abnormal Psychology | | 4 | C | C | O |
|  |  | PSY | 3237 | Lifespan Development | | 4 | C | C |  |
|  |  | PSY | 3367 | Social Psychology | | 3 | C | C | O |
|  |  | PSY | 3387 | Topics in Psychology – when offered with the subtitle of Health Psychology | | 3 |  |  |  |
| **OPTION B: PEDAGOGY** | | | | | | | | | |
|  |  | HLTH | 4206 | Secondary School Health | | 2 |  | O |  |
|  |  | HLTH | 4970 | Secondary Health Teaching Practicum | | 1 | O | O |  |

## 

## HUMAN PERFORMANCE MINOR: 20-26 credits required

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

**\*Pre-req in same department unless another department is specified**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED COURSES** | | | | | **C=on-campus; O=online; S=self-guided** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
| **I. REQUIRED COURSES** | | | | | | | | | |
| 3  3 |  | BIOL  BIOL | 1110  1211 | Human Biology  **OR**  Introductory Biology | | 4 | C, O  C,O | O  O | O  O |
|  |  | HLTH | 2100 | First Aid and CPR/AED | | 1 | C\* | C | C\* |
|  |  | PHED | 2100 | Found of PE, Exercise Science, & Sport | | 3 | C |  |  |
|  | BIOL 2110 | PHED | 3300 | Physiology of Exercise & Nutrition | | 3 | C | C |  |
|  | 3449 | PHED | 4309 | Legal Aspects of Sport | | 3 | C\* | C | O |
|  |  | PHED | 4970 | Internship in Exercise Science | | 1-3 | C | C | C |
| **II. REQUIRED OPTION** | | | | | | | | | |
| **OPTION A: Pedagogy – select 3 of the following courses** | | | | | | | | | |
|  |  | PHED | 2640 | Water Safety Instruction | | 3 |  |  |  |
|  |  | PHED  PHED | 3100  3110 | Motor Development OR  Motor Learning | | 2  2 | C  C | C  C | O |
|  |  | PHED | 3504 | Teaching Dance & Rhythms | | 2 | C |  |  |
|  |  | PHED | 3505 | Teaching Elementary Physical Education | | 2 |  | C\*  odd yr |  |
|  |  | PHED | 3604 | Teaching Team Sports | | 2 |  | C\*  even yr |  |
|  |  | PHED | 3605 | Teaching Individual Sports | | 2 | C |  |  |
|  |  | PHED | 3607 | Teaching Fitness | | 2 |  | C |  |
|  |  | PHED | 4160 | Personal Trainer: Aerobic Exercise | | 3 | C |  |  |
|  |  | PHED | 4170 | Personal Trainer: Strength & Speed Training Exercise | | 3 |  | C |  |
| **OPTION B: Fitness & Training – select 3 of the following courses** | | | | | | | | | |
|  |  | HLTH | 3300 | Nutrition | | 3 | O | C | O |
|  |  | PHED | 1240 | Techniques of Neuromuscular Relaxation | | 1 | C | C |  |
|  |  | PHED | 3200 | Introduction to Sport Biomechanics | | 3 | C | C |  |
|  |  | PHED | 3504 | Teaching Rhythms & Dance | | 3 | C |  |  |
|  |  | PHED | 4160 | Advanced Fitness Assessment & Prescription – Aerobic | | 3 | C |  |  |
|  |  | PHED | 4170 | Advanced Principles for Strength & Speed Training | | 3 |  | C |  |

## SPORT MANAGEMENT MINOR: 23 credits

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

**\*Pre-req in same department unless another department is specified**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **REQUIRED COURSES** | | | | | **C=on-campus; O=online; S=self-guided**  **\*Asterisk = not every semester** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
|  |  | PHED | 2109 | Introduction to Sport Management | | 3 | C,O | C\*, O | O |
|  |  | PHED | 3120 | Psychology of Sport | | 3 | C | C | C,O |
|  |  | PHED | 3449 | Socio-Cultural & Ethical Issues in Sport | | 3 | C | C | C |
|  | BUAD 2280 | PHED  PHED | 3509  3519 | Sport Event Management **OR**  Sport Facility Management | | 2  2 | C | C |  |
|  | MASC 2870 | PHED | 3600 | Sport Marketing | | 3 | C | C\* |  |
|  | ACCT 1101 | PHED | 4209 | Sport Finance | | 3 |  | C,O | O |
|  | 3449 | PHED | 4309 | Legal Aspects of Sport | | 3 |  | C | O |
|  | 2970 | PHED | 4409 | Sport Business Management | | 3 | C |  |  |

# CERTIFICATE PROGRAM

## COACHING CERTIFICATE: 12 credits required

Provides students with skills and the knowledge to coach athletes in many settings, including schools, recreation programs, and clubs. It is designed to provide prospective coaches with knowledge of injury prevention, conditioning, psychological preparation, risk management, sport specific coaching skills, and practical experience. This program parallels NASPE guidelines for coaching standards **TENTATIVE COURSE SCHEDULECAN CHANGE WITHOUT NOTICE**

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| **REQUIRED THEORY COURSES** | | | | | **C=on-campus; O=online; S=self-guided**  **\*Asterisk = not every semester** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
|  |  | HLTH | 2100 | First Aid and CPR/AED | | 1 | C\* | C | C\* |
|  |  | PHED | 3090 | Sport Physiology | | 2 | C | C |  |
|  |  | PHED | 3190 | Athletic Training | | 2 | C | C | O |
|  |  | PHED | 3120 | Psychology of Sport | | 2 | C | C | O |
|  |  | PHED | 3690 | Coaching Principles | | 2 | C | C |  |
| **REQUIRED ELECTIVES COURSES: Select 1 course from the following** | | | | | |  |  |  |  |
|  |  | PHED | 3700 | Baseball Coaching | | 2 |  |  |  |
|  |  | PHED | 3710 | Basketball Coaching | | 2 | C |  |  |
|  |  | PHED | 3720 | Football Coaching | | 2 |  | C – even yrs |  |
|  |  | PHED | 3730 | Golf Coaching | | 2 |  |  |  |
|  |  | PHED | 3740 | Hockey Coaching | | 2 | C – odd yrs |  |  |
|  |  | PHED | 3750 | Soccer Coaching | | 2 |  | C – odd yrs |  |
|  |  | PHED | 3760 | Softball Coaching | | 2 |  |  |  |
|  |  | PHED | 3770 | Swimming Coaching | | 2 |  |  |  |
|  |  | PHED | 3780 | Tennis Coaching | | 2 |  |  |  |
|  |  | PHED | 3790 | Track & Field Coaching | | 2 |  | C – odd yrs |  |
|  |  | PHED | 3800 | Volleyball Coaching | | 2 |  |  |  |
|  |  | PHED | 3810 | Wrestling Coaching | | 2 |  |  |  |
| **REQUIRED PRACTICUM: High School Level Required** | | | | | |  |  |  |  |
|  | 70% of program  taken | PHED | 4970 | Practicum in Athletic Coaching | | 1 | C | C |  |

# RED CROSS CERTIFICATION PROGRAMS

## Red Cross First Aid and CPR/AED Certification

**TENTATIVE COURSE SCHEDULE LISTED CAN CHANGE WITHOUT NOTICE**

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| **REQUIRED COURSE** | | | | | **C=campus; O=online; S=self-guided** | | | | |
| **Lib**  **Ed** | **Pre**  **req** | **Dept** | **Crse**  **#** | **Title** | | **Cr** | **Fall** | **Spr** | **Sum** |
|  |  | HLTH | 2100 | First Aid and CPR/AED OR | | 1 | C\* | C |  |
|  | 2100 | HLTH | 2200 | First Aid and CPR/AED Instructor | | 1 |  | C\* |  |