

EXERCISE, SPORT AND HEALTH SCIENCES (B.S.)

Acceptance into the Teacher Education program for the Physical Education Track requires a minimum GPA of 2.75.

Required course work includes the university requirements (see regulation J-3 (<https://catalog.uidaho.edu/general-requirements-academic-procedures/j-general-requirements-baccalaureate-degrees/>)), the Department of Movement Sciences core course MVSC 201, and the following:

Major Requirements

Code	Title	Hours
BIOL 227	Anatomy and Physiology I	4
BIOL 228	Anatomy and Physiology II	4
ESHS 300	Applied Human Anatomy and Biomechanics	3
ESHS 418	Physiology of Exercise	3
ESHS 451	Psychosocial Determinants of Health	3
ESHS 493	Fitness Assessment and Prescription	3
Emphases		
Select one of the following emphases:		27-49
Community Health Education and Promotion (p. 1)		
Fitness, Health, and Human Performance (p. 1)		
Pre-Physical Therapy & Allied Health (p. 1)		
Pre-Athletic Training (p. 2)		
Physical Education Teacher Certification (p. 2)		
Total Hours		47-69

A. Community Health Education and Promotion Emphasis

Code	Title	Hours
FN 205	Concepts in Human Nutrition	3
ESHS 301	Peer Health Education	2
ESHS 328	Community Health: Theory, Systems, and Practice	3
ESHS 423	Health Education Methods	3
ESHS 450	Critical Health Issues	3
ESHS 451	Psychosocial Determinants of Health	3
ESHS 490	Health Promotion	3
ESHS 498	Internship in Exercise Science & Health	6-9
MVSC 445	Internship Preparation and Professional Development	1
MVSC 486	Community Health Assessment, Planning, and Intervention	3
ESHS 455	Design & Analysis of Research in Movement Sciences	3
ESHS 495	Practicum (Two at 1 credit each)	2
STAT 251	Statistical Methods	3
Select 3 Credits of PE Activity/Skill Analysis Classes (See advisor for selection)		3
Select one of the following		1
ESHS 132	Skill and Analysis of Striking and Net/Wall Activities	

ESHS 133	Skill and Analysis of Target and Invasion Activities	
ESHS 134	Skill and Analysis of Recreation and Outdoor Activities	
Total Hours		42-45

Courses to total 120 credits for this degree

B. Fitness, Health, and Human Performance Emphasis

Code	Title	Hours
MVSC 445	Internship Preparation and Professional Development	1
ESHS 360	Motor Behavior	3
ESHS 495	Practicum (Two at 1 credit each)	2
ESHS 455	Design & Analysis of Research in Movement Sciences	3
ESHS 498	Internship in Exercise Science & Health	6-9
Select 9 credits from the following		9
FN 205	Concepts in Human Nutrition	
ESHS 450	Critical Health Issues	
ESHS 451	Psychosocial Determinants of Health	
ESHS 490	Health Promotion	
MVSC 486	Community Health Assessment, Planning, and Intervention	
Select 9 credits from the following		9
ESHS 245	Introduction to Athletic Injuries	
ESHS 305	Sport and Exercise Psychology	
ESHS 407	Sport Biomechanics	
ESHS 409	Concepts in Strength and Conditioning	
ESHS 459	Sport Nutrition	
Select 3 credits of PE Activity/Skill Classes (see advisor for selection).		3
Select one of the following:		1
ESHS 132	Skill and Analysis of Striking and Net/Wall Activities	
ESHS 133	Skill and Analysis of Target and Invasion Activities	
ESHS 134	Skill and Analysis of Recreation and Outdoor Activities	
Total Hours		37-40

Courses to total 120 credits for this degree

C. Pre-Physical Therapy and Allied Health Emphasis

Code	Title	Hours
BIOL 115	Cells and the Evolution of Life	3
BIOL 115L	Cells and the Evolution of Life Laboratory	1
CHEM 111	General Chemistry I	3
CHEM 111L	General Chemistry I Laboratory	1
MVSC 445	Internship Preparation and Professional Development	1
ESHS 360	Motor Behavior	3
ESHS 495	Practicum (Two at 1 credit each)	2

ESHS 455	Design & Analysis of Research in Movement Sciences	3
ESHS 498	Internship in Exercise Science & Health	6-9
PSYC 305 or PSYC 311	Developmental Psychology Abnormal Psychology	3
STAT 251	Statistical Methods	3
Select 12 credits from the following		12
FN 205	Concepts in Human Nutrition	
ESHS 232	Medical Terminology	
ESHS 245	Introduction to Athletic Injuries	
ESHS 305	Sport and Exercise Psychology	
ESHS 328	Community Health: Theory, Systems, and Practice	
ESHS 407	Sport Biomechanics	
ESHS 409	Concepts in Strength and Conditioning	
ESHS 450	Critical Health Issues	
ESHS 451	Psychosocial Determinants of Health	
ESHS 459	Sport Nutrition	
ESHS 490	Health Promotion	
Select 3 credits from the following		3
BIOL 114	Organisms and Environments	
BIOL 250	General Microbiology	
BIOL 255	General Microbiology Lab	
BIOL 310	Genetics	
BIOL 380	Biochemistry I	
CHEM 112	General Chemistry II	
CHEM 112L	General Chemistry II Laboratory	
CHEM 277	Organic Chemistry I	
CHEM 278	Organic Chemistry I: Lab	
PHYS 111	General Physics I	
PHYS 111L	General Physics I Lab	
PSYC 372	Physiological Psychology	
Select 3 credits of PE Activity/Skill Classes (see advisor for selection).		3
Select one of the following		1
ESHS 132	Skill and Analysis of Striking and Net/Wall Activities	
ESHS 133	Skill and Analysis of Target and Invasion Activities	
ESHS 134	Skill and Analysis of Recreation and Outdoor Activities	
Total Hours		48-51

Courses to total 120 credits for this degree

D. Pre-Athletic Training Emphasis

Code	Title	Hours
ESHS 171	Athletic Training Clinical Experience I - Observation	1
ESHS 245	Introduction to Athletic Injuries	3
ESHS 360	Motor Behavior	3
ESHS 495	Practicum	1
ESHS 455	Design & Analysis of Research in Movement Sciences	3
AT 506	Clinical Anatomy I	3

AT 507	Emergency Management and Care of Injuries and Illnesses	3
AT 508	Evaluation and Diagnosis of Injuries and Illnesses I	4
AT 509	Principles of Rehabilitation	3
AT 510	Therapeutic Modalities	2
AT 511	Ethics and Administration in Athletic Training	3
AT 512	Research Methods & Statistics I	3
AT 520	Clinical Education I	2
AT 521	Clinical Experience I	4
AT 587	Prevention and Health Promotion in Athletic Training	3
Select 3 credits from the following		3
ESHS 305	Sport and Exercise Psychology	
ESHS 407	Sport Biomechanics	
ESHS 409	Concepts in Strength and Conditioning	
ESHS 459	Sport Nutrition	
Total Hours		44

Courses to total 120 credits for this degree

1

Students in the Pre-Athletic Training Emphasis who are admitted into the MSAT program after their junior year may count up to 30 credits of graduate level course work from the first year of the MSAT program towards the upper division requirement (see J-1-b (<https://catalog.uidaho.edu/general-requirements-academic-procedures/j-general-requirements-baccalaureate-degrees/>)) of their BS degree in Exercise, Sport, and Health Sciences with an Athletic Training Emphasis. Up to 8 of 30 credits of graduate level course work from the first year of the MSAT program may be counted towards the residency requirement (see J-2 (<https://catalog.uidaho.edu/general-requirements-academic-procedures/j-general-requirements-baccalaureate-degrees/>)) for the BS degree. For more information on the MSAT, see the Graduate Degree Programs section for this department.

E. Physical Education Teacher Certification Emphasis

Code	Title	Hours
EDCI 201	Contexts of Education	3
EDCI 301	Learning, Development, and Assessment	3
EDCI 302	Teaching Culturally Diverse Learners	3
EDCI 401	Internship Seminar	1
EDCI 463	Literacy Methods for Content Learning	3
FN 205	Concepts in Human Nutrition	3
MVSC 486	Community Health Assessment, Planning, and Intervention	3
ESHS 245	Introduction to Athletic Injuries	3
ESHS 360	Motor Behavior	3
ESHS 412	Elementary Methods in Physical Activity Pedagogy	3
ESHS 413	Foundations and Assessment in Physical Activity Pedagogy	3
ESHS 421	Secondary Methods in Physical Activity Pedagogy	3
ESHS 424	Inclusive Physical Education and Recreation	3
ESHS 484	Internship in Physical Education Teaching (14 credits required)	14

Select one of the following: 3

ENGL 207	Persuasive Writing	
ENGL 208	Personal & Exploratory Writing	
ENGL 313	Business Writing	
ENGL 317	Technical Writing II	

Required Skills and Activities Courses

IFIT 108	Water-Based Fitness and Sports	1
ESHS 107	Movement Fundamentals	1
ESHS 132	Skill and Analysis of Striking and Net/Wall Activities	1
ESHS 133	Skill and Analysis of Target and Invasion Activities	1
ESHS 134	Skill and Analysis of Recreation and Outdoor Activities	1

Total Hours 59

Courses to total 120 credits for this degree

See here (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/curriculum-instruction/teaching-majors-minors/health-education/>) for information on the Health Education Teaching Minor.

Community Health Education and Promotion Emphasis

Fall Term 1		Hours
COMM 101	Fundamentals of Oral Communication	3
ENGL 101	Writing and Rhetoric I	3
BIOL 102	Biology and Society	3
BIOL 102L	Biology and Society Lab	1
Social and Behavioral Ways of Knowing Course		3
Mathematical Ways of Knowing Course		3

Hours 16

Spring Term 1		Hours
ENGL 102	Writing and Rhetoric II	3
FN 205	Concepts in Human Nutrition	3
Humanistic and Artistic Ways of Knowing Course		3
International Course		3
Scientific Ways of Knowing Course		4

Hours 16

Fall Term 2		Hours
BIOL 227	Anatomy and Physiology I	4
MVSC 201	Survey of Health, Fitness, Sport, and Wellbeing	3
American Diversity Course		3
Humanistic and Artistic Ways of Knowing Course		3
Elective Course		3
ESHS 132, 133 or 134		1

Hours 17

Spring Term 2		Hours
BIOL 228	Anatomy and Physiology II	4
STAT 251	Statistical Methods	3
Social and Behavioral Ways of Knowing Course		3
Elective Course		3
PE Activity/Skill		1

Hours 14

Fall Term 3		Hours
ESHS 301	Peer Health Education	2
ESHS 328	Community Health: Theory, Systems, and Practice	3
ESHS 300	Applied Human Anatomy and Biomechanics	3
ESHS 418	Physiology of Exercise	3
ESHS 495	Practicum	1

Elective Course 2

Hours 14

Spring Term 3

ESHS 451	Psychosocial Determinants of Health	3
ESHS 490	Health Promotion	3
MVSC 486	Community Health Assessment, Planning, and Intervention	3
ESHS 360	Motor Behavior	3
ESHS 455	Design & Analysis of Research in Movement Sciences	3
PE Activity/Skill		1

Hours 16

Fall Term 4

ESHS 423	Health Education Methods	3
ESHS 450	Critical Health Issues	3
MVSC 445	Internship Preparation and Professional Development	1
ESHS 493	Fitness Assessment and Prescription	3
ESHS 495	Practicum	1
PE Activity/Skill Course		1
Elective		2

Hours 14

Spring Term 4

ESHS 498	Internship in Exercise Science & Health	9
Elective Course		3

Hours 12

Total Hours 119

Fitness, Health, and Human Performance Emphasis

Fall Term 1		Hours
ENGL 101	Writing and Rhetoric I	3
BIOL 102	Biology and Society	3
BIOL 102L	Biology and Society Lab	1
PE Activity/Skill, 1 credit Major Elective Course		1
Mathematical Ways of Knowing Course		3
Social and Behavioral Ways of Knowing Course		3

Hours 14

Spring Term 1

COMM 101	Fundamentals of Oral Communication	3
ENGL 102	Writing and Rhetoric II	3
FN 205	Concepts in Human Nutrition	3
Humanistic and Artistic Ways of Knowing Course		3
International Course		3
PE Activity/Skill, 1 credit Major Elective Course		1

Hours 16

Fall Term 2

BIOL 227	Anatomy and Physiology I	4
MVSC 201	Survey of Health, Fitness, Sport, and Wellbeing	3
Humanistic and Artistic Ways of Knowing Course		3
PE Activity/Skill, 1 credit Major Elective Course		1
Scientific Ways of Knowing Course		4

Hours 15

Spring Term 2

BIOL 228	Anatomy and Physiology II	4
ESHS 245	Introduction to Athletic Injuries	3
ESHS 305	Sport and Exercise Psychology	3
Social and Behavioral Ways of Knowing Course		3
Elective Course		2

Hours 15

Fall Term 3

ESHS 300	Applied Human Anatomy and Biomechanics	3
ESHS 418	Physiology of Exercise	3
ESHS 495	Practicum	1

American Diversity Course	3
Elective Course	3
ESHS 132 OR ESHS 133 OR ESHS 134	
Hours	13
Spring Term 3	
ESHS 451 or ESHS 450	3
ESHS 360	3
ESHS 493	3
ESHS 490	3
Elective Course	3
Hours	15
Fall Term 4	
MVSC 445	1
ESHS 407	3
ESHS 455	3
ESHS 495	1
Elective Course	3
Elective Course	3
PE Activity/Skill Class	1
Hours	15
Spring Term 4	
ESHS 498	9
Elective Course	3
Elective Course	3
Hours	15
Total Hours	118

Pre-Physical Therapy & Allied Health Emphasis

Fall Term 1		Hours
ENGL 101	Writing and Rhetoric I	3
PSYC 101	Introduction to Psychology	3
PE Activity/Skill, 1 credit Major Elective Course		1
Elective Course		3
Elective Course		1
MATH 143 OR MATH 160 OR MATH 170		3
Hours		14
Spring Term 1		
CHEM 111	General Chemistry I	3
CHEM 111L	General Chemistry I Laboratory	1
COMM 101	Fundamentals of Oral Communication	3
ENGL 102	Writing and Rhetoric II	3
STAT 251	Statistical Methods	3
FN 205 OR ESHS 232 OR ESHS 245 OR ESHS 305 OR ESHS 328 OR ESHS 407 OR ESHS 409 OR ESHS 450 OR ESHS 451 OR ESHS 459 OR ESHS 490		3
ESHS 132 OR ESHS 133 OR ESHS 134		1
Hours		17
Fall Term 2		
BIOL 115	Cells and the Evolution of Life	3
BIOL 115L	Cells and the Evolution of Life Laboratory	1
MVSC 201	Survey of Health, Fitness, Sport, and Wellbeing	3
BIOL 114 OR BIOL 250 OR BIOL 255 OR BIOL 310 OR BIOL 380 OR CHEM 112 OR CHEM 112L OR CHEM 277 OR CHEM 278 OR PHYS 111 OR PHYS 111L		3
PE Activity/Skill, 1 credit Major Elective Course		1
Humanistic and Artistic Ways of Knowing Course		3
Hours		14
Spring Term 2		
ESHS 245	Introduction to Athletic Injuries	3
PE Activity/Skill, 1 credit Major Elective Course		1
Humanistic and Artistic Ways of Knowing Course		3
International Course		3
Elective Course		3

Elective Course		2
Hours		15
Fall Term 3		
BIOL 227	Anatomy and Physiology I	4
ESHS 300	Applied Human Anatomy and Biomechanics	3
ESHS 418	Physiology of Exercise	3
ESHS 495	Practicum	1
American Diversity Course		3
Hours		14
Spring Term 3		
BIOL 228	Anatomy and Physiology II	4
ESHS 360	Motor Behavior	3
ESHS 451 or ESHS 450	Psychosocial Determinants of Health or Critical Health Issues	3
ESHS 455	Design & Analysis of Research in Movement Sciences	3
Social and Behavioral Ways of Knowing Course		3
Hours		16
Fall Term 4		
MVSC 445	Internship Preparation and Professional Development	1
ESHS 493	Fitness Assessment and Prescription	3
ESHS 495	Practicum	1
PSYC 305 OR PSYC 311		3
FN 205 OR ESHS 232 OR ESHS 245 OR ESHS 305 OR ESHS 328 OR ESHS 407 OR ESHS 409 OR ESHS 450 OR ESHS 451 OR ESHS 459 OR ESHS 490		6
Hours		14
Spring Term 4		
ESHS 498	Internship in Exercise Science & Health	9
Elective Course		3
Elective Course		3
Hours		15
Total Hours		119

Pre-Athletic Training Emphasis

Fall Term 1		Hours
ENGL 101	Writing and Rhetoric I	3
COMM 101	Fundamentals of Oral Communication	3
BIOL 102	Biology and Society	3
BIOL 102L	Biology and Society Lab	1
Mathematical Ways of Knowing Course		3
Social and Behavioral Ways of Knowing Course		3
Hours		16
Spring Term 1		
ENGL 102	Writing and Rhetoric II	3
Humanistic and Artistic Ways of Knowing Course		3
Scientific Ways of Knowing Course		4
American Diversity Course		3
Elective Course		2
Hours		15
Fall Term 2		
BIOL 227	Anatomy and Physiology I	4
MVSC 201	Survey of Health, Fitness, Sport, and Wellbeing	3
International Course		3
ESHS 305 OR ESHS 407 OR ESHS 409 OR ESHS 459		3
Humanistic and Artistic Ways of Knowing Course		3
Hours		16
Spring Term 2		
BIOL 228	Anatomy and Physiology II	4
ESHS 171	Athletic Training Clinical Experience I - Observation	1
ESHS 245	Introduction to Athletic Injuries	3
Social and Behavioral Ways of Knowing Course		3
Elective Course		3

Elective Course		1
Hours		15
Fall Term 3		
ESHS 300	Applied Human Anatomy and Biomechanics	3
ESHS 418	Physiology of Exercise	3
ESHS 455	Design & Analysis of Research in Movement Sciences	3
Elective Course		3
Elective Course		1
Hours		13
Spring Term 3		
ESHS 451 or ESHS 450	Psychosocial Determinants of Health or Critical Health Issues	3
ESHS 360	Motor Behavior	3
ESHS 493	Fitness Assessment and Prescription	3
ESHS 495	Practicum	1
Elective Course		3
Elective Course		1
Hours		14
Fall Term 4		
AT 506	Clinical Anatomy I	3
AT 507	Emergency Management and Care of Injuries and Illnesses	3
AT 508	Evaluation and Diagnosis of Injuries and Illnesses I	4
AT 509	Principles of Rehabilitation	3
AT 510	Therapeutic Modalities	2
Hours		15
Spring Term 4		
AT 511	Ethics and Administration in Athletic Training	3
AT 512	Research Methods & Statistics I	3
AT 520	Clinical Education I	2
AT 521	Clinical Experience I	4
AT 587	Prevention and Health Promotion in Athletic Training	3
Hours		15
Total Hours		119

Physical Education Teacher Certification

Fall Term 1		Hours
ENGL 101	Writing and Rhetoric I	3
BIOL 102	Biology and Society	3
BIOL 102L	Biology and Society Lab	1
ESHS 132	Skill and Analysis of Striking and Net/Wall Activities	1
Mathematical Ways of Knowing Course		3
Social and Behavioral Ways of Knowing Course		3
Hours		14
Spring Term 1		
COMM 101	Fundamentals of Oral Communication	3
EDCI 201	Contexts of Education	3
ENGL 102	Writing and Rhetoric II	3
ESHS 107	Movement Fundamentals	1
ESHS 133	Skill and Analysis of Target and Invasion Activities	1
Humanistic and Artistic Ways of Knowing Course		3
International Course		3
Hours		17
Fall Term 2		
BIOL 227	Anatomy and Physiology I	4
EDCI 301	Learning, Development, and Assessment	3
FN 205	Concepts in Human Nutrition	3
MVSC 201	Survey of Health, Fitness, Sport, and Wellbeing	3
ESHS 134	Skill and Analysis of Recreation and Outdoor Activities	1
International Course		3
Hours		17

Spring Term 2		
BIOL 228	Anatomy and Physiology II	4
ESHS 245	Introduction to Athletic Injuries	3
ESHS 360	Motor Behavior	3
EDCI 302	Teaching Culturally Diverse Learners	3
Humanistic and Artistic Ways of Knowing Course		3
Hours		16
Fall Term 3		
ESHS 300	Applied Human Anatomy and Biomechanics	3
ESHS 418	Physiology of Exercise	3
ESHS 424	Inclusive Physical Education and Recreation	3
IFIT 108	Water-Based Fitness and Sports	1
ENGL 207 OR ENGL 208 OR ENGL 313 OR ENGL 317		3
IFIT 108 OR ESHS 107 OR ESHS 132 OR ESHS 133 OR ESHS 134		1
Hours		14
Spring Term 3		
ESHS 413	Foundations and Assessment in Physical Activity Pedagogy	3
ESHS 421	Secondary Methods in Physical Activity Pedagogy	3
ESHS 451	Psychosocial Determinants of Health	3
MVSC 486	Community Health Assessment, Planning, and Intervention	3
Hours		12
Fall Term 4		
EDCI 463	Literacy Methods for Content Learning	3
ESHS 412	Elementary Methods in Physical Activity Pedagogy	3
ESHS 493	Fitness Assessment and Prescription	3
IFIT 108 OR ESHS 107 OR ESHS 132 OR ESHS 133 OR ESHS 134		4
Elective Course		2
Hours		15
Spring Term 4		
EDCI 401	Internship Seminar	1
ESHS 498	Internship in Exercise Science & Health	14
Hours		15
Total Hours		120

The degree map is a guide for the timely completion of your curricular requirements. Your academic advisor or department may be contacted for assistance in interpreting this map. This map is not reflective of your academic history or transcript and it is not official notification of completion of degree or certificate requirements. Please contact the Registrar's Office regarding your official degree/certificate completion status.

1. Graduates will be able to understand and evaluate the contributions, conditions, and consequences of health and exercise behavior.
2. Graduates will be able to critically evaluate current trends, information, sources, and research related to exercise, sport, and health sciences.
3. Graduates will be able to integrate and apply knowledge, skills, and critical thinking to assess and plan for individual and community physical activity, health, and wellness.

For Physical Education Teacher Certification Emphasis

1. The student understands how learners grow and develop, recognizing that patterns of learning and development vary individually within and across the cognitive, linguistic, social, emotional, and physical areas, and designs and implements developmentally appropriate and challenging learning experiences.

2. The student uses understanding of individual differences and diverse cultures and communities to ensure inclusive learning environments that enable each learner to meet high standards.

3. The student works with others to create environments that support individual and collaborative learning, and that encourage positive social interaction, active engagement in learning, and self-motivation.

4. The student understands the central concepts, tools of inquiry, and structures of the discipline(s) he or she teaches and creates learning experiences that make the discipline accessible and meaningful for learners to assure mastery of the content.

5. The student understands how to connect concepts and use differing perspectives to engage learners in critical thinking, creativity, and collaborative problem solving related to authentic local and global issues.

6. The student understands and uses multiple methods of assessment to engage learners in their own growth, to monitor learner progress, and to guide the teacher's and learner's decision making.

7. The student plans instruction that supports every student in meeting rigorous learning goals by drawing upon knowledge of content areas, curriculum, cross-disciplinary skills, and pedagogy, as well as knowledge of learners and the community context.

8. The student understands and uses a variety of instructional strategies to encourage learners to develop deep understanding of content areas and their connections, and to build skills to apply knowledge in meaningful ways.

9. The student engages in ongoing professional learning and uses evidence to continually evaluate his/her practice, particularly the effects of his/her choices and actions on others (learners, families, other professionals, and the community), and adapts practice to meet the needs of each learner.

10. The student seeks appropriate leadership roles and opportunities to take responsibility for student learning, to collaborate with learners, families, colleagues, other school professionals, and community members to ensure learner growth, and to advance the profession.

11. The teacher candidate should be able to distinguish between each of the federally recognized tribes with respect to the retention of their ancestral lands in Idaho: Coeur d'Alene Tribe, Kootenai Tribe of Idaho, Nez Perce Tribe, Shoshone Bannock Tribes, and the Shoshone Paiute Tribes. Teacher candidates build capacity in learners to utilize the assets that each learner brings to the learning community based on their backgrounds and experiences.

12. The teacher understands the Code of Ethics for Idaho Professional Educators and its place in supporting the integrity of the profession.

13. The teacher knows how to use digital technology to create lessons and facilitate instruction and assessment in face to face, blended, and online learning environments to engage students and enhance learning.