



Springfield College Sequencing Guide

Movement and Sports Studies Major (non-teaching) ▼ 2018-2019 (Includes **OPTIONAL** Adventure Education Concentration)

If you entered Springfield College in 2018-2019, 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 with no concentration 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 MOST major with Adventure Education concentration typically requires 81 credits to complete. In addition to the GenEd and major requirements listed, you must complete:

- **12 elective credits or more** (depending on GenEds selected) to total at least 120 credits.

All MOST majors must complete:

- The **residency requirement**—60 credits taken at Springfield College (including 15 of your last 30)

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)

Major Requirements – Typical Second-Year Schedule

Fall or Spring:

AEXS 313/315, Physiology of Exercise (3 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

Major Requirements – Typical Third-Year Schedule

Fall or Spring:

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

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 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 following 1st semester)

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

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

In addition, select 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)

or

PHED 315, Coaching Men's Gymnastics (2 cr) AND

PHED 336, Officiating Athletic Events (1 cr)

or

PHED 325, Coaching Women's Gymnastics (2 cr) AND

PHED 336, Officiating Athletic Events (1 cr)

In addition, 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)

PEAC/PEPC/PEAI selectives (1 cr)

Adventure Education students should select PEAC 108 and 109

In addition, complete 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)

Optional Concentration

MOST non-teaching majors may also complete the optional Adventure Education concentrations (requirements listed below). If accepted for the educator licensure program, MOST majors may also complete the Physical Education or Physical and Health Education licensure programs (see separate sequencing guides for those requirements). MOST majors who do not add a concentration are strongly encouraged to complete a minor.

Adventure Education Requirements:

Take 1st or 2nd year:

MOST 230 – Land Based Outdoor Skills & Teaching Methods (3 cr)

MOST 240 – Water Based Outdoor Skills & Teaching Methods (2 cr)

PEAC 108 – Sports for the Disabled I (.5 cr)

PEAC 109 – Sports for the Disabled II (.5 cr)

Take one of the following, 1st or 2nd year:

YDEV 180 – Organization and Management of Youth Programs (3 cr) or

SMRT 120 – Recreation Program Planning in Modern Society (3 cr)

Take 2nd year or later:

PHED 231 – Challenge Course Facilitator (3 cr)

Take 3rd year:

MOST 386 – Pre-Practicum Fieldwork Experience (2 cr)

Take 3rd or 4th year:

SMRT 350 – Marketing and Public Relations for Sport and Recreation Management (3 cr)

SMRT 375 – Adventure Theory and Practice (3 cr)

SMRT 475 – Legal Issues in Sport and Recreation (3 cr)

MOST Major – Program Standards

Program standards for the MOST major (Generalist or Adventure Education) 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.