



## Springfield College Sequencing Guide

### Movement and Sports Studies Major (MOST) ▼ 2019-2020

*If you entered Springfield College in 2019-2020, use this guide for sequencing your courses. Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress, and always confirm your plans with your advisor.*

#### GenEd Requirements, Electives, and College Requirements

*In addition to the major requirements listed below, you will need to fill the following General Education (GenEd) categories:*

- Computing and Technology      • Visual and Performing Arts      • Historical/Cultural      • Int'l/Global subcategory
- Literary Studies                      • Spiritual and Ethical                      • Behavioral/Social Sciences

*The MOST major typically requires 59 credits to complete. In addition to the GenEd and major requirements listed, you must complete:*

- **34 elective credits or more** (depending on GenEds selected) to total at least 120 credits. Adding a minor is encouraged.
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

#### MOST Major Requirements – Typical First-Year Schedule

**Fall:**

ENGL 113, College Writing I (GenEd requirement – 3 cr)  
 BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Natural Sciences GenEd)  
 BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr – also fills Natural Sciences GenEd)  
 MOST 105, Lifespan Motor Development (3 cr)  
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total approximately 15 credits

**Spring:**

ENGL 114, College Writing II (GenEd requirement – 3 cr)  
 BIOL 131, Anatomy and Physiology Concepts II (3 cr – must earn a C or better)  
 BIOL 133, Anatomy and Physiology Concepts II Lab (1 cr – must earn a C or better)  
 MOSK 101, Outdoor Pursuits (1 cr – also partially fulfills Physical Activity GenEd)  
 Plus other GenEds, major requirements with flexible timing, or electives (as applicable) to total 30 credits for the year

**Fall or Spring:**

HLTH 101, Physical Health and Wellness (3 cr – also fills Health and Wellness GenEd)  
 MATH 115, College Algebra (or MATH 125, 131, or 140; 3 cr – also fills Quantitative Reasoning GenEd)

#### MOST Major Requirements – Typical Second-Year Schedule

**Fall or Spring:**

AEXS 313, Physiology of Exercise (3 cr)  
 AEXS 315, Physiology of Exercise Laboratory (0 cr)  
 MOST 224, Motor Learning and Skill Acquisition (3 cr – also fills one WAC requirement)  
 PHYS 205, Physics for Movement Science (3 cr)  
 PHYS 206, Sports Physics Laboratory (.5 cr)  
 MOST 206, Physics for Movement Science Laboratory (.5 cr)  
 Plus GenEds, major requirements with flexible timing, minor/concentration requirements, or electives (as applicable) to total 30 credits for the year

#### MOST Major Requirements – Typical Third-Year Schedule

**Fall or Spring:**

AEXS 319, Kinesiology/Biomechanics (3 cr)  
 AEXS 321, Kinesiology/Biomechanics Laboratory (0 cr)  
 Plus GenEds, major requirements with flexible timing, minor/concentration requirements, or electives (as applicable) to total 30 credits for the year

### MOST Major Requirements – Typical Fourth-Year Schedule

#### Fall or Spring:

MOST 484, Practicum in Movement Studies (12 cr)

Plus any outstanding major requirements, minor/concentration requirements, GenEds, or electives to total a minimum of 120 credits for your career

### Additional MOST Major Requirements – Flexible Timing

EDUC 237, Foundations of Multicultural Education (3 cr; also fills Social Justice GenEd, Multicultural Perspectives subcategory, and one WAC requirement; can be taken any time)

MOST 328, Psychology of Sport (3 cr, take 2<sup>nd</sup> year or later)

MOST 439, Sociology and Heritage of Sport in Physical Education (3 cr, take 3<sup>rd</sup> or 4<sup>th</sup> year)

Select **one course** (3 credits) of a coaching and officiating course(s) from the following:

PHED 311, Coaching and Officiating Baseball (3 cr)

PHED 314, Coaching and Officiating Football (3 cr)

PHED 317, Coaching and Officiating Basketball (3 cr)

PHED 319, Coaching and Officiating Softball (3 cr)

PHED 321, Coaching and Officiating Track and Field (3 cr)

PHED 322, Coaching and Officiating Volleyball (3 cr)

PHED 323, Coaching and Officiating Wrestling (3 cr)

PHED 326, Coaching Swimming and Diving (3 cr)

PHED 337, Coaching and Officiating Field Hockey (3 cr)

PHED 338, Coaching and Officiating Soccer (3 cr)

Complete the following core activity courses – also count as Physical Activity GenEds:

MOSK 140, Skill Themes and Movement Concepts (.5 cr)

PEPC 100, Fitness for Life (1 cr)

PEPC 280, Outdoor Adventure (.5 cr)

1 cr of any PEAC/PEPC/PEAI courses

Select **1 credit** from the following:

PEAC 205, Lifeguard Training (1 cr) **or**

PEAC 206, Water Safety Instructor (1 cr) **or**

PEAC 104, Swimming (.5 cr) **and** PEAC 115, Fitness Swimming (.5 cr)

### MOST Major – Program Standards

Program standards for the MOST major include, but are not limited to:

- Earn a minimum professional GPA of 2.500 for all professional courses.
- Earn a minimum cumulative GPA of 2.500

For more information about these and other program standards, contact your advisor or the PEHE department chair.