



**KENTUCKY STATE  
UNIVERSITY**

# PHYSICAL EDUCATION (NON-TEACHING) BACHELOR OF ARTS - EXERCISE SCIENCE TRACK

| Course                      | Title                          | Hours     |
|-----------------------------|--------------------------------|-----------|
| <b>Term 1 (Fall)</b>        |                                |           |
| ENG 101                     | English Comp I                 | 4         |
| KSU 118                     | Intro. to University Learning  | 3         |
| Arts and Humanities         |                                | 3         |
| SPE 103                     | Interpersonal Communication    | 3         |
| Social Science              |                                | 3         |
| <b>Hours</b>                |                                | <b>16</b> |
| <b>Term 2 (Spring)</b>      |                                |           |
| ENG 102                     | English Comp II                | 3         |
| KSU 186                     | Navigate. the Tech. World      | 3         |
| Science                     |                                | 3         |
| Social Science              |                                | 3         |
| MAT 115                     | College Algebra                | 3         |
| <b>Hours</b>                |                                | <b>15</b> |
| <b>Term 3 (Fall)</b>        |                                |           |
| PHE 323                     | Principles of Physical Educ    | 3         |
| PHE 301                     | Human Anat for Phys Ed/Sport   | 3         |
| PHE 215                     | Team Sports Concepts           | 2         |
| Foreign Language/Humanities |                                | 3         |
| PHE 218                     | Teach Body Condition           | 1         |
| BIO 220                     | Medical Terminology            | 2         |
| <b>Hours</b>                |                                | <b>14</b> |
| <b>Term 4 (Spring)</b>      |                                |           |
| PHE 380                     | Coaching Competitive Ath       | 2         |
| PHE 302                     | Human Phy. for Physical Edu &  | 4         |
| PHE 216                     | Individual Sports Concepts     | 2         |
| Foreign Language/Humanities |                                | 3         |
| PHE 209                     | Beginning Swimming             | 1         |
| FNU 104                     | Basic Nutrition                | 3         |
| MUP                         |                                | 2         |
| <b>Hours</b>                |                                | <b>17</b> |
| <b>Term 5 (Fall)</b>        |                                |           |
| PHE 331                     | Kinesiology/Biomechanics       | 4         |
| PHE 324                     | Sports Injury:Prevention/Care  | 3         |
| HED 221                     | Personal Health/Life Fitness   | 2         |
| PHE 333                     | Psycho/Socio Aspects of Sports | 3         |
| HED 107                     | First Aid and Safety           | 2         |
| <b>Hours</b>                |                                | <b>14</b> |
| <b>Term 6 (Spring)</b>      |                                |           |
| PHE 320                     | Adapted Physical Education     | 3         |
| PHE 332                     | Motor Develop/MotorLearning    | 3         |
| HED 222                     | Personal Health/Life Fit II    | 2         |
| PHE 330                     | Physiology of Exercise         | 4         |

|                        |                                |            |
|------------------------|--------------------------------|------------|
| Elective               |                                | 3          |
| <b>Hours</b>           |                                | <b>15</b>  |
| <b>Term 7 (Fall)</b>   |                                |            |
| PHE 401                | Tests/Measurements HPE         | 3          |
| PHE 421                | Organization/Adm of HPE        | 3          |
| PHE 402                | Res. Methods. in Exercise Sci. | 3          |
| Free Elective          |                                | 3          |
| Free Elective          |                                | 3          |
| <b>Hours</b>           |                                | <b>15</b>  |
| <b>Term 8 (Spring)</b> |                                |            |
| PHE 440                | Intern. in Exercise Science    | 3          |
| PHE 334                | Princ. of Strength & Condition | 3          |
| HED 300                | Found of Health Education      | 3          |
| Free Elective          |                                | 3          |
| Free Elective          |                                | 2          |
| <b>Hours</b>           |                                | <b>14</b>  |
| <b>Total Hours</b>     |                                | <b>120</b> |