

Educational Studies BES, Exercise Science and Wellness Emphasis

The Bachelor of Educational Studies (BES) is perfect for students excited about education, but looking for challenges outside the traditional classroom. The BES will prepare you for a career as an educator in many agencies. Many institutions emphasize informal learning and many different settings. Employers at these institutions are eager to hire people who have training and relevant experience in education, management, marketing, and technology. This degree is designed to be a creative, flexible, and inter-disciplinary bachelor's degree that emphasizes practical skills in multiple settings.

General Education Requirements

Students follow the University's General Education Requirements (<http://bulletin.umsl.edu/generaleducationrequirements/>), Mathematical Skills, Advanced Expository Writing, American History and Government, and Cultural Diversity Requirements. Due to prerequisites of required courses all students must take PSYCH 1003 and POL SCI 1100. Students pursuing the Exercise Science emphasis area must take BIOL 1012, BIOL 1013, and MATH 1030.

Foundations (Required Courses)

TCH ED 1001	Early Clinical Experience: Community Agency	1
TCH ED 2000	Becoming a Professional Educator	1
EDUC 2002	Social Entrepreneurship	3
EDUC 2222	Interpretation: Connecting Audiences and Meaning	3
ED PSY 2212 or CNS ED 3200	Child and Adolescent Development Interpersonal Skills in Helping Relationships	3
PHY ED 2136	Facilities Management	3
EDUC 3170	Grant Proposal Writing for Educators	3
ED FND 3251	Black Americans in Education	3
THEATR 3362	Storytelling	3
MKTG 3721	Introduction to Digital Marketing Strategies	3
ED TECH 4302 or ED TECH 4436	Educational Technology Instruction in Educational Agencies Computer-Mediated Teaching and Learning in Education	3
ED FND 4330	History of American Education through the Lens of Social Justice	3
Total Hours		32

Emphasis Area Requirements

Required Courses

PHY ED 1124	Principles & Practice In 1St Aid & Cardiopulmonary Resuscitation	1
HLTH PE 3434	Teaching of Health and Wellness	4
HLTH PE 3284	Physiology of Human Exercise	3

HLTH PE 3285	Safety and Emergency Care for Health & Physical Education	3
HLTH PE 3380	Introduction to Nutrition for Health and Performance	3
HLTH PE 3280	Human Anatomy and Physiology	4
PHY ED 2134	Personal Physical Fitness	3
PHY ED 3287	Seminar in Exercise Science	3
PHY ED 3283	Kinesiology	3
PHY ED 3330	Designing Physical Activity Programs	3
PHY ED 3931	Adult Exercise Leadership	3
Total Hours		33

Clinical Experiences

EDUC 4989	Internship I	3
EDUC 4990	Internship II	6
EDUC 4991	Internship III	6
Total Hours		15

Suggested Courses

MEDIA ST 2211	Introduction to Digital Multimedia Production	3
MEDIA ST 2222	Convergence and Digital Media	3
GERON 4130	Interviewing Older Adults and Life Review	3
GERON 4445	Aging, Chronic Illness & Disability	3
MGMT/SOC 3600	Management and Organizational Behavior	3
Total Hours		15

Learning Outcomes

Upon completion of the program, graduates will be able to:

- Engage their clients while adding diverse perspectives that articulate how difference shapes experience and human identity.
- Apply their unique understanding of social justice by addressing institutional and social barriers that limit access, equity, and achievement.
- Conduct themselves in a respectful and professional manner that views failure as an opportunity to learn, as they effectively work on multiple projects.
- Apply reasoning and critical thinking while making connections between information, data, and arguments to synthesize and interpret information, forming valid conclusions.
- Apply unique leadership, management and communication skills to articulate thoughts/ideas effectively using oral, written, nonverbal, and visual communication skills in a variety of formats and contexts.
- Apply wellness and exercise principles and practices needed in emergency sports and exercise regimens.
- Design unique fitness programs based on the acquired knowledge on safety, nutrition, and wellness, to benefit clients in a diverse fitness industry, including adult exercise programs.