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 Child and Adolescent Development 3
  or CNS ED 3200 Interpersonal Skills in Helping Relationships
- 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 Educational Technology Instruction in Educational Agencies 3
  or ED TECH 4436 Computer-Mediated Teaching and Learning in Education
- 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.