

**North Georgia College & State University**  
**Physical Education - Emphasis in Exercise Science**  
**4-Year Degree Map Beginning Fall 2008**

**Freshman Year**

Fall	Hrs	Spring	Hrs
ENGL 1101 (Area A)	3	ENGL 1102 (Area A)	3
SCIENCE, LAB-BASED (Area D)	4	SCIENCE, LAB-BASED (Area D)	4
MATH 1101, 1111, 1113, or 2450 (Area A)	3	MATH 2400 (Elementary Statistics) (Area D)	3
FOREIGN LANGUAGE (1002) (Area B)	3	HIST 1112 (Area E)	3
PSYC 1001 (Found. Leadership) (Area B)	1	PHED 1000 (Wellness)	3

**Sophomore Year**

Fall	Hrs	Spring	Hrs
BIOL 2250 (Anat. & Physiol. I) (Area F)	4	BIOL 2251 (Anat. & Physiol. II) (Area F)	4
ENGL 21_____ (Literature class) (Area C)	3	PHED 2000 (Intro. to Phy. Educ.) (Area F)	3
HUMANITIES/FINE ARTS ELECTIVE (Area C)	3	BUSINESS ELECTIVE (2000 level)(Area F)	3
HIST 2111 or 2112 or POLS 1101 (Area E)	3	SOCIAL SCIENCE ELECTIVE (Area E)	3
COMM 1110 (Speech) (Area F)	3	SOCIAL SCIENCE ELECTIVE (Area E)	3
Approved Elective (Area F)	1	APPLY FOR ADMITTANCE TO EXERCISE SCIENCE	

**Junior Year**

Fall	Hrs	Spring	Hrs
ATEP 2335 (Athletic Training I)	3	PHED 3023 (Cardio-Conditioning Prin. & Tech.)	2
PHED 3012 (Weight Training Prin. & Tech.)	2	PHED 3350 (Health Promotion) *	3
PHED 3305 (Nutrition)	2	PHED 3380 (Exercise Testing & Pres.) *	2
PHED 3360 (Motor Behavior)	3	PHED 3380L (Exercise Testing & Pres. Lab) *	1
PHED 4450 (Exercise Physiology)	3	PHED 4405 (Physical Education Admin.)	3
RECOMMENDED ELECTIVES	3	PHED 4460 (Kinesiology)	3
		RECOMMENDED ELECTIVES	2

**Senior Year**

Fall	Hrs	Spring	Hrs
PHED 3014 (Lifeguard Training)	2	PHED 4490 (Internship: Exercise Science) **	12
PHED 3340 (Measurement & Evaluation)	3		
PHED 4430 (Exercise Leadership) *	2		
PHED 4430L (Exercise Leadership Lab) *	1		
PHED 4470 (Cardiac Rehabilitation) *	3		
PHED 4480 (Biomechanics) *	3		
RECOMMENDED ELECTIVES	2		

\* Admission to Exercise Science or permission of instructor required for enrollment.

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- All Physical Education majors are required to hold current CPR & Basic First Aid Certification throughout their Internship experience.
- Students are required to complete BIOL 2250 and 2251 (a grade of "C" or better is required) during their sophomore year and apply for admittance to Exercise Science during the spring semester of their sophomore year.
- An approved Plan of Study (POS) needs to be in the Registrar's Office before 90 semester hours have been completed.
- The Regents' Test needs to be completed before you have earned 45 semester hours of credit.