

Plymouth State College CURRICULUM PLANNING GUIDE with APPLICATION of TRANSFER CREDIT

BS PHYSICAL EDUCATION 2002-2003

Student \_\_\_\_\_  
 SS# \_\_\_\_\_  
 Enrollment Date \_\_\_\_\_

Option: **Fitness and Rehabilitation**  
 Total semester hours required: 122  
 Total semester hours transferred: \_\_\_\_\_

PSC Requirements	Credits	GenEd	Transfer Course (title)	Credits	To Be Taken
PE 241 *Fitness Activities	1				
PE 255 Foundations of Physical Educ	3				
PE 264 Burdenko Conditioning	1				Spring
PE 356 Evaluation in Physical Education	3	Q			Spring
PE 357 Kinesiology	3	S			Spring
PE 358 Physiology of Exercise	3	S			Fall
PE 372 Motor Learning	3	SP			Fall
PE 373 Motor Development	3	Writing not transferable			Spring
PE 375 Physiology of Exercise Lab	1	S-Lab			Fall
PE 383 Resistive Training	1.5				Spring
PE 387 Fitness Testing Skills	1				Fall
PE 478 Exercise Prescription	3		requires 2.33 cumulative GPA		Spring
PE Activities: 200 level 5 credits must be taken in different categories Aquatics, Dance, Dual Sports, Individual Sports, Outdoor and Team Sports	7				
AT 225 Prevention/Care of Athletic Injuries	3				Spring
AT 325 Injury Assessment I	3	UL			Fall
AT 326 Injury Assessment Lab I	1	UL			Fall
AT 425 Rehab of Athletic Injuries	3	UL			Spring
AT 450 Therapeutic Modalities	3	UL			Fall
BI 211 Human Anatomy & Physiology I	3	S			Fall
BI 212 Human Anatomy & Physiology II	3	S			Spring
BI 213 Human Anatomy & Physiology Lab I	1	S-Lab			Fall
BI 214 Human Anatomy & Physiology Lab II	1	S-Lab			Spring
HE 220 CPR	1.5				
HE 256 Personal Wellness	3				
HE 265 First Aid	1.5				
HE 322 Applied Nutr Exer/Wellness or		UL			
NS 241 Nutrition	3	S			odd Spring
EN 120 Composition	3				
IS 101 Introduction Academic Community	1	transfers (24+ credits) do Computer/Library Skills			
MA Math Foundations (MA 201/230)	3				
F Fine and Performing Arts	3				
G Global Perspective	3				
H Historical Perspective	3				
L Literary Perspective	3				
P Philosophical Perspective	3				
SP Social and Psychological (not PE)	3				
T Technological Perspective	3				
Integrative Component	3		must be taken at PSC		
Electives	27.5				

\* Part of 8 PE activities. PE 488 is recommended elective. Students are encouraged to take a foreign language to satisfy the **Global** Perspective. Neither the **Writing** course nor the **Integrative** Component can be satisfied with transfer credit; they must be taken at Plymouth.