

**Bachelor of Science Degree
College of Liberal Arts and Sciences, ASU
Exercise Science and Physical Education (EPE)**

Undergraduate Academic Advisor, Donna Landers, PE West, Room 212, (480) 965-3875

MINIMUM GRADE OF "C" REQUIRED IN ALL PREREQUISITE AND MAJOR COURSES

I. A. REQUIRED GENERAL STUDIES COURSES (prerequisites for EPE core courses):

- ___ CHM 101 (SQ) - (prerequisite for EPE 340)
- ___ BIO 201 (SG) - (prerequisite for EPE 335, EPE 340, EPE 345)
- ___ BIO 202 (NS) - (prerequisite for EPE 340)
- ___ MAT 117 (MA) - (prerequisite for EPE 335)
- ___ PGS 101 (SB) - (prerequisite for EPE 345, EPE 352)
- ___ PHY 111 (NS) - (prerequisite for EPE 335)

B. Courses meeting Literacy and Critical Inquiry (L) requirement:*

- ___ EPE 400 Teaching Physical Activity Concepts (effective Fall 2000) (prerequisite: EPE 200)
- ___ EPE 414 Electromyographic Kinesiology (effective Fall 2000) (prerequisite: EPE 335, EPE 340)
- ___ EPE 441 Physiology of Women in Sport (prerequisite: EPE 340)
- ___ EPE 443 Exercise Endocrinology (prerequisite: EPE 340)
- ___ EPE 448 Applied Sport Psychology (prerequisite: EPE 352)
- ___ EPE 460 Theory of Strength Training (prerequisite: EPE 335, EPE 340)

(General Studies abbreviations used above: SQ & SG = Sciences; MA = Numeracy; SB = Social and Behavioral Sciences; L = Literacy and Critical Inquiry; NS = Natural Sciences and Mathematics)

*There are other L courses in the university.

II. EPE CORE REQUIREMENTS (21 Semester Hours)

- ___ (3) EPE 200 Introduction to Exercise Science and Physical Education
- ___ (3) EPE 335 Biomechanics (prerequisite: MAT 117, BIO 201, PHY 111)
- ___ (3) EPE 340 Physiology of Exercise (prerequisite: BIO 201 & 202, CHM 101)
- ___ (3) EPE 345 Motor and Developmental Learning (prerequisite: BIO 201 & PGS 101)
- ___ (3) EPE 352 Psychosocial Aspects of Physical Activity (prerequisite: PGS 101) (SB) (C)
- ___ (6) EPE 110 Movement Analysis Laboratory Courses (1 or 2 semester hours) For suggested/required 110 courses, check with the Advisor.

III. AREAS OF CONCENTRATION (21 Semester Hours) *

There are two areas of concentration available. All students must choose one area of concentration either (1) EXERCISE SCIENCE, or (2) PHYSICAL EDUCATION.

EXERCISE SCIENCE CONCENTRATION

Candidates must complete 21 semester hours * beyond the core courses in the major field, at least 12 of which must carry EPE prefixes from the defined course list. The nine remaining semester hours may be from the defined course or related course lists. No more than six semester hours each may be in independent study courses, internship, and/or Honors Thesis. [NOTE: The EPE 110 courses (6 credits) should be a variety of one credit courses.]

Defined Course List

Biomechanics

EPE 334	Functional Anatomy & Kinesiology
EPE 412	Biomechanics of the Skeletal System
EPE 413	Qualitative Analysis in Sport Biomechanics
EPE 414	Electromyographic Kinesiology

Exercise Physiology

EPE 440	Exercise Biochemistry
EPE 441	Physiology of Women in Sport
EPE 443	Exercise Endocrinology
EPE 444	Metabolic Adaptations to Exercise Training
EPE 494	ST: Pediatric Exercise Physiology
EPE 494	ST: Fuel Metabolism
EPE 494	ST: Health Fitness Assessment

Motor Behavior

EPE 494	ST: Human Motor Control
EPE 494	ST: Intermediate Motor Control and Learning
EPE 494	ST: Motor Control in Elderly
EPE 494	ST: Motor Control in Special Populations
EPE 494	ST: Voluntary & Reflex Control of Movement

Sport Psychology

EPE 348	Psychological Skills for Optimal Performance (SB-effective Spring 2001)
EPE 448	Applied Sport Psychology
EPE 452	Exercise Psychology (SB)
EPE 494	ST: Motivation in Sport & Exercise
EPE 494	ST: Psychology, Physical Activity, & Health

Related Coursework List

EPE 283	Prevention & Care of Athletic Injuries
EPE 370	Advanced First Aid (Not open to EMTs)
EPE 460	Theory of Strength Training
EPE 484	Internship (6 credit maximum)
EPE 485	Advanced Techniques of Athletic Training
EPE 493	Honors Thesis (6 credit maximum)
EPE 499	Independent Study (6 credit maximum)

Only courses above 100 introductory level may be used in the related area.

Attention students in pre-physical therapy and pre-medicine: Suggested course work is as follows: CHM 113; 115 or 116; 231-235 or 331-335 & 332-336; 361; PHY 111-113, 112-114; MAT 170 or 210; statistics or computer science; other courses in biology, zoology, microbiology and/or psychology.

PHYSICAL EDUCATION CONCENTRATION

Candidates for the physical education concentration must complete 21* semester hours beyond the EPE core courses, at least twelve of which must include the following:

- EPE 361 Physical Education in the Secondary School
- EPE 376 Physical Education for the Elementary School
- EPE 382 Physical Education for the Atypical Student (prerequisite: BIO 201 & BIO 202)
- EPE Elective (Core classes not acceptable; upper division only)

The remaining nine hours of related coursework can carry either EPE, PGS/PSY, SPE, CDE, and/or education prefixes. Activity courses (EPE 110) may be used to fulfill part of the 21 semester hour requirement (additional 4 credits maximum). No more than six semester hours may be taken in internship. Internship experiences may only be in elementary and secondary school teaching and coaching settings. A maximum of six semester hours each may be in independent study and/or Honors Thesis.

[NOTE: EPE 110 courses required (six credits total) are the two credit kind: Teaching Team Sports, Teaching Individual Sports, and Teaching Fitness Activities.]

Suggested Related Coursework List:

- EPE 100 Introduction to Health and Wellness
- EPE 191 First Year Seminar
- EPE 283 Prevention & Care of Athletic Injuries (prerequisite: BIO 201 & BIO 202)
- EPE 290, 292 Sports Officiating
- EPE 348 Psychological Skills for Optimal Performance (SB-effective Spring 2001)
- EPE 370 Advanced First Aid (Not open to EMT's)
- EPE 400 Teaching Physical Activity Concepts (effective Fall 2000)
- EPE 442 Physical Activity, Health & Disease (prerequisite: EPE 340)
- EPE 448 Applied Sport Psychology (prerequisite: EPE 352)
- EPE 460 Theory of Strength Training (prerequisite: EPE 335 & EPE 340)
- EPE 484 Internship (6 credits maximum)
- EPE 485 Advanced Techniques of Athletic Training (prerequisite: EPE 283)
- EPE 493 Honors Thesis (6 credits maximum)
- EPE 494 ST: Motivation in Sport & Exercise
- EPE 494 ST: Pediatric Exercise Physiology
- EPE 499 Independent Study (6 credits maximum)
- SED 501 Introduction to Effective Instruction (6 credits) - This should be taken final semester of senior year prior to graduation.
- EPE Electives With Advisor approval

GRADUATION REQUIREMENTS:

NOTE: EPE 105, 205, 305 courses cannot be substituted for EPE 110 courses.

For 1996-2000 through 2000-01 catalogs: 45 semester hours must be upper division level and 120 semester hours are required for graduation. ***Twenty-one hours in each area of concentration.** (See advisor for details.)

University General Studies Requirements and College Graduation Requirements must also be met.