

**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. 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)

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

- ___ EPE 400 Teaching Physical Activity Concepts (prerequisite: EPE 200)
- ___ EPE 414 Electromyographic Kinesiology (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 340)

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

*There are other L courses in the university.

C. Bridge Course (s)

- ___ EPE 452 Exercise Psychology (SB)

II. 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)

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: Applied Exercise Physiology Techniques
- EPE 494 ST: Environmental Exercise Physiology

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
- EPE 494 ST: Research Methods

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
- EPE 494 ST: Sport & Social Issues

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 494 ST: Administration of Athletics
- 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; BCH 361; PHY 111-113, 112-114; MAT 170 or 210; statistics or computer science; other courses in biology, 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
- 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.

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
- EPE 370 Advanced First Aid (Not open to EMT's)
- EPE 400 Teaching Physical Activity Concepts
- EPE 448 Applied Sport Psychology (prerequisite: EPE 352)
- EPE 460 Theory of Strength Training (prerequisite: 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: Administration of Athletics
- EPE 494 ST: Motivation in Sport & Exercise
- EPE 494 ST: Motor Control in Special Populations
- EPE 494 ST: Pediatric Exercise Physiology
- EPE 499 Independent Study (6 credits maximum)
- EPE Electives With Advisor approval

GRADUATION REQUIREMENTS:

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

For 1996-2000 through 2000-03 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.

