

**KEENE STATE COLLEGE**  
**BACHELOR OF SCIENCE IN PHYSICAL EDUCATION**  
**HEALTH FITNESS OPTION**

It is the student's responsibility to follow the **official** requirements of their degree, which are found in the Keene State College catalog. This planning sheet is for advising purposes.

Name: \_\_\_\_\_ Student ID #: \_\_\_\_\_

Institution(s) Attended: \_\_\_\_\_ Credits: \_\_\_\_\_

**I. GENERAL EDUCATION**

A. English Language Competence: ENG 101 is required of all students.

ENG 101: \_\_\_\_\_

B. Arts & Humanities: A minimum of five (5) courses totaling at least 15 credits as follows:

Literature: \_\_\_\_\_

Any English course other than 101, 202, 203, 204, 205, 301, 302, 303, 310, 311, 382, 410. FR 340, or French, German, or Spanish 498 (when topics focus on French, German or Spanish Literature)

HIST: \_\_\_\_\_ ART, COMM, FILM, MU or TAD: \_\_\_\_\_

Two courses from the Arts & Humanities disciplines: AMST, ART, COMM, FILM, ENG, FR, GER, HIST, JRN, ML, MU, PHIL, SP or TAD or an approved interdisciplinary course (designated IDAH)\*.

\_\_\_\_\_

C. Social Sciences: A minimum of four (4) courses totaling at least 12 credits in **three (3)** or more of the Social Science disciplines: ECON, GEOG, POSC, PSYC, SOC or an approved interdisciplinary course (designated IDSS)\*.

#PSYCH 101: Intro. to Psychology \_\_\_\_\_

\_\_\_\_\_

D. Sciences/Math: A minimum of four (4) courses totaling at least 12 credits as follows: One (1) course in BIOLOGY. One (1) course in as PHYSICAL SCIENCE (ASTR, CHEM, GEOL, MET, PHYS). Two (2) courses from Sciences/Math disciplines: ASTR, BIO, CHEM, CS, ENST, GEOL, IDSM, MATH, MET, PHYS.

#BIO 230/231: Human A & P I/lab \_\_\_\_\_ 3/1 \_\_\_\_\_ Physical Science \_\_\_\_\_

#BIO 232/233: Human A & P II/lab \_\_\_\_\_ 3/1 \_\_\_\_\_ ## \_\_\_\_\_

\*You are encouraged to complete at least one interdisciplinary course.

#Prerequisites for major coursework, and may be used for General Education.

**##All students majoring in Physical Education must demonstrate math competency at the level of Intermediate Algebra and Trigonometry or take Math 120 during the freshman year (see catalog).**

## II. MAJOR REQUIREMENTS

### **PHYSICAL EDUCATION CORE COURSES**

(15 credits)

PE 100: Foundations of Physical Education	_____	3
PE 101: Health Science	_____	3
PE 200: Applied Kinesiology	_____	3
PE 201: Physiology of Exercise	_____	3
PE 460: Measurement & Eval. in PE	_____	3

### **HEALTH FITNESS OPTION**

(39 credits)

PE 230: Intro. to Health Fitness	_____	3	PE 490: Advanced Special Topics	
PE 243: Resistance Train. Prog.	_____	1	<b>OR</b> PE 495: Seminar	_____ 3
PE 260: Total Fitness	_____	2	HE 115: Nut. & Phys. Well-Being	_____ 3
PE 330: Psych. of Sport & Exerc.	_____	3	MGT 101: Introduction to Business	_____ 3
PE 332: Fitness Testing	_____	3	MGT 201: Principles of Management	_____ 3
PE 333: Exercise Leadership	_____	3		
PE 372: Practicum: Health Fitness	_____	3		
PE 430: Fitness & Leisure Facilities Mgt.	_____	3		
PE 431: Stress Management	_____	3		
PE 472: Adv. Pract: Health Fitness	_____	3		

## III. ELECTIVES

The student will select other courses to bring his/her total to at least 126 credits.

If you wish to use transferred courses toward major/minor requirements, you must use the Course Substitution process. Contact your Faculty Advisor or the Academic Advising Center for more information.

---

**NOTE:** The application process for admission to the Health Fitness Option would normally occur during spring semester for freshmen and transfers. The review of applicants and notification of the results of this review will be made after final grades are in at the end of the semester. When a student is not accepted, he/she may schedule a consultation with one or more members of the Admissions Committee. The student will be eligible to reapply for admission during the next year's admission period.

