

The logo features a large black L-shaped graphic on the left side of the page. A vertical grey bar is positioned to the right of the top part of the L, and a horizontal black bar is positioned to the right of the bottom part of the L. The text is located in the white space between these bars.

Department of

Exercise and Sport Science

Mission Statement

The Cedarville University Department of Exercise and Sport Science seeks to:

1. Equip students for careers in sport-and exercise-related professions.
2. Enable students to view knowledge in light of scriptural truth.
3. Help students apply and model knowledge to the vocation and world in which they work and live.
4. Encourage growth in Christian character.

Personal Requirements

Students planning to pursue a major within the department of exercise and sport science are best prepared in high school by taking a college preparatory curriculum. Students planning to pursue a multi-age physical education or sport and exercise studies major should take as many physical education courses as possible. Those considering majors in exercise science allied health and athletic training should take biology, chemistry, physics, and mathematics courses at least through algebra II. Business courses such as accounting and economics are good preparation for students considering a major in sport management.

Department Requirements

Once students declare a major within the department of exercise and sport science, they are expected to maintain a level of personal physical fitness which demonstrates a commitment to professionalism and biblical stewardship. A semi-annual cardiovascular fitness assessment is used to evaluate the status of the student's fitness.

Multi-age physical education and sport and exercise studies majors have courses in their respective curricula that have motor skill performance proficiencies. While meeting the proficiency standards is not required to receive a passing grade in all classes, satisfactory completion of all of the proficiencies is a degree requirement. See pages 70 and 71 for the department of education admission and retention requirements for multi-age physical education and multi-age health education.

Programs of Study

The department of exercise and sport science offers the following programs of study:

Bachelor of Arts (B.A.) in:

- Athletic Training
- Exercise Science
- Physical Education – Multi-Age (certification for teaching pre-K to 12)
- Sport and Exercise Studies
- Sport Management

Bachelor of Science (B.S.) in:

- Allied Health
- Exercise Science

Minors

- Coaching
- Health Promotion
- Health Education – Multi-Age (certification for teaching pre-K to 12)
- Sport Management
- Sport Ministry

Co-Curricular Opportunities

The department of exercise and sport science has several opportunities for students to increase their professional skills and awareness by being involved in the following Cedarville University approved organizations:

- Athletic training majors – Athletic Training Student Organization
- Exercise science majors – Health and Fitness Association
- Multi-age physical education and sport and exercise studies majors – Phi Epsilon Omega (Physical Education Organization)
- Sport management majors – Sport Management Organization

Career Opportunities

Graduate and professional schools welcome Cedarville graduates. Careers pursued by graduates include:

- Administrator of youth activities and youth organizations
- Athletic director
- Athletic trainer
- Coach
- Community health opportunities
- Exercise physiologist
- Exercise specialist
- Fitness and recreation management
- Health teacher (pre-K to 12)
- Personal trainer
- Physical education teacher (pre-K to 12)
- Professional athletic team management
- Sport marketing and promotion
- Sport ministry organization management



Faculty

Evan Hellwig, *Chair*. Professor of Athletic Training. Certified athletic trainer (BOC); licensed physical therapist. *Education*: B.S., Mankato State University, 1984; Physical Therapy Certificate, University of Iowa School of Medicine, 1986; Ph.D., University of Virginia, 1992. At Cedarville 1986-89, 1992-present.

Benson Belleman, Assistant Professor of Exercise and Sport Science. Coach, men's soccer. *Education*: B.A., Cedarville University, 1979; M.A., University of Akron, 1990. At Cedarville since 2001.

Jeffrey Bolender, Assistant Professor of Exercise and Sport Science. Coach, men's and women's track and field. *Education*: B.A., Cedarville University, 1991; M.S., Baylor University, 1996. At Cedarville since 2001.

Teresa Clark, Associate Professor of Exercise and Sport Science. *Education*: B.A., Cedarville University, 1975; M.S., Indiana University, 1986. At Cedarville since 1996.

April Crommett, Assistant Professor of Exercise and Sport Science. *Education*: B.S., Mississippi State University, 1991; M.S., Memphis State University, 1993; Ph.D., The University of Mississippi, 2000. ACSM Certified Health Fitness Instructor. At Cedarville since 2003.

Christopher Cross, Assistant Professor of Athletic Training. Head athletic trainer (BOC). *Education*: B.S., Alderson-Broaddus; M.S., West Virginia University. At Cedarville since 2004.

Robert Duchardt, Assistant Professor of Athletic Training. Certified athletic trainer (BOC). *Education*: B.S., Taylor University, 1965; M.S., Union College, 1973; graduate study, West Chester State College, 1977. At Cedarville since 1989.

Patrick Estep, Assistant Professor of Exercise and Sport Science. Coach, men's basketball. *Education*: B.A., Cedarville University, 1998; M.Ed., Cedarville University, 2008. At Cedarville since 2008.

Kathleen Freese, Associate Professor of Exercise and Sport Science. *Education*: B.S., Bowling Green State University, 1971; M.Ed., Bowling Green State University, 1981. At Cedarville since 1991.

Alan Geist, Assistant Professor of Sport Management. Director of Athletics. *Education*: B.A., Cedarville University, 1983; M.S., United States Sports Academy, 1989; Ph.D., The Ohio State University, 2001. At Cedarville since 2005.

Pamela Diehl Johnson, Dean: School of Social Sciences and Human Performance. Senior Professor of Exercise and Sport Science. *Education*: B.S., University of Dayton, 1970; M.A., The Ohio State University, 1971; Ph.D., The Ohio State University, 1974. At Cedarville since 1974.

Elvin King, Associate Professor of Exercise and Sport Science. Coach, women's cross country; founder, NCCAA National Track Meet; NCCAA Hall of Fame, 1993. *Education*: B.S., Kent State University, 1964; M.Ed., Bowling Green State University, 1967. At Cedarville since 1969.

Kirk Martin, Assistant Professor of Exercise and Sport Science. Coach, women's basketball. *Education*: B.A., Cedarville University, 1976; M.S., University of Dayton, 1981. At Cedarville since 2001.

John McGillivray, Associate Professor of Exercise and Sport Science. Coach, women's soccer; NAIA Hall of Fame, 1993. *Education*: B.S., Cedarville University, 1970; graduate study, Wright State University, 1972-74; M.S., University of Dayton, 1976. At Cedarville since 1974.

Delyte Morris, Adjunct Professor of Exercise and Sport Science. Coach, women's tennis. *Education*: B.S., Geneva College, 1959; M.S., Indiana University, 1960; Ph.D., Indiana University, 1966. At Cedarville since 1998.

Paul Orchard, Assistant Professor of Exercise and Sport Science. Coach, men's cross country; Assistant Coach, men's and women's track and field. *Education*: B.S., Taylor University, 1983; M.A., Miami University, 1986. At Cedarville since 1993.

Steven Patterson, Assistant Professor of Athletic Training. Certified athletic trainer (BOC). *Education*: B.S., Vanguard University, 1998; M.S., Palm Beach Atlantic University, 2002; all work completed for Ed.D. except dissertation, Nova Southeastern University. At Cedarville since 2008.

Elizabeth Shearer, Instructor of Exercise and Sport Science. *Education*: B.A., Cedarville University, 1980. At Cedarville since 2002

Douglas Walters, Lecturer in Exercise and Sport Science. *Education*: A.A., Southern State Community College, 1994; B.A., Northern Kentucky University, 1997; M.S., University of Dayton, 2002. At Cedarville since 2009.

Donald Callan, Professor Emeritus of Exercise and Sport Science. Founder, Missions Involvement Services (MIS); NAIA Hall of Fame, 1990. *Education*: B.S., Taylor University, 1955; M.A., Ball State Teachers College, 1960; Ph.D., The Ohio State University, 1968. At Cedarville since 1960.

Teaching Staff

Jason Beschta, Instructor of Exercise and Sport Science. *Education*: B.S., Bryan College, 2001; M.S., Baylor University, 2004. At Cedarville since 2008.

Lori Huckaby, Instructor of Exercise Science and Sport Science. *Education*: B.A., Baptist Bible College, 1987; M.Ed., Lynchburg College, 2001. At Cedarville since 2005.

Staff Clinical Instructor

Elisabeth Martin, ATC. *Education*: B.A., Cedarville University, 1996; M.Ed., Cedarville University, 2007. At Cedarville since 2001.



Athletic Training Mission Statement

The Mission of the Cedarville University Athletic Training Education Program (ATEP) is to advance the Kingdom of the Lord Jesus Christ by equipping godly men and women to be competent certified athletic trainers for excellence in service to Christ in strategic fields of Christian ministry.

This is to be accomplished through an educational program that practices the skills associated with the prevention, diagnosis, and intervention of emergency, acute and chronic medical conditions involving impairment, functional limitations and disabilities.

Students will be able to:

1. Provide quality health care including prevention, diagnosis, and intervention to patients and clients who participate in physical activity.
2. Utilize therapeutic techniques and equipment safely, appropriately, and effectively.
3. Manage an athletic training facility.
4. Instruct patients and clients in areas of prevention, stewardship, and convalescence.
5. Locate and interpret research.
6. Conduct themselves professionally.

The athletic training major prepares students for a career as a Certified Athletic Trainer (or ATC), which is the official credential awarded when students successfully pass the certification exam administered by the BOC. Cedarville's athletic training program meets the requirements set forth by the National Athletic Trainers' Association (NATA) and the Commission on Accreditation of Athletic Training Education (CAATE).

Personal Requirements

Athletic training requires a significant level of scientific and clinical preparation. Prospective athletic training students are encouraged to take college preparatory courses in high school, including biology, chemistry, physics, and advanced math. An ACT composite score of 24 (or SAT composite of 1100) or greater is highly recommended.

Typically, the student who is interested in athletic training as a potential career has a history of being involved in athletics personally and may even wish to pursue participating in athletics at the collegiate level. Students need to be aware that the Cedarville University Athletic Training Education Program depends on the varsity athletic program at Cedarville as well as high schools, colleges, and clinics in the community to provide the primary "laboratory" experiences for the clinical education component of the program. Therefore, attempting to participate in varsity athletics while simultaneously pursuing the athletic training major may prove to be a significant conflict of interest.

Students are, however, expected to model appropriate stewardship of their physical bodies by being involved in a consistent program of regular exercise and activity. A biannual one and a half-mile run is used to evaluate the status of the student's fitness.

Program Requirements

Admission and Retention

Athletic training clinical education is a labor-intensive product to deliver. Because there is a finite number of quality sports medicine opportunities available on campus, the ATEP limits each academic class to no more than 12 students each (i.e., 12 seniors, 12 juniors, and 12 sophomores). There is currently no limit to how many freshmen may declare athletic training as their major, but if more than 12 students desire to continue as athletic training majors beyond the freshman year, the competitive admission process is enforced. Transfer students are considered on an individual basis but are only eligible to be admitted directly into the ATEP if: 1) there is space available in their graduating class and 2) they have met all the admission criteria. Anyone thinking about transferring to Cedarville for the purpose of being an athletic training major should contact the program director as early in the process as possible. Admission criteria include:

1. Cumulative grade point average of 2.5 or better
2. Completion of college-level biology and chemistry courses with a grade of "C-" or better
3. Completion of college-level first aid and basic athletic training courses with a grade of "B-" or better
4. Completion of at least 150 clinical hours in the Cedarville University Athletic Training Facility
5. Satisfactory physical exam
6. Hepatitis B vaccine or signed declination
7. Signed acceptance of technical standards, available at www.cedarville.edu/athletictraining
8. Current certification in cardiopulmonary resuscitation (CPR) including AED

Retention criteria include:

1. Earning a grade of "C-" or better in all athletic training courses
2. Maintaining a cumulative grade point average of 2.25
3. Maintaining current CPR/AED certification
4. Successfully completing clinical proficiencies established for each term
5. Positive recommendation by the faculty/clinical instructors of the ATEP

Graduation requirements include:

1. Earning a grade of "C-" or better in all athletic training courses
2. Member of the NATA
3. Successful completion of all clinical proficiencies
4. Meeting University requirements for graduation

Students are encouraged to combine the athletic training major with another program of study depending upon their career objectives. Possible options include a business minor for those planning to be employed in the sports medicine clinic setting, or a teaching certificate for those planning to be employed in the high school setting, and exercise science or biology electives for those pursuing graduate education or employment in higher education. Students need to be aware that preparing to be a marketable athletic trainer may require more than the traditional four years of college.

A complete description of the general education requirements is found on page 24.

Athletic Training

Clinical Requirements

The clinical experience is an integral part of the ATEP. Accreditation standards require that the clinical education component of the curriculum be at least two full years in duration. Athletic Training majors need to be routinely available during typical practice and game times in order to fulfill the clinical education requirements. Freshmen will need to accumulate at least 150 hours of observational time in the athletic training facility in order to be eligible for admission into the ATEP. Sophomores will be scheduled to work (approximately 8-10 hours per week) with one of the on-campus Certified Athletic Trainers to expose them to collegiate athletic training services. The junior and senior years are devoted to completing extensive clinical assignments, including working under the supervision of a certified athletic trainer with a lower extremity sport, an upper extremity sport, an equipment intensive sport such as football, and a general medical clinical education rotation. Upperclassmen can anticipate working 12-20 hours per week. Students majoring in athletic training are not encouraged to participate in intercollegiate athletics.

Course Requirements involve 76.5 semester hours including:

ATRN-1550 Basic Athletic Training	5
ATRN-2560 Lower Body Injury Management	5
ATRN-2570 Upper Body Injury Management	5
ATRN-2650 Therapeutic Exercise for Athletic Injuries	3
ATRN-2900 Sports Medicine Clinic	0
ATRN-3550 Organization and Administration in Athletic Training	2
ATRN-3660 Therapeutic Modalities	5
ATRN-3920 Supervised Experience in Athletic Training – Upper Body	3
ATRN-3930 Supervised Experience in Athletic Training – Lower Body.....	3
ATRN-4560 Medical Aspects of Athletic Training	3
ATRN-4610 Issues in Athletic Training	1
ATRN-4910 Supervised Experience in Athletic Training – Athletic Training Facilities.....	3
*ATRN-4940 Supervised Experience in Athletic Training – Collision Sports	4
GBIO-1000 Principles of Biology	3.5
GBIO-2010 Human Anatomy and Physiology	4
CHEM-1000 Principles of Chemistry	5
ESS-1400 First Aid and Safety Education	2
ESS-3800 Sport Psychology	2
ESS-3900 Physiology of Exercise	3
ESS-3920 Biomechanics.....	2
ESS-4600 Research in Athletic Training and Exercise Science	2
MAHE-1000 Introduction to the Health Profession	1
MAHE-3030 Nutrition for Health and Weight Control.....	2
MAHE-3100 Drug Education	3
MAHE-3500 Community Health Concepts	2
PYCH-1600 General Psychology.....	3

*Capstone Course

Athletic Training Major Curriculum Summary

Proficiency Requirements	0-5
General Education Requirements.....	42-50
Athletic Training Major Requirements	76.5
Electives	1.5-9.5
Total (minimum, not including proficiency)	128

This Suggested Four-Year Curriculum Major in Athletic Training

First year:

ATRN-1550 Basic Athletic Training	5
BEGE-1710 Christian Life and Thought.....	3
BEGE-1720 Spiritual Formation	3
CHEM-1000 Principles of Chemistry	5
ENG-1400 Composition.....	3
ESS-1400 First Aid and Safety Education	2
GBIO-1000 Principles of Biology	3.5
GMTH-1020 College Algebra.....	3
MAHE-1000 Introduction to the Health Profession	1
PEF-1990 Physical Activity and the Christian Life	1
PYCH-1600 General Psychology.....	3
Total	32.5

Summer:

ATRN-2900 Sports Medicine Clinic	0
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Second year:

ATRN-2560 Lower Body Injury Management	5
ATRN-2570 Upper Body Injury Management	5
ATRN-2650 Therapeutic Exercise for Athletic Injuries	3
BEGE-2730 Old Testament Literature	3
COM-1100 Fundamentals of Speech.....	3
ESS-3900 Physiology of Exercise	3
GBIO-2010 Human Anatomy and Physiology	4
MAHE-3030 Nutrition for Health and Weight Control.....	2
Physical Education Activity Elective.....	1
Electives	3
Total	32

Third year:

ATRN-3550 Organization and Administration in Athletic Training	2
ATRN-3660 Therapeutic Modalities	5
ATRN-3920 Supervised Experience in Athletic Training – Upper Body.....	3
ATRN-3930 Supervised Experience in Athletic Training – Lower Body.....	3
BEGE-2740 New Testament Literature	3
ESS-4600 Research in Athletic Training and Exercise Science.....	2
GSS-1100 Politics and American Culture.....	3
HUM-1400 Introduction to the Humanities.....	3
MAHE-3100 Drug Education	3
MAHE-3500 Community Health Concepts	2
Literature Elective	3
Total	32

Fourth year:

ATRN-4560 Medical Aspects of Athletic Training	3
ATRN-4610 Issues in Athletic Training.....	1
ATRN-4910 Supervised Experience in Athletic Training – ATF.....	3
ATRN-4940 Supervised Exp in Athletic Training – Collision Sports	4
BEGE-3750 Christian Worldview Development.....	2
BEGE-3760 Christian Worldview Integration	2
ESS-3800 Sport Psychology	2
ESS-3920 Biomechanics.....	2
History Elective.....	3
Humanities/Global Awareness Elective	3
Electives	7
Total	32



Allied Health

The **Bachelor of Science degree with a major in allied health** is an interdisciplinary program designed to prepare students for admission into graduate level allied health care provider programs including physical therapy, physicians assistant, and occupational therapy. The allied health major is not necessarily designed to prepare students for the medical profession. Students seeking admission to medical school should consider majoring in the premed program offered in the department of science and mathematics.

Course Requirements involve 82-88 semester hours:

ALHL-4950 Allied Health Seminar I	2
*ALHL-4960 Allied Health Seminar II	1
BIO-1110 Introduction to Biology	4
BIO-1120 General Zoology	4
BIO-2210 Microbiology	4
CHEM-1000 Principles of Chemistry	5
CHEM-1110 General Chemistry I	4
CHEM-1120 General Chemistry II	4
ESS-3900 Physiology of Exercise	3
ESS-3920 Biomechanics	2
ESS-3940 Structural Kinesiology	3
EXSC-4600 Research in Exercise Science	3
GBIO-2010 Human Anatomy and Physiology	4
GBIO-2020 Advanced Clinical Physiology	4
GMATH-1030 Precalculus	4
MAHE-1000 Introduction to the Health Profession	1
MAHE-3030 Nutrition for Health and Weight Control	2
MAHE-3070 Current Issues in Health	1
PYCH-1600 General Psychology	3
PYCH-2600 Human Development and Lifespan	3
PYCH-2610 Statistics	3
PYCH-2640 Abnormal Psychology	3
PYCH-3380 Health Psychology	3
PYCH-3720 Psych of Personality	3
One of the following sets	9-15
(Set A)	
ATRN-3660 Therapeutic Modalities	5
PHYS-1010 College Physics I	5
PHYS-1020 College Physics II	5
or (Set B)	
CHEM-3510 Organic Chemistry I	5
CHEM-3710 Biochemistry	4

*Capstone Course

Allied Health Major Curriculum Summary

Proficiency Requirements	0-5
General Education Requirements	36
Allied Health Major Requirements	82-88
Electives	4-10
Total (minimum, not including proficiency)	128

This Suggested Four-Year Curriculum Major in Allied Health

First year:

BEGE-1710 Christian Life and Thought	3
BEGE-1720 Spiritual Formation	3
BIO-1110 Introduction to Biology	4
BIO-1120 General Zoology	4
CHEM-1000 Principles of Chemistry	5
ENG-1400 Composition	3
GMTH-1030 Precalculus	4
MAHE-1000 Introduction to the Health Profession	1
PEF-1990 Physical Activity and the Christian Life	1
PYCH-1600 General Psychology	3
Physical Education Activity Elective	1
Total	32

Second year:

BEGE-2730 Old Testament Literature	3
BIO-2210 Microbiology	4
COM-1100 Fundamentals of Speech	3
CHEM-1110 General Chemistry I	4
CHEM-1120 General Chemistry II	4
GBIO-2010 Human Anatomy and Physiology	4
GSS-1100 Politics and American Culture	3
PYCH-2600 Human Development and Lifespan	3
HUM-1400 Introduction to the Humanities	3
Total	31

Third year:

BEGE-2740 New Testament Literature	3
ESS-3900 Physiology of Exercise	3
ESS-3920 Biomechanics	2
ESS-3940 Structural Kinesiology	3
EXSC-4600 Research in Exercise Science	3
GBIO-2020 Advanced Clinical Physiology	4
MAHE-3030 Nutrition for Health and Weight Control	2
MAHE-3070 Current Issues in Health	1
PYCH-3380 Health Psychology	3
History Elective	3
Literature Elective	3
Total	30

Fourth year:

ALHL-4950 Allied Health Seminar I	2
ALHL-4960 Allied Health Seminar II	1
BEGE-3750 Christian Worldview Development	2
BEGE-3760 Christian Worldview Integration	2
PYCH-2610 Statistics	3
PYCH-2640 Abnormal Psychology	3
PYCH-3720 Psych of Personality	3
Global Awareness Elective	0-3
Set A or Set B Allied Health	9-15
Electives	4-10
Total	35

A complete description of the general education requirements is found on page 24.

Exercise Science - Bachelor of Arts

The **Bachelor of Arts degree with a major in exercise science** prepares students for careers in exercise physiology, cardiac rehabilitation, biomechanics, personal fitness services, or as an exercise specialist in corporate or private fitness centers and sports medicine clinics.

Course requirements involve 64-67 semester hours including:

ESS-1350 Foundations of Exercise and Sport Science	2
ESS-1400 First Aid and Safety Education	2
ESS-1550 Athletic Training Essentials	2
ESS-2380 Motor Learning and Development	3
ESS-3800 Sport Psychology	2
ESS-3890 Human Anatomy and Physiology for the Physical Educator	5
ESS-3900 Physiology of Exercise	3
ESS-3920 Biomechanics	2
ESS-3940 Structural Kinesiology	3
ESS-4900 Physical Education Senior Seminar	1
EXSC-2000 Worksite Observation	0
EXSC-3010 Campus Exercise Science Practicum	1
EXSC-3020 Community Exercise Science Practicum	1
EXSC-3180 Legal Issues in the Sport Industry	3
EXSC-3860 Basic Exercise Testing	3
EXSC-3870 Basic Exercise Prescription	3
EXSC-4600 Research in Exercise Science	3
EXSC-4810 Organization and Administration of Exercise Science	3
EXSC-4880 Exercise Testing and Prescription for Special Populations	3
*EXSC-4990 Internship in Exercise Science	9-12
GMTH-1020 College Algebra	3
MAHE-1000 Introduction to the Health Profession	1
MAHE-3030 Nutrition for Health and Weight Control	2
MAHE-3100 Drug Education	3
PEF-1990 Physical Activity and the Christian Life	1

*Capstone Course

Required Cognate	3.5
GSCI-1020 Principles of Physical Science	3.5

Exercise Science Major Curriculum Summary

Proficiency Requirements	0-5
General Education Requirements	43-51
Exercise Science B.A. Major Requirements	64-67
Electives	10-21
Total (minimum, not including proficiency)	128



Suggested Four-Year Curriculum for a Major in Exercise Science - B.A.

First year:

BEGE-1710 Christian Life and Thought	3
BEGE-1720 Spiritual Formation	3
COM-1100 Fundamentals of Speech	3
ENG-1400 Composition	3
ESS-1350 Foundations of Exercise and Sport Science	2
ESS-1400 First Aid and Safety Education	2
ESS-1550 Athletic Training Essentials	2
GBIO-1000 Principles of Biology	3.5
GMTH-1020 College Algebra	3
GSCI-1020 Principles of Physical Science	3.5
MAHE-1000 Introduction to the Health Profession	1
PEF-1990 Physical Activity and the Christian Life	1
Physical Education Activity Elective	1
Total	31

Summer:

EXSC-2000 Worksite Observation	0
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Second year:

BEGE-2730 Old Testament Literature	3
BEGE-2740 New Testament Literature	3
ESS-2380 Motor Learning and Development	3
ESS-3890 Human Anatomy and Physiology for the Physical Educator	5
ESS-3900 Physiology of Exercise	3
GSS-1100 Politics and American Culture	3
HUM-1400 Introduction to the Humanities	3
Literature Elective	3
Social Science/Global Awareness Elective	3
Electives	4
Total	33

Third year:

BEGE-3750 Christian Worldview Development	2
BEGE-3760 Christian Worldview Integration	2
ESS-3800 Sport Psychology	2
ESS-3920 Biomechanics	2
ESS-3940 Structural Kinesiology	3
EXSC-4600 Research in Exercise Science	3
EXSC-3020 Community Exercise Science Practicum	1
EXSC-3180 Legal Issues in the Sport Industry	3
EXSC-3860 Basic Exercise Testing	3
EXSC-3870 Basic Exercise Prescription	3
MAHE-3030 Nutrition for Health and Weight Control	2
MAHE-3100 Drug Education	3
History Elective	3
Electives	3
Total	35

Fourth year:

ESS-4900 Physical Education Senior Seminar (fall semester)	1
EXSC-3010 Campus Exercise Science Practicum	1
EXSC-4810 Organization and Administration of Exercise Science	3
EXSC-4880 Exercise Testing and Prescription for Special Populations	3
EXSC-4990 Internship in Exercise Science	9-12
Humanities Elective	3
Electives	6-9
Total	29

Exercise Science - Bachelor of Science

The **Bachelor of Science degree with a major in exercise science** prepares students for careers in exercise physiology, cardiac rehabilitation, biomechanics, personal fitness services, or as an exercise specialist in corporate or private fitness centers and sports medicine clinics. This program is excellent preparation for graduate or professional schools.

Course requirements involve 71.5-74.5 semester hours including:

CHEM-1000 Principles of Chemistry	5
ESS-1350 Foundations of Exercise and Sport Science	2
ESS-1400 First Aid and Safety Education	2
ESS-1550 Athletic Training Essentials	2
ESS-2380 Motor Learning and Development.....	3
ESS-3800 Sport Psychology	2
ESS-3900 Physiology of Exercise	3
ESS-3920 Biomechanics.....	2
ESS-3940 Structural Kinesiology	3
ESS-4900 Physical Education Senior Seminar	1
EXSC-2000 Worksite Observation	0
EXSC-3010 Campus Exercise Science Practicum.....	1
EXSC-3020 Community Exercise Science Practicum	1
EXSC-3180 Legal Issues in the Sport Industry	3
EXSC-3860 Basic Exercise Testing	3
EXSC-3870 Basic Exercise Prescription	3
EXSC-4600 Research in Exercise Science	3
EXSC-4810 Organization and Administration of Exercise Science.....	3
EXSC-4880 Exercise Testing and Prescription for Special Populations.....	3
*EXSC-4990 Internship in Exercise Science	9-12
GBIO-1000 Principles of Biology	3.5
GBIO-2010 Human Anatomy and Physiology	4
GMTH-1020 College Algebra.....	3
MAHE-1000 Introduction to the Health Profession	1
MAHE-3030 Nutrition for Health and Weight Control.....	2
MAHE-3100 Drug Education	3
PEF-1990 Physical Activity and the Christian Life	1

*Capstone Course

Exercise Science Major Curriculum Summary

Proficiency Requirements	0-5
**General Education Requirements	41.5
Exercise Science B.S. Major Requirements	71.5-74.5
Electives	12-15
Total (minimum, not including proficiency)	128

**Must include a minimum of 16 semester hours in Science and Mathematics

Students preparing for physical therapy school should select the following course options, substitutions, and additions to the Bachelor of Science in exercise science curriculum.

GBIO-2010 Human Anatomy and Physiology	4
(or BIO-3460 Human Structure and Function	4)
GMTH 1030 Precalculus	4
(instead of GMTH 1020 College Algebra.....	3)
CHEM 1110 General Chemistry I.....	4
and CHEM 1120 General Chemistry II.....	4
(instead of CHEM 1010 Principles of Chemistry.....	5)
BIO 1110 Introduction to Biology	4
(instead of BIO 1000 Principles of Biology	3.5)
BIO 2020 Advanced Clinical Physiology	4
BIO 1120 General Zoology	4
PHYS 1010 College Physics I	5
and PHYS 1020 College Physics II	5
PYCH 1600 General Psychology	3
PYCH 2600 Human Development: Life Span.....	3

PYCH 2610 Statistics	3
PYCH 2640 Abnormal Psychology	3

A complete description of the general education requirements is found on page 24.

Suggested Four-Year Curriculum for a Major in Exercise Science - B.S.

First year:

BEGE-1710 Christian Life and Thought.....	3
BEGE-1720 Spiritual Formation	3
COM-1100 Fundamentals of Speech.....	3
CHEM-1000 Principles of Chemistry	5
ENG-1400 Composition.....	3
ESS-1350 Foundations of Exercise and Sport Science	2
ESS-1400 First Aid and Safety Education	2
ESS-1550 Athletic Training Essentials.....	2
GBIO-1000 Principles of Biology	3.5
MAHE-1000 Introduction to the Health Profession	1
PEF-1990 Physical Activity and the Christian Life	1
Physical Education Activity Elective.....	1
Science/Math Elective	3
Total	32.5

Summer:

EXSC-2000 Worksite Observation	0
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Second year:

BEGE-2730 Old Testament Literature	3
BEGE-2740 New Testament Literature	3
ESS-2380 Motor Learning and Development.....	3
ESS-3900 Physiology of Exercise	3
GBIO-2010 Human Anatomy and Physiology	4
GMTH-1020 College Algebra.....	3
GSS-1100 Politics and American Culture.....	3
HUM-1400 Introduction to the Humanities.....	3
Literature Elective	3
Social Science/Global Awareness Elective.....	3
Total	31

Third year:

BEGE-3750 Christian Worldview Development.....	2
BEGE-3760 Christian Worldview Integration	2
ESS-3800 Sport Psychology	2
ESS-3920 Biomechanics.....	2
ESS-3940 Structural Kinesiology	3
EXSC-3010 Campus Exercise Science Practicum	1
EXSC-3180 Legal Issues in the Sport Industry	3
EXSC-3860 Basic Exercise Testing	3
EXSC-3870 Basic Exercise Prescription	3
EXSC-4600 Research in Exercise Science	3
MAHE-3030 Nutrition for Health and Weight Control.....	2
MAHE-3100 Drug Education	3
Humanities Elective	3
Total	32

Fourth year:

ESS-4900 Physical Education Senior Seminar (fall semester).....	1
EXSC-3020 Community Exercise Science Practicum	1
EXSC-4810 Organization and Administration of Exercise Science....	3
EXSC-4880 Exercise Testing and Prescription for Special Populations	3
EXSC-4990 Internship in Exercise Science	9-12
History Elective.....	3
***Electives	9.5-12.5
Total	32.5

***May need to include science elective hours to fulfill 16 semester hours of science and mathematics to fulfill general education requirements for B.S. degree.

A complete description of the general education requirements is found on page 24.

Sport and Exercise Studies

The **sport and exercise studies major** prepares students for a career in entry-level positions in YMCAs, sport ministry organizations, social service agencies, recreation centers, college and university intramural or athletic departments, or other possibilities within the sport industry. This program can be used as preparation for graduate school in such areas as sport psychology, recreational therapy, ergonomics, motor learning and development, etc. A minor selected with department chair approval is also part of the requirements for this major.

Course requirements involve 39-47 semester hours including:

Sport and Exercise Studies Core Requirements	39-47
ESS-1350 Foundations of Exercise and Sport Science	2
ESS-1400 First Aid and Safety Education	2
ESS-2380 Motor Learning and Development	3
ESS-3890 Human Anatomy and Physiology for the Physical Educator	5
MAPE-1210 Team Sports	2
MAPE-2200 Individual and Dual Sports I	2
MAPE-2210 Individual and Dual Sports II	2
Three Physical Education courses selected from	3
PEAE-XXXX Activity Elective	1
PEAI-XXXX Individual Sport Elective	1
PEAL-XXXX Leisure Elective	1
Three Physical Education courses selected from	3
PEAR-XXXX Rhythmics Elective	1
PEAS-XXXX Tumbling, Apparatus or Swimming	1
PEAT-XXXX Team Sport Elective	1
Swimming Requirements selected from	1-2
PEAS-1700 Swimming I – Beginners:Coed	1
PEAS-1720 Swimming II – Intermediate:Coed	1
PEAS-1730 Swimming III – Advanced:Coed	1
PEAS-1740 Lifeguarding Today:Coed	2
PEAS-1750 Water Safety Instructor:Coed	2
PEF-1990 Physical Activity and the Christian Life	1
3000- or 4000-level Exercise and Sport Science Electives (Minimum 4 courses, excluding independent study or internship courses).....	10-14
*SES-4990 Internship in Sport and Exercise Studies.....	3-6
(or SES-4995 Senior Research Project in Sport and Exercise Studies.....)	3-6)
Minor requirements (approval of department chair).....	15

*Capstone Course

Sport and Exercise Studies Major Curriculum Summary

Proficiency Requirements	0-5
General Education Requirements.....	50-55
Sport and Exercise Studies Requirements	39-47
Electives	25-42
Total (minimum, not including proficiency)	128

Suggested Four-Year Curriculum for a Major in Sport and Exercise Studies

First year:

BEGE-1710 Christian Life and Thought.....	3
BEGE-1720 Spiritual Formation	3
COM-1100 Fundamentals of Speech.....	3
ENG-1400 Composition.....	3
ESS-1350 Foundations of Exercise and Sport Science	2
ESS-1400 First Aid and Safety Education	2
GBIO-1000 Principles of Biology	3.5
HUM-1400 Introduction to the Humanities	3
MAPE-1210 Team Sports	2
PEAE-XXXX or PEAI-XXXX or PEAL-XXXX Elective	1
PEAR-XXXX or PEAS-11XX or PEAT-XXXX Elective.....	1
PEF-1990 Physical Activity and the Christian Life	1
Minor Electives	2
Quantitative Elective.....	3
Total	32.5

Second year:

BEGE-2730 Old Testament Literature	3
BEGE-2740 New Testament Literature	3
ESS-2380 Motor Learning and Development.....	3
MAPE-2200 Individual and Dual Sports I	2
MAPE-2210 Individual and Dual Sports II	2
PEAE-XXXX or PEAI-XXXX or PEAL-XXXX Elective	1
PEAR-XXXX or PEAS-11XX or PEAT-XXXX Elective.....	1
PEAS-Swimming Elective.....	1-2
History Elective.....	3
Literature Elective	3
Minor Electives	3
Social Science/Global Awareness Elective.....	3
Physical Science Elective.....	3.5
Total	31.5-32.5

Third year:

BEGE-3750 Christian Worldview Development.....	2
BEGE-3760 Christian Worldview Integration	2
ESS-3890 Human Anatomy and Physiology for the Physical Educator.....	5
GSS-1100 Politics and American Culture	3
PEAE-XXXX or PEAI-XXXX or PEAL-XXXX Elective	1
PEAR-XXXX or PEAS-XXXX or PEAT-XXXX Elective	1
3000- or 4000- Level ESS courses.....	5-7
Minor Electives	5
Humanities Elective	3
Electives	1-3
Total	32

Fourth year:

SES-4990 Internship or SES-4995 Senior Research Project	3-6
3000- or 4000- Level ESS courses.....	5-7
Minor Electives	5
Electives	14-18
Total	32

A complete description of the general education requirements is found on page 24.

Sport Management

The **sport management major** prepares graduates to pursue career opportunities across the wide spectrum of sport: from amateur to collegiate to professional to corporate sport settings; and from roles in management to marketing to journalism to law.

Course requirements involve 62 semester hours including:

Sport Management requirements	55
ACCT-2110 Principles of Accounting I	3
BUS-2100 Business Communication.....	3
ECON-2110 Essentials of Economics	3
ESS-2100 Leadership and Ethics in Sport	3
MGMT-3500 Principles of Organization and Management	3
MRKT-3600 Principles of Marketing	3
SMGT-1350 Introduction to Sport Management	3
SMGT-2100 Sport in Society	3
SMGT-2500 Organizational Behavior in Sport	3
SMGT-2910 Campus Sport Management Practicum	1
SMGT-2920 Recreation Management Practicum	1
SMGT-3180 Legal Issues in the Sport Industry	3
SMGT-3200 Facility Design and Management	3
SMGT-3300 Event Planning and Production	3
SMGT-4100 Marketing and Promotions in the Sport Industry... ..	4
SMGT-4200 Financing Sport Operations	3
SMGT-4910 Athletic Administration Practicum.....	1
*SMGT-4990 Internship in Sport Management	9
Electives selected from the following	7
ESS-3800 Sport Psychology.....	2
ESSE-2830 Recreational Leadership	2
MIS-1500 Information Technology for Business.....	2
MIS-1510 Software Tools for Business.....	2
SMGT-3880 Special Topics: Issues in Intercollegiate Athletics	2
SMGT-4990 Additional Internship hours	1-3

*Capstone Course

Sport Management Major Curriculum Summary

Proficiency Requirements	0-5
General Education Requirements.....	52-60
Sport Management Major Requirements.....	62
Electives	6-14
Total (minimum, not including proficiency)	128

Suggested Four-Year Curriculum for a Major in Sport Management

First year:

BEGE-1710 Christian Life and Thought.....	3
BEGE-1720 Spiritual Formation	3
COM-1100 Fundamentals of Speech.....	3
ENG-1400 Composition.....	3
GBIO-1000 Principles of Biology	3.5
HUM-1400 Introduction to the Humanities	3
PEF-1990 Physical Activity and the Christian Life	1
SMGT-1350 Introduction to Sport Management	3
History Elective.....	3
Physical Education Activity Elective.....	1
Quantitative Elective	3
Sport Management Elective	4
Total	33.5

Second year:

ACCT-2110 Principles of Accounting I.....	3
BEGE-2730 Old Testament Literature	3
BEGE-2740 New Testament Literature	3
BUS-2100 Business Communication.....	3
ECON-2110 Essentials in Economics.....	3
ESS-2100 Leadership and Ethics in Sport	3
SMGT-2100 Sport in Society	3
SMGT-2500 Org Behavior in Sport.....	3
SMGT-2910 Campus Sport Management Practicum.....	1
SMGT-2920 Recreation Management Practicum	1
Literature Elective	3
Physical Science Elective	3.5
Total	32.5

Third year:

BEGE-3750 Christian Worldview Development.....	2
BEGE-3760 Christian Worldview Integration	2
GSS-1100 Politics and American Culture	3
MGMT-3500 Principles of Organization and Management	3
MRKT-3600 Principles of Marketing	3
SMGT-3180 Legal Issues in the Sport Industry	3
SMGT-3200 Facility Design and Management	3
SMGT-3300 Event Planning and Production	3
Humanities Elective	3
Social Science/Global Awareness Elective.....	3
Sport Management Electives	3
Electives	3
Total	34

Fourth year:

SMGT-4100 Marketing and Promotions in the Sport Industry	4
SMGT-4200 Financing Sport Operations.....	3
SMGT-4910 Athletic Administration Practicum.....	1
SMGT-4990 Internship in Sport Management	9-12
Electives	3-8
Total	28



Exercise and Sport Science

A complete description of the general education requirements is found on page 24.

Teacher Education Licensure Program – Physical Education – Multi-Age

The **multi-age physical education major** prepares students to teach physical education in grades pre-K to 12 in public and Christian schools. Students who complete this curriculum will be licensed by the State of Ohio and the Association of Christian Schools International. The Ohio teaching license, through reciprocal agreements, is automatically recognized in 42 states. For additional information about teaching in other states, see the department of education section of this catalog (page 70).

Course requirements involve 81 semester hours including:

Physical Education	40
ESS-1350 Foundations of Exercise and Sport Science	2
ESS-1400 First Aid and Safety Education	2
ESS-2380 Motor Learning and Development.....	3
ESS-3890 Human Anatomy and Physiology for the Physical Educator	5
ESS-3900 Physiology of Exercise	3
ESS-3920 Biomechanics.....	2
GMTH-1020 College Algebra.....	3
MAHE-3130 School Health Program	3
MAPE-1210 Team Sports	2
MAPE-2200 Individual and Dual Sports I	2
MAPE-2210 Individual and Dual Sports II	2
MAPE-4500 Curriculum Development in Physical Education...	3
PEAL-XXXX Outdoor Leisure Elective.....	1
PEAR-2100 Rhythmics	1
PEAS-1120 Tumbling	1
PEAS-1130/1140 Apparatus.....	1
PEAS-17XX Swimming Elective	1
PEF-1990 Physical Activity and the Christian Life	1
Exercise and Sport Science Electives	2
Professional Education	41
EDSP-2000 Teaching Children with Exceptionalities	2
EDSP-2050 Special Education Field Experience	1
EDUC-1000 The Education Profession.....	1
EDUC-1050 Contemporary Christian Schools.....	0
EDUC-2000 Introduction to Teaching	2
EDUC-2100 Technology in the Classroom	2
EDUC-2200 Multicultural Field Experience	1
EDUC-2500 Educational Psychology	3
EDUC-4000 Reading in the Content Area: Multi-Age	3
EDUC-4500 Philosophy of Education.....	2
*EDUC-4900 Student Teaching and Seminar: Multi-Age.....	10
MAPE-3600 Physical Education in the Elementary School.....	5
MAPE-4950 Methods of Teaching Secondary Physical Education	3
MAPE-4960 Field Experience	4
MAPE-4970 Field Experience (Special Populations).....	2

*Capstone Course

Physical Education Multi-Age Major Curriculum Summary

Proficiency Requirements.....	0-5
General Education Requirements.....	47-55
Physical Education Multi-Age Major Requirements	81
Total (minimum, not including proficiency)	128

Suggested Four-Year Curriculum for a Major in Physical Education Multi-Age

First year:

BEGE-1710 Christian Life and Thought.....	3
BEGE-1720 Spiritual Formation	3
COM-1100 Fundamentals of Speech.....	3
EDUC-1000 The Education Profession.....	1
EDUC-1050 Contemporary Christian Schools.....	0
ENG-1400 Composition.....	3
ESS-1350 Foundations of Exercise and Sport Science	2
ESS-1400 First Aid and Safety Education	2
GBIO-1000 Principles of Biology	3.5
GMTH-1020 College Algebra.....	3
HUM-1400 Introduction to the Humanities	3
MAPE-1210 Team Sports	2
PEAS-1120 Tumbling	1
PEAS-1130/1140 Apparatus.....	1
PEAS-17XX Swimming Elective	1
PEF-1990 Physical Activity and the Christian Life	1
Total	32.5

Second year:

BEGE-2730 Old Testament Literature	3
BEGE-2740 New Testament Literature	3
EDSP-2000 Teaching Children with Exceptionalities	2
EDSP-2050 Special Education Field Experience	1
EDUC-2000 Introduction to Teaching	2
EDUC-2100 Technology in the Classroom	2
EDUC-2200 Multicultural Field Experience	1
EDUC-2500 Educational Psychology	3
ESS-2380 Motor Learning and Development.....	3
MAPE-2200 Individual and Dual Sports I.....	2
MAPE-2210 Individual and Dual Sports II	2
PEAR-2100 Rhythmics	1
Physical Science Elective.....	3.5
History Elective.....	3
Literature Elective	3
Total	34.5

Third year:

BEGE-3750 Christian Worldview Development.....	2
ESS-3890 Human Anatomy and Physiology for the Physical Educator	5
ESS-3900 Physiology of Exercise	3
ESS-3920 Biomechanics.....	2
GSS-1100 Politics and American Culture.....	3
MAHE-3130 School Health Program	3
MAPE-3600 Physical Education in Elementary School.....	5
PEAL-XXXX Outdoor Leisure Activity	1
Social Science/Global Awareness Elective.....	3
Total	27

Summer:

EDUC-4000 Reading in the Content Area: Multi-Age	3
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Fourth year:

BEGE-3760 Christian Worldview Integration	2
EDUC-4500 Philosophy of Education.....	2
EDUC-4900 Student Teaching and Seminar: Multi-Age	10-12
MAPE-4500 Curriculum Development in Physical Education.....	3
MAPE-4950 Methods of Teaching Secondary Physical Education...	3
MAPE-4960 Field Experience	4
MAPE-4970 Field Experience (Special Populations).....	2
Exercise and Sport Science Electives	2
Humanities Elective	3
Total	31-33

Minors

Coaching Minor

The **coaching minor** prepares students to work as coaches in organized athletic programs at any level. Although formal education is not currently required of coaches, this particular program combines theoretical, scientific, and practical components to provide students with the knowledge and the skills they will need to succeed in this competitive yet rewarding area of service. The course requirements of the coaching minor make it a suitable complement to any major field of study offered by the University.

Course requirements for a minor in coaching involve 18 semester hours including:

CCHG-3670 Fundamentals of Coaching	3
CCHG-3680 Scientific Basis of Coaching	2
Select one course from CCHG-3700 through CCHG-3760	
Coaching.....	2
CCHG-4950 Internship in Coaching	3
ESS-1400 First Aid and Safety Education	2
ESS-1550 Athletic Training Essentials	2
ESS-3800 Sport Psychology	2
ESS-3920 Biomechanics.....	2

Health Promotion Minor

The **health promotion minor** is a non-certificate area for those students not seeking K-12 teaching certification in health education. It is designed to prepare students for health promotion employment opportunities in educational, community, health agency, sport, and leisure settings. It complements the coursework in physical education, athletic training, business, exercise science, sport and exercise studies, or psychology.

Course requirements for a minor in health promotion involve 21 semester hours including:

ESS-1400 First Aid and Safety Education	2
ESS-3890 Human Anatomy and Physiology for the Physical Educator.....	5
MAHE-1000 Introduction to the Health Profession	1
MAHE-1350 Foundations of Health Education	2
MAHE-2100 Personal Health Issues	3
MAHE-3030 Nutrition for Health and Weight Control.....	2
MAHE-3500 Community Health Concepts	2
PEF-1990 Physical Activity and the Christian Life	1
One course selected from the following	3
MAHE-4990 Health Promotion Internship	3
PSYCH-1600 General Psychology	3
SOC-3710 Family and Society.....	3

Multi-age Health Education Minor

The **multi-age health education minor** prepares students to teach health in Christian or public schools in grades pre-K to 12. The Ohio teaching license, through reciprocal agreements, is automatically recognized in 42 states. For additional information about teaching in other states, see the department of education section of this catalog (page 70). Because this program of study is not a major, students interested in health education must select an additional subject area as a major.

Course requirements involve 64 semester hours including:

Health Education	28
ESS-1400 First Aid and Safety Education	2
ESS-3890 Human Anatomy and Physiology for the Physical Educator	5
MAHE-1000 Introduction to the Health Profession	1

MAHE-1350 Foundations of Health Education	2
MAHE-2100 Personal Health Issues	3
MAHE-3030 Nutrition for Health and Weight Control.....	2
MAHE-3070 Current Issues in Health	1
MAHE-3100 Drug Education	3
MAHE-3130 School Health Program	3
MAHE-3500 Community Health Concepts	2
PEF-1990 Physical Activity and the Christian Life	1
PYCH-2735 Child-Adolescent Development.....	3
Professional Education.....	36
EDSP-2000 Teaching Children with Exceptionalities	2
EDSP-2050 Special Education Field Experience	1
EDUC-1000 The Education Profession.....	1
EDUC-1050 Contemporary Christian Schools.....	0
EDUC-2000 Introduction to Teaching	2
EDUC-2100 Technology in the Classroom	2
EDUC-2200 Multicultural Field Experience	1
EDUC-2500 Educational Psychology	3
EDUC-4000 Reading in the Content Area: Multi-Age	3
EDUC-4500 Philosophy of Education.....	2
EDUC-4900 Student Teaching and Seminar: Multi-Age	10
MAHE-4400 Health Education In-Service	0
MAHE-4610 Teaching Health.....	5
MAHE-4960 Field Experience in Health	4

Sport Management Minor

The purpose of the sport management minor is to allow students from other majors the opportunity to develop a foundation which will serve as the basis for a future career in sport such as high school athletic director or baseball announcer.

Course requirements for a minor in sport management involve 19 semester hours including:

ESS-2100 Leadership and Ethics in Sport	3
SMGT 1350 Introduction to Sport Management.....	3
SMGT-3300 Event Planning and Production	3
SMGT-4100 Marketing and Promotions in the Sport Industry.....	4

Two courses selected from the following.....

SMGT-2100 Sport in Society.....	3
SMGT-2500 Organizational Behavior in Sport	3
SMGT-3180 Legal Issues in the Sport Industry	3
SMGT-3200 Facility Design and Management.....	3
SMGT-4200 Financing Sport Operations	3

Sport Ministry Minor

The purpose of the **sport ministry minor** is to assist the student who is preparing for a variety of ministries through the medium of sport. This minor is a good complement to many majors including sport and exercise studies, sport management, world missions, and youth ministries.

Course requirements for a minor in sport ministry involve 20-22 semester hours including:

BEPT-2400 Personal Evangelism.....	3
BEPT-3410 Discipleship	3
CCHG-3670 Fundamentals of Coaching	3
ESS-1400 First Aid and Safety Education	2
ESSE-1350 Foundations of Sport Ministries	3
ESSE-2830 Recreational Leadership	2

Two courses selected from the following.....

ESSE-2100 Wilderness Ministry	3
ESSE-2810 Introduction to Camping	2
MAPE-1210 Team Sports.....	2
MAPE-2200 Individual and Dual Sports I	2
(BEPH-2260 Religion and Culture recommended general education humanities/global awareness elective.)	