

BEREA COLLEGE

2008 – 2009 CURRICULUM GUIDE (revised 4/27/09)

**B.A. in PHYSICAL EDUCATION: WELLNESS/HEALTH PROMOTION**

**Discontinued Spring 2009—See PHYSICAL EDUCATION Curriculum Guide (rev. Spring 2009)**

**NOTE:** This guide is subject to change and represents actions approved by Faculty through May 2008, for the academic year 2008-2009. Please refer often to the *2008-2009 Online Catalog*, which will be updated with the most current information.

**GENERAL EDUCATION PROGRAM**

Continue to watch the Online Catalog ([www.berea.edu/catalog](http://www.berea.edu/catalog)) for courses approved to satisfy Gen. Education requirements.

| Core Courses   | Term  | Credit |
|--|-------|--------|
| MAT 010: Prealgebra <sup>a</sup>                                       | _____ | NC     |
| MAT 011: Elementary Algebra I <sup>a</sup>                             | _____ | NC     |
| MAT 012: Elementary Algebra II <sup>a</sup>                            | _____ | NC     |
| GSTR 110: Writing Sem. I: Critical Thinking in the Liberal Arts        | _____ | 1      |
| GSTR 210: Writing Sem. II: Identity and Diversity in the United States | _____ | 1      |
| GSTR 310: Understandings of Christianity                               | _____ | 1      |
| GSTR 332: Scientific Knowledge & Inquiry                               | _____ | 1      |
| GSTR 410: Sr. Sem. in Cont. Global Issues                              | _____ | 1      |

**Lifetime Health & Fitness: PEH 100 & Phys. Activity**

|   |       |     |
|---|-------|-----|
| PEH 100: Introduction to Lifetime Wellness  | _____ | .50 |
| <i>(if swimming proficiency test not passed, one of next two courses must be PED 200)</i> |       |     |
| PED 2____: _____  | _____ | .25 |
| PED 2____: _____  | _____ | .25 |

**Practical Reasoning Across the Curriculum (PR & PRQ)**

Two courses—at least one firmly grounded in math or statistics (PRQ); the other can be an approved practical reasoning (PR) course or another PRQ course.

|       |       |   |
|-------|-------|---|
| _____ | _____ | 1 |
| _____ | _____ | 1 |

**Perspectives—Six Areas Required**

Students will satisfy each of the six Perspective areas by taking or waiving a course, or through an approved experience. Individual courses may be approved to satisfy more than one Perspective, but no single course may satisfy more than two Perspective areas.

1. Arts \_\_\_\_\_
2. Social Science \_\_\_\_\_
3. Western History \_\_\_\_\_
4. Religion \_\_\_\_\_
5. Afr. Amer., Appal., Women's \_\_\_\_\_
6. International (two courses either in area 6A or area 6B):
  - A) Same Non-English Language \_\_\_\_\_
  - Same Non-English Language \_\_\_\_\_  
(one course may be waived by placement exam)

OR

- B) World Culture (Non-western) \_\_\_\_\_
- World Culture (Western/non-western) \_\_\_\_\_

**Active Learning Experience (ALE)**

An approved experience, taken for credit or as noncredit.

|       |       |       |
|-------|-------|-------|
| _____ | _____ | _____ |
|-------|-------|-------|

**Writing Competency Requirement**

Students may satisfy this requirement by passing the Writing Competency Examination administered in Fall and Spring, or by successfully completing GST 150: College Composition or ENG 104: Advanced ESL.

|       |       |       |
|-------|-------|-------|
| _____ | _____ | _____ |
|-------|-------|-------|

<sup>a</sup>May be waived on basis of test scores.

<sup>b</sup>Should be completed by the end of the first year to make steady progress toward graduation within eight (8) terms.

<sup>c</sup>HLT 109 was formerly HLT 209; PED 444 was PED 344.

<sup>d</sup>BIO 101 is a prerequisite for PED courses in Science Core.

**MAJOR COURSES**

**Minimum of 11 credits in major. Must earn C or higher in major requirements, including prerequisites and collaterals.**

| Core Courses                                       | Term  | Credit |
|--|-------|--------|
| PED 131: Scope of Human Movement <sup>b</sup>      | _____ | 1      |
| PED 245: Dance                                     | _____ | 1      |
| PED 250: Aquatics                                  | _____ | 1      |
| PED 343: Exercise Physiology                       | _____ | 1      |
| PED 353: Kinesiology and Biomech.                  | _____ | 1      |
| PED 355: Leadership and Prog. Dev.                 | _____ | .5     |
| PED 364: Motor Learning & Sport Psych.             | _____ | 1      |
| PED 444: Exer. Assess. & Prescription <sup>c</sup> | _____ | 1      |
| PED 495: Internship                                | _____ | _____  |

**Capstone Course**

|   |       |    |
|---|-------|----|
| PED 492: Seminar in Physical Education                        | _____ | .5 |
| <i>(Taken in junior or senior year; see College Catalog.)</i> |       |    |

**Distribution Courses (Required; count inside the major)**

One course chosen from the following two options:

|                         |       |       |
|-------------------------|-------|-------|
| 1) PED 246, 247, or 251 | _____ | 1     |
| PED _____: _____        | _____ | _____ |

OR

|   |       |     |
|---|-------|-----|
| 2) Two adviser-approved PED 200-level activity courses: | _____ | .25 |
| _____:  | _____ | .25 |
| _____:  | _____ | .25 |

AND

|                            |       |     |
|----------------------------|-------|-----|
| PED 220: Stress Management | _____ | .25 |
| PED 221: Weight Management | _____ | .25 |

One additional course chosen from:

|   |       |   |
|---|-------|---|
| PED 244: P.E. Activities for the Elem. Child OR | _____ | 1 |
| PED 280: Adapted Physical Education             | _____ | 1 |

**Collateral Courses (Required; count outside the major)**

|   |       |   |
|---|-------|---|
| BIO 101: Human Anatomy and Phys. I <sup>b,d</sup> | _____ | 1 |
| HLT 109: Comprehensive First Aid <sup>c</sup>     | _____ | 1 |

**SHORT TERMS**

| Dept. & No. | Title | Term  | Credit |
|-------------|-------|-------|--------|
| _____       | _____ | _____ | _____  |
| _____       | _____ | _____ | _____  |
| _____       | _____ | _____ | _____  |

**ELECTIVES (count in 21 credits outside the major, unless in PED rubric—may be continued on back)**

| Dept. & No. | Title | Term  | Credit |
|-------------|-------|-------|--------|
| _____       | _____ | _____ | _____  |
| _____       | _____ | _____ | _____  |
| _____       | _____ | _____ | _____  |

**Admission Requirement:** An interview with faculty members of the department and departmental recommendation are required for admission to the major. Students interested in this major should contact the department as early as possible in their college career to explore areas of concentration.

**Labor Requirement:** Students in this major are expected to hold a Labor position for at least one regular term within the Physical Education Department, Seabury Center, or intramurals.

**NOTE: A Health Minor is strongly recommended.**