

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, Mathematical Skills, Advanced Expository Writing, American History and Government, and Cultural Diversity Requirements. Students pursuing the Exercise Science emphasis area must take BIOL 1012 and BIOL 1013.

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
CNS ED 2030	Cultural Diversity and Social Advocacy	3
EDUC 2222	Interpretation: Connecting Audiences and Meaning	3
ED PSY 2212	Child and Adolescent Development	3
PHY ED 2136	Facilities Management	3
EDUC 3170	Grant Proposal Writing for Educators	3
CNS ED 3200	Interpersonal Skills in Helping Relationships	3
ED FND 3251	Black Americans in Education	3
MKTG 3721	Introduction to Digital Marketing Strategies	3
ED TECH 4302	Educational Technology Instruction in Educational Agencies	3
Total Hours		32

Emphasis Area Requirements

Required Courses

PHY ED 1124	Principles and Practice in 1st Aid and 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 and 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	1
EDUC 4990	Internship II	6
EDUC 4991	Internship III	6
Total Hours		13

Suggested Courses

MEDIA ST 2211	Introduction to Digital Multimedia Production	3
MEDIA ST 2222	Convergence and Digital Media	3
MGMT/SOC 3600	Management and Organizational Behavior	3
Total Hours		9

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.

Sample Four Year Plan

First Year

Fall	Hours	Spring	Hours
TCH ED 1000	1	HIST 1001 or 1002	3
ENGL 1100	3	ED TECH 2230	3
COMM 1040	3	EXPLORE - Social Sciences	3
MATH 1020 or 1030	3	EXPLORE - Humanities and Fine Arts	3
EXPLORE - Social Sciences	3	EXPLORE - Math and Sciences	3
EXPLORE - Humanities and Fine Arts	3		
	16		15

Second Year

Fall	Hours	Spring	Hours
ED PSY 2212		3 EDUC 2002	3
CNS ED 3200		3 HLTH PE 3280	4
TCH ED 1001		1 PHY ED 2136	3
TCH ED 2000		1 PHY ED 3287	3
EXPLORE - Humanities and Fine Arts		3 EXPLORE - Math and Sciences	3
EXPLORE - Math and Sciences	3		
	14		16

Third Year

Fall	Hours	Spring	Hours
HLTH PE 3284		3 EDUC 3170	3
HLTH PE 3285		3 PHY ED 1124	1
PHY ED 2134		3 PHY ED 3283	3
ED FND 3251		3 PHY ED 3330	3
ENGL 3100		3 PHY ED 3931	3
		HLTH PE 3380	3
	15		16

Fourth Year

Fall	Hours	Spring	Hours
HLTH PE 3434		4 EDUC 4990	6
MKTG 3721		3 EDUC 4991	6
ED TECH 4302		3 CNS ED 2030	3
EDUC 2222	3		
EDUC 4989	3		
	16		15

Total Hours: 123

PLEASE NOTE: This plan is an example of what a four year plan could look like for a typical student. Placement exam scores in math as well as the completion of coursework may change the plan. It should not be used in the place of regular academic advising appointments. All students are encouraged to meet with their advisor. All requirements are subject to change.