



Springfield College Sequencing Guide Movement and Sports Studies Major (non-teaching) ▼ 2017-2018 (Includes **OPTIONAL** Adventure Education Concentration)

If you are a Movement and Sports Studies major (not pursuing teaching licensure) who matriculated to Springfield College in 2017-2018, use this as a guide for sequencing your courses. Requirements listed on this guide are subject to change and may not be offered when listed—use your online degree audit for the most accurate information. Always confirm your plans with your advisor, and consult your advisor or chairperson if you have any questions.

MOST Major – Typical First-Year Schedule	
<p>Fall: ENGL 113, College Writing I (3 cr – fills half College Writing GenEd) 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 GenEds, major requirements with flexible timing, or electives (as applicable) to total approximately 15 credits</p>	<p>Spring: ENGL 114, College Writing II (3 cr – fills half College Writing GenEd) 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 GenEds, major requirements with flexible timing, or electives (as applicable) to total 30 credits for the year</p>
<p>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)</p>	

MOST Major – Typical Second-Year Schedule
<p>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</p>

MOST Major – Typical Third-Year Schedule
<p>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</p>

MOST Major – Typical Fourth-Year Schedule
<p>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</p>

Additional Requirements – Flexible Timing
<p>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)</p>

Additional requirements continued on next page

Additional Requirements – Flexible Timing, cont.

*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)
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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 Concentrations

*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 – Basic Challenge Course Facilitation (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)

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 you advisor or the PEHE department chair.

GenEd Requirements, Electives, and College Requirements

In addition to the requirements previously listed, all MOST majors must complete:

- The **residency requirement**—60 credits taken at Springfield College (including 15 of your last 30)
- **Additional GenEds:** Computing/Technology, Literary Studies, Visual/Performing Arts, Spiritual/Ethical Dimensions, Behavioral/Social Sciences, Historical/Cultural Studies, and the Global Studies component of International/Multicultural Studies (or other domain options)

The MOST major with no concentration typically requires 59 credits to complete. You must also complete:

- **34 elective credits or more** (depending on GenEds selected) to total at least 120 credits. Adding a minor is encouraged.

The MOST/Adventure Education concentration typically requires 81 credits to complete. They must also complete:

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