

ORAL ROBERTS UNIVERSITY  
 DEGREE: **Bachelor of Science**  
 MAJOR: **Health & Exercise Science**  
 CONCENTRATION: **PE Teacher Certificati**  
**PETC**

DEGREE PLAN SHEET 2020-2021  
**College of Science and Engineering**  
**Health, Leisure, and Sport Sciences**  
 in cooperation with the  
**College of Education**

TOTAL HOURS REQUIRED 123  
 Hours in general education 47.5  
 Hours in major 37  
 Hours in cognate 5  
 Hours in concentration 27  
 Hours of electives 6.5

Name \_\_\_\_\_ Date \_\_\_\_\_  
 Z# \_\_\_\_\_  
 Telephone \_\_\_\_\_ Email \_\_\_\_\_  
 Advisor \_\_\_\_\_

SEMESTER TAKEN	COURSE CODE	COURSE TITLE	CREDIT HOURS	SEMESTER TAKEN	COURSE CODE	COURSE TITLE	CREDIT HOURS
<b>FRESHMAN Semester 1</b>				<b>FRESHMAN Semester 2</b>			
_____	BLIT 111	Bible 1: Old Testament	2	_____	PED 203	Foundations & Methods of Education	3
_____	HLSS 200	Introduction to Exercise Science	3	_____	GOV/CIV _____	Civics Elective	3
_____	PED 131	Pre-clinical Experience	1	_____	THE 105	Sprit Empower Living II	2
_____	COMP 102	Composition II	3	_____	COM 101	Oral Communication	3
_____	PRFH 070	Swimming Proficiency testing	0	_____	HPE 155	Health Fitness	1
_____	GEN 150	Intro to Whole Person Education	1	_____	PED 100	Education Seminar	0
_____	PED 100	Education Seminar	0	_____	BLIT 122	Bible II: New Testament	2
_____	THE 104	Spirit-Empowered Living 1	2	_____	_____	Science Elective	3
_____	_____	Lab Science Elective	4				
			16				17

<b>SOPHOMORE Semester 3</b>				<b>SOPHOMORE Semester 4</b>			
_____	HLSS 319	Applied Anatomy and Physiology Lecture	3	_____	HLSS 314	Motor Learning, Games and Adaptive PE	3
_____	HLSS 319	Applied Anatomy and Physiology Lab	1	_____	HUM _____	Humanities Elective	3
_____	HUM _____	Humanities Elective	3	_____	BIO 259	Medical Terminology	2
_____	_____	Foreign Language *Spanish Preferred	3	_____	HLSS 233	Safety and First Aid	3
_____	PSY 201	Principles of Psychology	3	_____	HLSS 231	Personal Health Science	3
_____	PED 222	School Health Care	1	_____	HPE 42	Creative Aerobics	0.5
_____	HPE _____	Beg Swim (026) or Int. Swim (024)	0.5	_____	PED 100	Education Seminar	0
_____	PED 100	Education Seminar	0				14.5
			14.5				

COE: Benchmark 1 Completed and PEP Interview

<b>JUNIOR Semester 5</b>				<b>JUNIOR Semester 6</b>			
_____	HLSS 320	Prevention and Care of Sports Injuries	3	_____	HLSS 402	Ex Prescription for Special Population	3
_____	HLSS 324	Exercise Physiology	3	_____	HLSS 316	Kinesiology and Biomechanics	3
_____	MAT 325	Elementary Statistics	3	_____	HLSS 412	Techniques of Health Fitness Eval	3
_____	HPE 30	Weight Training	0.5	_____	HPE 16	Badminton	0.5
_____	PED 305	Pedagogy I	4	_____	COMP 303	Critical Reading and Writing	3
_____	PED 100	Education Seminar	0	_____	PED 306	Pedagogy II	4
_____	NUT 201	Nutrition	3	_____	PED 100	Education Seminar	0
			16.5				16.5

COE: Benchmark 2 Completed

<b>SENIOR Semester 7</b>				<b>SENIOR Semester 8</b>			
_____	HLSS 315	Organization & Administration of Program	3	_____	HPE 400	Lifelong Wellness	1
_____	HLSS 228	Theory of Coaching	3	_____	PED 475	Student Teaching 4-6	5
_____	_____	Electives	6.5	_____	PED 495	Student Teaching 10-12	5
_____	PED 409	Instructional Methods: Secondary /K-12	3	_____	PED 361	Professional Education Seminar/Portfolio	1
_____	HPE 28	Beg. Tennis	0.5				
_____	PED 100	Education Seminar	0				12
			16.0				

COE: Benchmark 3 Completed

Student's Signature \_\_\_\_\_ Date \_\_\_\_\_ Advisor's Signature \_\_\_\_\_ Date \_\_\_\_\_

		<b>Credit Hours</b>
<b><u>General Education</u></b>		
Intro to Whole Person Education (GEN 150) - Counts as HPE		1
Composition (COMP 102, 303)		6
Oral Communication (COM 101)		3
Humanities (HUM 201*,202*,203*,204*,333, / 333, ART 103, 104, 307: DANP 125; DRAM 21 *At least one course must be chosen from list courses marked with asterisks.		6
Civics (GOV 101, 103, HIS 110, 111, or 200)		3
Foreign Language (101, 102, 203, or 204)		3
Biblical Literature (BLIT 111 / BIB 222 & BLIT 122 / BIB 261)		4
Theology (THE 104, 105)		4
Quantitative Literacy (MAT 232 or 325)		3
Laboratory Science (BIO 101/101L, 104, 111/111L, 112/112L, 150/150L, CHE 101/101L, 111/111L, 112/112L, EVR R 250/250L, PHY 101/101L, 102/102L, 111/111L, PSC 101/101L, 201/201L)		4
Science Elective (BIO 105 or a second lab science)		3
Social Sciences (SOC 101, 201, 323, PSY 201, SWK 202, MUS 208, BUS 201, FIN 244)		3
Health Science One course per full-time semester at ORU, including HPE 155 and 400, swimming course or proficiency, and choice of electives)		4.5
<b>General Education Total</b>		<b>47.5</b>
<b><u>Major</u></b>		
HLSS 200	Introduction to Exercise Science and Physical Education	3
HLSS 231	Personal Health Science	3
HLSS 233	Safety and First Aid	3
HLSS 314	Motor Learning Games/Adapted PE	3
HLSS 315	Organization and Administration of Programs	3
HLSS 316	Kinesiology and Biomechanics	3
HLSS 319	Applied Anatomy and Physiology	4
HLSS 320	Prevention and Care of Sports Injuries	3
HLSS 324	Exercise Physiology	3
HLSS 228	Theory of Coaching <b>OR</b>	
HLSS 318	Psychology of Human Performance	3
HLSS 402	Exercise Prescription for special Populations	3
HLSS 412	Techniques of Health Fitness Evaluation	3
<b>Major Total</b>		<b>37</b>
<b><u>Cognate</u></b>		
BIO 259	Medical Terminology	2
NUT 201	Nutrition	3
<b>Cognate Total</b>		<b>5</b>
<b><u>Professional Education</u></b>		
PED 100	Professional Education Seminar/Portfolio	0
PED 131	Pre-clinical Experience	1
PED 203	Foundations and Methods of Education	3
PED 222	School Health Care (Fall only)	1
PED 305	Pedagogy I	4
PED 361	Professional Education Seminar/Portfolio	1
PED 306	Pedagogy II	4
PED 409	Instructional Methods: K-12	3
PED 475	Intern/Student Teaching (Elementary)	5
PED 495	Intern/Student Teaching (Secondary)	5
		<b>27</b>
<b><u>Electives</u></b>		
<b>Electives Total</b>		<b>6.5</b>
<b>Degree Total</b>		<b>123</b>