

Sports Management and Coaching

Bachelor of Science
2025-2026

General Areas of Service: Graduates from this program, when combined with an education major, are qualified to teach physical education and health at the high school level. Health educators work to encourage healthy lifestyles and wellness through educating individuals and communities about behaviors that can prevent diseases, injuries, and other health problems. They may also work in an industrial or hospital fitness program, as personal trainers, or a variety of other careers in the health and fitness industry.

Professional Training: Physical Education majors may need to spend an extra year at Walla Walla University to get their teaching certification. Graduate training is required to teach at the college level.

Job Outlook: According to the Bureau of Labor Statistics, “Employment of fitness trainers and instructors is projected to grow 19 percent from 2021 to 2031, much faster than the average for all occupations. About 65,500 openings for fitness trainers and instructors are projected each year, on average, over the decade.”, while educational services are predicted to experience a 22 percent increase in employment. Incentives by businesses and insurance companies to stay physically fit as a means to cut health care costs will increase demand for fitness workers, while greater projected enrollments in elementary and high schools will increase the number of available teaching positions. (See www.bls.gov)

Earnings: In the May 2021 salary survey, the BLS reports the median annual wage for fitness trainers and instructors as \$40,700, with the lowest 10 percent earning \$22,960 and the highest 10 percent earning \$75,940. In elementary schools, teachers earned a median wage of \$61,820 annually, while high school teachers earned \$62,240. (See www.bls.gov)

Note: Before graduation, all students must take an exit exam.

HEALTH & PHYSICAL EDUCATION DEPARTMENT

Winter Education Complex
(509) 527-2325

Websites

[Walla Walla University University Bulletin](#)

[Health & Physical Education Department](#)

Faculty

Chair/Advisor
[Rodd Strobel](#)

Professional Organizations

[American Alliance for Health, Physical Education, Recreation & Dance](#)

Suggested Degree Path

TOTAL CREDITS REQUIRED: 192 cr. GENERAL STUDIES REQUIREMENTS: 72-81 cr. [See the Undergraduate Bulletin for Details](#)

The chart below details one suggested path a student may take to complete a bachelor's degree in Physical Education.

Cognates are listed in *italics*.

Freshman Year

Fall Courses	Hours
Intro to Ex Science & Phys Ed (PETH 214)	2
Anatomy and Physiology (BIOL 121)	4
College Writing I (ENGL 121)	3
Wellness for Living (HLTH 110)	3
General Studies	4
*Colloquium (PETH 495)	0
Total	16

Winter Courses	Hours
Physical Activity	1
Anatomy and Physiology (BIOL 122)	4
College Writing II (ENGL 122)	3
General Studies	8
*Colloquium (PETH 495)	0
Total	16

Spring Courses	Hours
Fundamentals of Speech (SPCH 101)	4
Anatomy and Physiology (BIOL 123)	4
Intro to Statistics (MATH 106)	4
General Studies	4
*Colloquium (PETH 495)	0
Total	16

Sophomore Year

Fall Courses	Hours
Research Writing (ENGL 223)	3
Principles of Coaching (PETH 145)	2
Physical Activity	1
General Studies	10
*Colloquium (PETH 495)	0
Total	16

Winter Courses	Hours
First Aid (HLTH 217)	2
Officiating of Sports Activities (PETH 261)	2
Coaching Team Sports (PETH 253)	2
General Studies	10
*Colloquium (PETH 495)	0
Total	16

Spring Courses	Hours
Ethics in the Health Sciences (HLTH 210)	2
Care and Prevention of Injuries (PETH 225)	3
Coaching Individual Sports (PETH 254)	2
Physical Activity - Racquet Sport	1
General Studies	8
*Colloquium (PETH 495)	0
Total	16

Junior Year

Fall Courses	Hours
Adapted Phys Ed (PETH 324)	3
Coaching Strength & Conditioning (PETH 353)	2
Health Psychology (HLTH 370)	3
Electives/Minor	8
*Colloquium (PETH 495)	0
Total	16

Winter Courses	Hours
Teaching K-12 Phys Ed and Health (PETH 396)	4
Motor Learning (PETH 425)	4
Electives/Minor	5
General Studies	3
*Colloquium (PETH 495)	0
Total	16

Spring Courses	Hours
Electives/Minor	16
*Colloquium (PETH 495)	0
Total	16

Senior Year

Fall Courses	Hours
Biomechanics (PETH 325)	4
Water Safety Instructor (PETH 205)	2
Senior Seminar (PETH 496)	3
Electives/Minor	7
*Colloquium (PETH 495)	0
Total	16

Winter Courses	Hours
Administration of Health, Phys Ed, & Recreation (PET 484)	2
Physical Activity	1
Physiology of Exercise (PETH 426)	4
Electives/Minor	9
*Colloquium (PETH 495)	0
Total	16

Spring Courses	Hours
History & Philosophy of Phys Ed (PETH 493)	2
Coaching Practicum (PETH 366)	1
Electives/Minor	13
*Colloquium (PETH 495)	0
Total	16

*Colloquium: Eight quarters required or two quarters for every year in residence as a declared Health Science, Exercise Science, or Sports Management & Coaching Major at WWU, whichever is less.

General Studies:

Foundations - Physical Activity (2)

Ways of Knowing

History (4)

Humanities (4) Exploring SDA Life (34)

Ways of Engaging

Engaging in Faith (6-7)

Exploring Scripture (4)

Engaging in Arts (4)

Engaging in History + Philosophy (4)

Office of Academic Advisement

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