

**WASHINGTON STATE UNIVERSITY**  
**Endorsement Evaluation**

Candidate Name: \_\_\_\_\_  
 Student ID: \_\_\_\_\_

**WAC 181-82A – Health and Fitness Option**  
**Self-Evaluation Endorsement Worksheet**

<b>WSU Course Requirement (Semester Credits)</b>	<b>WSU or Equivalent Course Taken or In Progress</b>
<b>BIOLOGY 106</b> Introduction to Biology: Organismal Biology (4)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>Chem 101</b> Introduction to Chemistry (4) <b>or Chem 105</b> (lab) Principles of Chemistry I (4)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>BIOLOGY 140</b> Nutrition for Living (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINNESIOLOGY CORE</b>	
<b>KINES 199</b> Human Motor Development (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>BIOLOGY 251</b> Introductory to Human Physiology (4)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 262</b> Human Anatomy (4)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 264</b> Fitness Concepts (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 266</b> Care and Prevention of Athletic Injuries (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 311</b> Strength Training (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 312</b> Research and Assessment (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____

<b>KINES 313</b> Behavioral Aspects of Human Movement (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 361</b> Health and Wellness (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 380</b> Introduction to Exercise Physiology (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 461</b> Motor Skill Acquisition (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 462</b> Biomechanics (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 484</b> Exercise Prescription and Medical Conditions (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>HEALTH AND FITNESS CORE</b>	
<b>Psych 230</b> Human Sexuality (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 314</b> Philosophy of Human Movement (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 393</b> Practicum in Special Populations (1)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 481</b> Health Education Methods (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>KINES 483</b> Fitness Education Methods (3)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>PE_ACTIV 112</b> Weight Training (1)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____

<b>PE_ACTIV 132</b> Conditioning Swimming (1)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>PE_ACTIV 120/121</b> American Social Dance (1)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>PE_ACTIV 114</b> Beginning Tumbling (1)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____
<b>PE_ACTIV</b> Individual or Team (1)	Course # / Name: _____ Complete Semester: _____ Credit: _____ Grade: _____ Institution: _____