Elon Core Curriculum (56-60 sh)

**FIRST-YEAR FOUNDATIONS:**
- COR 110 – Global Experience (4 s.h.)
- ENG 110 – Writing: Argument & Inquiry (C- or better required for graduation)
- MTH 110 or 151 or 220 (4 s.h.)

**Experiential Learning Requirement (ELR – 2 units required):**
Included in experiential learning are study abroad, research, service-learning, leadership, internships, (including co-ops, teaching, and practicum), or other courses or experiences with ELR designation

**World Language Requirement:**
Students must meet one of the following: (a) complete a language course numbered 122 or higher at Elon, or receive transfer or study abroad credit for the same; (b) place into a language course numbered 200 or above upon arriving at Elon, using a department of world languages approved placement instrument; (c) score a 4 or 5 on an AP language exam or upon arriving at Elon, using a department of world languages a

**STUDIES IN THE ARTS AND SCIENCES:**
[Transfer students with at least 18 s.h. of transfer credit must complete 32 hours total in Studies in the Arts & Sciences, but may have as few as 7 hours in one or more of the four Studies in the Arts & Sciences areas.]

*Expression* *___________ ______________ (8 s.h.)
[Eight hours chosen from at least two of the following: literature (in English or world languages), philosophy, & fine arts (art, dance, fine arts, music, music theatre, & theatre). At least one course must be literature.]

*Civilization* _______________ (8 s.h.)
[Eight hours chosen from at least two of the following: history, world languages, art history and religious studies.]

*Society* *IDS 285_________ ______________ (8 s.h.)
[Eight hours chosen from at least two of the following: economics, geography, human service studies, political science, psychology, & sociology/anthropology, and public health studies 201 or 202.]

*Science/Analysis* *_________ (Lab: ___) (8 s.h.)
[Eight hours chosen from one or more of the following: mathematics/statistics, science, computer science and information science. At least one course must be a physical or biological laboratory science.]

*ADVANCED STUDIES* (Must be outside major.)
*___________ ______________ (8 s.h.)
[Eight hours of 300-400 level coursework outside the major field and chosen from areas under Studies in the Arts and Sciences.]

*COR Interdisciplinary Capstone Seminar* ________ (4 s.h.)
[300-400 level COR course; requires junior/senior status.]

*Major Requirements*
A minimum of 45 s.h. in the following courses is required.

**Core Courses:**
- *IDS 285 (4) – Perspectives in Personal and Global Health
- EDU 315 (4) – Educational Assessment
- PED 109 (1) – Aerobic Conditioning & Weight Training
- PEH 211 (2) – Foundations of Physical Education & Health
- PEH 310 (4) – Motor Learning Theory for Teaching/Coaching
- PEH 324 (4) – Nutrition

**Select one of the following: 2 s.h.**
- PEH 125 (2) – Skills/Activities for Teaching
- PED 216 (2) – Skills/Activities for Teaching Team Sports

**Select one combination of the following**

**Option 1** *BIO 263 (4) – Human Anatomy
ESS 321 (4) – Biomechanics
BIO 263 + ESS 321

**Option 2** *BIO 264 (4) – Human Physiology
ESS 324 (4) – Physiology of Exercise
BIO 264 + ESS 321

**Non-licensure Capstone Requirement:**
- PEH 482 (4) – Internship in Physical Education and Health

**Electives: 12 s.h.**
- COR 326 (4) – Human Sexuality
- *DAN 115 (2) – Folk, Square and Social Dance Pedagogy
- HED 111 (2) – Contemporary Wellness Issues
- HED 112 (2) – Contemporary Issues in Wellness: Health Related Fitness
- HED 113 (2) – Contemporary Issues in Wellness: Health and the Human Spirit
- HED 114 (2) – Contemporary Issues in Wellness: Personal Health Assessment
- HED 115 (2) – Contemporary Issues in Wellness: Stress and Well-Being
- HED 116 (2) – Contemporary Issues in Wellness: Fundamentals of Wellness Coaching
- HED 230 (4) – Perspectives in Health Promotion: Foundations to Function
- HED 235 (4) – Inactivity: The Threat of a Modern Lifestyle
- PEH 125 (2) – Skills and Activities for Teaching Lifetime Sports
- PEH 126 (2) – Skills and Activities for Teaching Team Sports
- PEH 212 (2) – Sports Injuries Care and Prevention
- PEH 225 (4) – Introduction to Adventure Based Learning
- PEH 325 (4) – Substance Abuse and Human Behavior
- PEH 345 (4) – Principles of Coaching
- PEH 421 (4) – Chronic and Acute Diseases

Students must show proof of valid First Aid/CPR certification at any time prior to graduation.

**___ Major Totals**

*Required in major; may count in Elon Core Curriculum.*