



Springfield College Sequencing Guide Movement and Sports Studies Major (MOST) ▼ 2026-2027

Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress with your advisor.

Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:

- 100-level Wellness & Physical (1 cr)
- 300-level Wellness & Physical (1 cr)
- Literature (3 cr)
- Spiritual and Ethical (3 cr)
- Aesthetic Expression (3 cr)
- Historical and Social (3 cr)
- Themed Explorations (9 cr)
 - 3 prefixes
 - 1 Global course

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

- **31 elective credits or more** 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:

SCSM 101, Springfield College Seminar (Core requirement – 3 cr)
 ENGL 113, College Writing I (Core requirement – 3 cr)
 BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Scientific Reasoning Core)
 BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr – also fills Scientific Reasoning Core)
 MOST 105, Lifespan Motor Development (3 cr)

Plus other Core and major requirements, or electives to total approximately 15 credits

Spring:

ENGL 114, College Writing II (Core 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)
 WLPL 201, Outdoor Pursuits (1 cr – fills 200-level Wellness and Physical Literacy Core)
 Plus other Core and major requirements, or electives to total 30 credits for the year

Fall or Spring:

MATH 115, College Algebra (or MATH 125, or 140; 3 cr – also fills Quantitative Reasoning Core)

MOST Major Requirements – Typical Second-Year Schedule

Fall or Spring:

AEXS 313, Physiology of Exercise (3 cr – fills WAC requirement)
 AEXS 315, Physiology of Exercise Laboratory (0 cr)
 MOST 224, Motor Learning and Skill Acquisition (3 cr)
 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 Core and major requirements, minor/concentration requirements, or electives 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 Core and major requirements, minor/concentration requirements, or electives to total 30 credits for the year

MOST Major Requirements – Typical Fourth-Year Schedule

Fall or Spring:

MOST 484, Practicum in Movement Studies (1-16 cr) (Minimum of 12 cr required to meet program requirements)

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

Additional MOST Major Requirements – Flexible Timing

EDUC 201, Foundations of Multicultural Education (3 cr)

HLTH 101, Physical Health and Wellness (3 cr)

MOST 328, Psychology of Sport (3 cr – fills WAC requirement; take 2nd year or later)

MOST 439, Sociology and Heritage of Sport in Physical Education (3 cr, take 3rd or 4th 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 322, Coaching and Officiating Volleyball (3 cr)

PHED 314, Coaching and Officiating Football (3 cr)

PHED 323, Coaching and Officiating Wrestling (3 cr)

PHED 317, Coaching and Officiating Basketball (3 cr)

PHED 326, Coaching Swimming and Diving (3 cr)

PHED 319, Coaching and Officiating Softball (3 cr)

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

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

PHED 338, Coaching and Officiating Soccer (3 cr)

Complete the following core activity courses:

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

PEPC 100, Fitness for Life (1 cr)

PEPC 280, Outdoor Adventure (.5 cr)

PEAC/PEPC course of choice (1 cr)

Select **1 credit** from the following:

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

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

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

WLPL 308, Adapted Aquatics: Leading in Service through Wellness and Physical Literacy (1 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.