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.