

LANGSTON UNIVERSITY
 SCHOOL OF EDUCATION AND BEHAVIORAL SCIENCES
 BACHELOR OF SCIENCE IN HEALTH, PHYSICAL EDUCATION AND RECREATION
PLAN OF STUDY HEALTH, PHYSICAL EDUCATION AND RECREATION (WELLNESS) Fall 2019

<i>Last Name</i>	<i>First</i>	<i>Middle</i>	<i>Social Security Number (optional)</i>
<i>Address</i>	<i>City</i>	<i>State / Zip Code</i>	<i>Telephone Number and / or e-mail address</i>

Dept. #	Credit	Course Title	Grade	Date	Dept.#	Credit	Course Title	Grade	Date
Freshman Year 1 st Semester					Freshman Year 2 nd Semester				
PY 1111	1	Personal & Social Development			EG 1213	3	English Composition II		
CS1103	3	Introduction to Inform. Process			PS 1113	3	U.S. Government		
EG 1113	3	English Composition I			NP 1113	3	Natural Science Physical w/Lab		
SP 2713	3	Introduction to Speech			PY 1113	3	Introduction to Psychology		
NB 1114	4	Natural Science Biology w/Lab			MT 1323	3	College Algebra or		
HT 1483	3	U.S. History, 1492 - 1865			MT 1413	3	Contemporary Math		
TOTAL	17				PE 4001	1	Seminar in Recreation		
					TOTAL	16			
Sophomore Year 1 st Semester					Sophomore Year 2 nd Semester				
EG 2033	3	Advanced Composition			HU 2103	3	Survey of Western Humanities		
MT 2013/ MT 2603	3	Elementary Statistics or Finite Math			PE 3153	3	Leisure and Lifetime Recreation		
PE 2112	2	Introduction to Physical Education			PE 4133	3	Applied Anatomy		
HD 2602	2	First Aid and Safety			HD 2603	3	Personal Health		
HD 2223	3	Community and School Health			PE 3162	2	Sports Fundamentals II		
PE 3152	2	Sports Fundamentals I			PE 3172	2	Folk Dancing		
TOTAL	15				TOTAL	16			
Junior Year 1 st Semester					Junior Year 2 nd Semester				
FC 2123	3	Introduction to Nutrition			SO 1113	3	Introduction to Sociology		
PY 3313	3	Developmental Psychology			PE 4033	3	Urban Recreation		
PE 4152	2	Sport Officiating			PE 3113	3	Care & Pre of Ath Inj (Preq: PE 4133)		
PE 4122	2	Recreation Management			PE 3142	2	Coaching Theory and Practice		
	5	Electives				4	Electives		
TOTAL	15				TOTAL	15			
Senior Year 1 st Semester					Senior Year 2 nd Semester				
PE 4182	2	Camp Leadership			PE 4223	3	Recreation for Special Populations		
*PE 4993	3	Recreation Internship							
PE 4163	3	Test & Measurement in PE (Preq: MT 2013/2603)							
	11	Electives				11	Electives		
TOTAL	16				TOTAL	14			

* Multiple opportunities are provided for the Internship fall/spring/summer

* Wellness majors are encouraged to take MT 1413 Contemporary Math and MT 2603 Finite Math both of these course use the same text book.

96 credits listed above

36 upper division are provided

All majors are required to have 9 more upper division hours to attain 45 upper division hours

This adds up to 105 credits

Remaining 19 credits can be obtained at all levels 1000-2000-3000-4000