

Suggested Course Sequence – 2009-10

Milligan College, TN

www.milligan.edu | 423.461.8700



HUMAN PERFORMANCE AND EXERCISE SCIENCE (PHYSICAL EDUCATION)

(Includes required hours only. Need 128 for graduation – add electives-minor)

Fall Semester	Hours	Spring Semester	Hours
Freshman		Freshman	
BIBL 123 Old Testament Survey	3	BIBL 124 New Testament Survey	3
HUMN Humanities	4	HUMN Humanities	4
PSYC 100 Intro to College & Service	1	HPXS 101 Fitness for Life	1
COMM 102 Speech Communication	3	HPXS 271 Foundations of Wellness	3
HPXS 108 Folk Dance	1	Elective	3
EDUC 150 Introduction to Teaching	2	COMP 111 Composition	3
EDUC 152 Technology in Education	1		
TOTAL	15	TOTAL	17
Sophomore		Sophomore	
HUMN Humanities	4	HUMN Humanities	4
HPXS 207 Strength Training	2	BIOL 251 Anatomy and Physiology	4
HPXS 308 Measurement & Evaluation	3	MATH 213 Statistics	3
EDUC 306 Foundations	3	PSYC 253 Child Development	3
HPXS 104 Swimming	1	HPXS 207 Strength Training	2
HPXS 151 Fall Team Sports	1	HPXS 152 Spring Team Sports	1
COMP 211	3	HPXS 162 Aerobics	1
TOTAL	17	TOTAL	18
Junior		Junior	
HPXS 350 Teaching Elementary PE	4	HPXS 352 Kinesiology and Biomechanics	4
HPXS 301 Teaching Ind. & Dual Sports	2	HPXS 370 PE for Secondary Schools	3
HPXS 341 Exercise Physiology	4	HPXS 404 Org & A	3
HPXS 406 Adapted Phys Ed.	2	Psych 260 Sport Psychology	3
HPXS 405 Motor Behavior	2	HPXS 105 Lifeguarding	1
Elective	3	HPXS 310b CPR Prof	1
TOTAL	17	TOTAL	15
Senior		Senior	
BIBL 471 Christ and Culture	3	EDUC 455 Student Teaching	12
Ethnic Studies	3	EDUC 460 Capstone Seminar	1
Electives	9	Electives	3
TOTAL	15	TOTAL	16

DISCLAIMER: This document is designed as a guide for students planning their course selections. The information on this page provides only a *suggested* schedule. Actual course selections should be made with the advice and consent of the academic advisor. While accurately portraying the information contained in the College Catalog, this form is not considered a legal substitute for that document. Students should become familiar with the Catalog in effect at the time in which they enter Milligan.