

EDUCST-EM1: BES, EXERCISE SCIENCE AND WELLNESS EMPHASIS AREA

In Workflow

1. S003550 Chair (waalkesp@umsl.edu)
2. Curricular Alignment Check (holmeskm@umsl.edu)
3. Academic Affairs Program Preapproval (sampsone@umsl.edu)
4. SEDUC Assoc Dean (kerkhoffs@umsl.edu)
5. SEDUC Dean (m.boboc@umsl.edu)
6. Senate C&I (apbt27@umsystem.edu)
7. Senate C&I Editing (sampsone@umsl.edu)
8. FacultySenate (apbt27@umsystem.edu)
9. Academic Affairs (sampsone@umsl.edu)
10. Registrar Programs (chensj@umsystem.edu)

Approval Path

1. 2025-11-01T13:10:05Z
Phillip Waalkes (waalkesp): Approved for S003550 Chair
2. 2025-11-04T21:45:12Z
Keeta Holmes (holmeskm): Approved for Curricular Alignment Check
3. 2025-11-04T21:50:24Z
Betsy Sampson (sampsone): Approved for Academic Affairs Program Preapproval
4. 2025-11-10T18:05:16Z
Shea Kerkhoff (kerkhoffs): Approved for SEDUC Assoc Dean
5. 2025-11-10T20:03:52Z
Marius Boboc (m.boboc): Approved for SEDUC Dean
6. 2026-01-14T00:18:30Z
Deborah Cohen (Deborah.Cohen): Approved for Senate C&I
7. 2026-01-16T21:07:51Z
Betsy Sampson (sampsone): Approved for Senate C&I Editing

History

1. Jan 9, 2018 by Carl Hoagland (hoagland)
2. Jun 2, 2022 by Betsy Sampson (sampsone)

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Viewing: EDUCST-EM1 : BES, Exercise Science and Wellness Emphasis Area

Last approved: Thu, 02 Jun 2022 15:03:35 GMT

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Changes proposed by: Phillip Waalkes (waalkesp)

Initiator:

Name:

Phil Waalkes

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Program Code

EDUCST-EM1

To be completed by Academic Affairs

Title

BES, Exercise Science and Wellness Emphasis Area

Program Type

Emphasis Area

College/School

College of Education

Department

Educational Psychology

Academic Level

Undergraduate

CIP Code

13.0101 - 13.0101

Effective CAT

2025-26

Program Requirements and Description as it will appear in the bulletin.**Required Courses**

HLTH PE 3275	Psychological Aspects of Physical Education	3
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

Total Hours		28
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Clinical Experiences

EDUC 4989	Internship I	1
EDUC 4990	Internship II	6
EDUC 4991	Internship III	6

Total Hours		13
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Program Learning Outcomes**Learning Outcomes**

Integrate diverse perspectives and explain how difference shapes experience, identity, and human development across contexts.

Analyze institutional and social barriers to equity, access, and achievement and propose solutions using a personalized understanding of social justice.

Demonstrate professionalism, respect, and resilience by navigating multiple projects and reframing challenges as opportunities for growth.

Use critical thinking and reasoning to make conclusions through interpreting and synthesizing information, data, and arguments.

Communicate ideas effectively through oral, written, nonverbal, and visual formats, applying leadership, management, and collaboration skills across settings.

Design and implement coaching, personal fitness, and wellness programs for youth and adults by integrating knowledge from kinesiology, nutrition, psychology, anatomy, and emergency care through experiential instruction and applied practice.

Attachments

Educational Studies BES ESW- Program Matrices-Curriculum Mapping Tool.xlsx

This program will be developed with the intention of delivery in the following delivery modes (choose all that apply)

Face to face

Justification for request:

This revision ensures students can complete the emphasis area while also earning a minor in Exercise Science, a minor in Athletic Coaching, and CPR certification. Limiting repeatable fieldwork credits prevents course overload and leaves room for electives or

prerequisites—especially important for students pursuing pre-health pathways. It also brings this emphasis area into alignment with others in the BES program that offer minors, supporting consistency and advising clarity.

Key: 526