

Health & Physical Education (HPED) — Four-Year Plan of Study (120 Credits)

YEAR 1 (PRE- PROFESSIONAL PROGRAM)			
Fall	Credits	Spring	Credits
BIOL 191 & 191L Intro. Biology for Health Prof. (Core 7)	4	DANC 106 Fundamentals of Dance Movement (Core 4)	3
HLTH 101 Wellness for a Diverse Society (Core 11)	3	EDUC 202 Historical/Contemporary Perspectives in Educ. (Core 10)	3
HPED 293 Introduction to Health & Physical Education (F)	3	HPED 201 Foundations of Child and Adolescent Wellbeing (S)	3
Core 1 (or Core2)	3	PSYC 101 Introduction to Psychology (Core 6)	3
Core 3	3	Core 2 (or Core1)	3
		Core 8*	3
Total:	16	Total:	18
YEAR 2 (PRE- PROFESSIONAL PROGRAM)			
Fall	Credits	Spring	Credits
BIOL 220 Anatomy and Physiology	4	HPED 301 Sex & Relationships Education (S)	3
EDUC 203 Teaching/Learning Diverse Society (Core13)	3	KNES 242 Pedagogy in Striking, Fielding & Target Skills and Strategy (S)	3
HPED 202 Food and Nutrition Education (F)	3	KNES 284 Adventure Education (S)	1
KNES 238 Physical Fitness, Programming & Assess (F)	3	KNES 312 Biomechanics and Physiology of Exercise	3
PSYC 201 Educational Psychology	3	Core 5	3
		Core 12	3
Total:	16	Total:	16
YEAR 3 (PROFESSIONAL PROGRAM)			
Fall	Credits	Spring	Credits
ELED 324 Integrating Literacy in K12 Content Areas	3	HPED 401 Mental Health Education (S)	3
HPED 302 Drug Use & Personal Safety Education (F): HE Practicum I	3	KNES 317 Motor Behavior (S): PE Practicum I	3
HPED 303 Pedagogy in Field & Court & Net/Wall Skills and Strategies (F)	3	KNES 320 Culture, Health, & the City	3
KNES 423 Adapted Phys. Ed. (F)	3	KNES 353 Sport in Society (Core 9)	3
SCED 304 Education, Ethics & Change (Core 14)	3	REED 365, Reading & Writing in Content Areas	3
Total:	15	Total:	15
YEAR 4 (PROFESSIONAL PROGRAM)			
Fall	Credits	Spring	Credits
HPED 402 Methods in Health Education: HE Practicum II	6	HPED 481 Capstone Internship and Seminar in HPE: PE or HE Full Time Practicum	12
HPED 403 Methods in Physical Education: PE Practicum II	6		
Total:	12	Total:	12

* Suggested CORE 8 Classes (3 credits): ANTH 212, CHEM 100, GEOG 101, GEOL 109, PHYS 100, PHYS 103