

PHYSICAL EDUCATION MAJOR ADVISING WORKSHEET - page 1

Prefix/Number	Course Title	Credit Hours	Semester Completed
Required Core Courses:			
EXHP 101	Intro to ExHP	3	_____
BIOL 112	Nutrition	3	_____
EXHP 162	Personal Health	3	_____
EXHP 162L	Personal Health Lab	1	_____
EXHP 222	Behavioral Facilitation	3	_____
EXHP 343	Measurement & Evaluation	3	_____
EXHP 344	Exercise Physiology	3	_____
EXHP 344/L	Exercise Physiology	1	_____
EXHP 364	Kinesiology	3	_____
EXHP 461	Managing Programs in EXHP	3	_____
Two credit hours from the following courses:			
EXHP 113L	Whitewater Boating	2	_____
EXHP 114L	Basic Mountaineering Techniques	2	_____
EXHP 115L	Skiing	2	_____
EXHP 116L	Camping	2	_____
EXHP 117L	Backpacking	2	_____
REC 102	Mountain Orientation	2	_____
REC 103	Winter Orientation	2	_____
REC 104	Desert Orientation	2	_____
REC 105	Canyon Orientation	2	_____
REC 249	Challenge Course Leadership	2	_____
Required Option Courses:			
EXHP 232	First Aid	2	_____
EXHP 233	History & Principles of PE and Rec	2	_____
EXHP 245	Motor Learning & Development	3	_____
EXHP 243	Methods of Rhythmic Activities	2	_____
EXHP 260	Care & Prevention of Athletic Injuries	3	_____
EXHP 345	Methods of Team Sports I	2	_____
EXHP 346	Methods of Team Sports II	2	_____
EXHP 348	Methods of Individual & Dual Sports	3	_____
EXHP 351	Methods of Elementary Phys Educ	3	_____
EXHP 465	Adapted Phys Educ	3	_____
EXHP 478	Methods of Teaching Secondary Phys Educ	3	_____

PHYSICAL EDUCATION MAJOR ADVISING WORKSHEET - page 2

1 Credit from the following:

EXHP 106L	Martial Arts	1	_____
EXHP 109L	Volleyball	1	_____
EXHP 110L	Weight Training	1	_____
EXHP 119L	Walking	1	_____
EXHP 120L	Aerobics	1	_____
EXHP 121L	Aerobics Instructor Training	1	_____
EXHP 143L	Folk, Square, Ballroom	1	_____
EXHP 175L	Racquetball	1	_____
EXHP 473	Coaching Certification Clinic	1	_____

Choose 1 of the following:

EXHP 146L	Beginning Swimming	1	_____
EXHP 176L	Lifeguard Training	1	_____
EXHP 276L	WSI Certification	2	_____

TOTAL HOURS 59-60

Advisor Signature/ Date

Student Signature/ Date