The Bachelor of Science in Physical Education emphasizes the broad fundamental principles of physical education. Students choose an emphasis in either health and fitness leadership or outdoor leadership and administration. Each emphasis focuses on developing leadership expertise and building the knowledge, physical skills, and technical competencies to prepare graduates for the job market.

### Educational Pathway Options

<table>
<thead>
<tr>
<th>Recommended Preparation</th>
<th>Occupational Endorsement Certificate</th>
<th>Bachelor of Science (BS)</th>
<th>Master of Arts in Teaching (MAT)*</th>
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</thead>
<tbody>
<tr>
<td>High School</td>
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<td></td>
<td>Reading and Writing Skills</td>
<td>Fitness Leadership</td>
<td>Physical Education</td>
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<td>Basic Computer Skills</td>
<td>Emphasis Areas:</td>
<td>Emphasis Areas:</td>
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<td></td>
<td>Algebra II</td>
<td>• Group Fitness Leader</td>
<td>• Health &amp; Fitness Leadership</td>
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<td>Biology</td>
<td>• Personal Trainer</td>
<td>• Outdoor Leadership</td>
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<td></td>
<td>Health</td>
<td></td>
<td>• Outdoor Leadership &amp; Administration</td>
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<tr>
<td></td>
<td>Nutrition*</td>
<td>Outdoor Leadership</td>
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<tr>
<td></td>
<td>Variety of Physical Activities</td>
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<td>Also Helpful:</td>
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<td>Business</td>
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<td>Physical Education Teacher</td>
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<td></td>
<td>Geology</td>
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<td>Preparation</td>
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<td>Psychology</td>
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<td>Offered through the college of</td>
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<td>Education</td>
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<tr>
<td>Students may earn college credit through Tech Prep, techprep.uaa.alaska.edu</td>
<td></td>
<td></td>
<td>Professional Development</td>
</tr>
</tbody>
</table>

### Minors

- Outdoor Leadership
- Athletic Training
- Coaching
- Health & Fitness Leadership
- Physical Education

### Career Connections

- Education & Training
- Hospitality & Tourism
- Natural Resources & Environmental Sciences
OFFICE OF ADMISSIONS

1. Apply for admission at www.uaa.alaska.edu/admissions.
2. Review admission requirements for your student type.
3. Submit required documents to UAA Office of Admissions.
4. Take the SAT, ACT, or Accuplacer test for English and math course placement. Call UAA Advising & Testing Center at 907.786.4500.
5. Make an appointment for academic advising at 907.786.4083 and meet regularly with an advisor.
6. Access the Future Students Checklist online at www.uaa.alaska.edu/futurestudents/checklist.cfm to stay on track.

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FITNESS LEADERSHIP (OEC)

1. COMPLETE REQUIRED COURSES (7 credits)
   - PEP 112 First Aid and CPR for Professionals (1)
   - PEP 115 Fitness Leadership/Group Fitness & Personal Training (3)
   - DN 101 Principles of Nutrition (3) or
     - DN 203 Nutrition for Health Sciences (3)

2. COMPLETE EMPHASIS AREA (3 credits)
   - Group Fitness Leader
     - PEP 116 Techniques in Group Fitness Instruction (2)
     - Choose PER activity course related to specialty (1)
   - Personal Trainer
     - PEP 117 Techniques in Personal Training (2)
     - PER 118 Beginning Weight Training (1)

   Academic progress: A grade of "B" or better in each course is required.

A total of 10 credits is required for this certificate.

OUTDOOR LEADERSHIP (OEC)

1. COMPLETE REQUIRED COURSES (9 credits)
   - PEP 262 Foundations of Outdoor Recreation (3)
   - PEP 365 Outdoor Leadership Theory & Practice (3)
   - PER 169 Four-Season Backpacking (3)

2. COMPLETE EMPHASIS AREA (10 credits)
   - Water-Based Leadership
     - PEP 467D Water-Based Outdoor Leadership (2)
     - PER 150 Water Safety & Rescue (1)
     - PER 151 Beginning Canoeing (1)
     - PER 152 Beginning River Rafting (1)
     - PER 153 Beginning Sea Kayaking (1)
     - PER 252 Intermediate River Rafting (2)
     - PER 253 Intermediate Sea Kayaking (2)
   - Land-Based Leadership
     - PEP 467C Land-Based Outdoor Leadership (2)
     - PER 146 Beginning Rock Climbing (1)
     - PER 147 Beginning Ice Climbing (1)
     - PER 164 Skiing Alaska’s Backcountry (2)
     - PER 165 Avalanche Hazard Recognition & Evaluation (1)
     - PER 181 Crevasse Rescue Techniques (1)
     - Choose one of the following: PER 246 or PER 287 (2)

   Academic progress: A grade of "B" or better in each course is required.

A total of 19 credits is required for this certificate.

PHYSICAL EDUCATION (BS)

1. COMPLETE GENERAL EDUCATION COURSES (21 credits)
   - ENGL 111 Methods of Written Communication (3)
   - Choose ENGL 212, 213, or 214 (3)
   - Choose COMM 111, 233, 237, or 241 (3)
   - Choose MATH 107 or STAT 252 (3)
   - Choose A fine arts course* (3)
   - Choose Two humanities courses* (6)

   * See UAA Course Catalog for list of applicable courses

2. COMPLETE SUPPORT COURSES (17 credits)
   - BIOL 111 Human Anatomy & Physiology I (4)
   - Choose one of the following:
     - PEP 146, PER 147, PER 150, PER 151, PER 152, PER 153, PER 164, PER 165,
   - HS 220 Core Concepts in the Health Sciences (3)
   - DN 203 or DN 215 (3)
   - PSY 111 or PSY 150 (3)

3. COMPLETE CORE COURSES (39 credits)
   - PEP 181 Introduction to Health, Physical Education & Recreation (3)
   - PEP 182 Technology in Health, Physical Education & Recreation (1)
   - PEP 183 Wellness Principles (1)
   - PEP 184 Fundamental Motor Skills (1)
   - PEP 280 Leadership in Health, Physical Education & Recreation (3)
   - PEP 281 Leadership in Activities for Diverse Populations (2)
   - PEP 282 Leadership in Initiative Activities (2)
   - PEP 284 Leadership in Fitness Activities (2)
   - PEP 382 Kinesiology & Biomechanics (4)
   - PEP 383 Movement Theory & Motor Development (3)
   - PEP 384 Cultural & Psychological Aspects of Health & Physical Activity (3)
   - PEP 385 Physiology of Exercise (4)
   - PEP 486 Standards & Assessment in Health, Physical Education, & Recreation (3)
   - Choose two courses (four credits) from: PEP 283, PEP 285, PEP 286, PEP 287, PEP 288
   - Choose one of the following: PEP 467C Land-Based Outdoor Leadership (2)
   - Choose Electives (8)

   A total of 19 credits is required for this degree,
   42 of which must be upper-division.

MINORS are also available in: Athletic Training • Coaching • Health & Fitness Leadership • Outdoor Leadership • Physical Education

COMMUNITY & TECHNICAL COLLEGE: 907.786.6400
CTC WEBSITE: www.uaa.alaska.edu/ctc
HEALTH, PHYSICAL EDUC. & RECREATION: 907.786.4083
HPER WEBSITE: www.uaa.alaska.edu/hper

UAA OFFICE OF ADMISSIONS: 907.786.1480
ADDRESS: P.O. Box 141629, Anchorage, AK 99514-1629
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