

## Health and Physical Education with K-12 Teacher Certification

Department of Health & Human Performance

### Major Requirements

<u>Major Courses</u>	<u>Credits</u>	<u>Semester Completed</u>
[ADED 137] Challenge Course Experience <b>or</b> :	1	
[ADED 188] Challenge Course Facilitation (Permission of Instructor)		
[PHED 114] Dance	1	
[PHED 118] Creative & Expressive Movement	1	
[PHED 120] Golf & Badminton	1	
[PHED 121] Softball & Soccer	1	
[PHED 122] Flag Football & Basketball	1	
[PHED 126] Tennis & Volleyball	1	
[PHED 128] Developmental Gymnastics/Rec. & Rhythmical Activities	1	
Students <b>must</b> fulfill <b>one</b> of the following sets of requirements:		
A. [HPED 195] First Aid & CPR (1) <i>One of the following:</i> [HPED 189] Emergency Water Safety (1) [HPED 192] Water Safety Instructor (2) [PHED 127] Aquatics (1)		
B. <i>Competency* in First Aid &amp; CPR and one of the following:</i> [HPED 189] Emergency Water Safety (1) [HPED 192] Water Safety Instructor (2) [PHED 127] Aquatics (1)		
C. [HPED 193] Lifeguarding/First Aid/CPR (2) or Lifeguarding competency*	0-3	
[HPED 170] Concepts of Conditioning	1	
[HPED 223] Community Health Strategies	3	
[HPED 224] Personal Health Strategies	3	
[HPED 227] Foundations of Physical Education	3	
[HPED 229] Motor Learning	3	
[HPED 236] Medical Aspects of Sport	3	
[HPED 305] Contemporary Issues in Health	3	
[HPED 309] Curriculum & Instruction in Elementary Physical Education	3	
[HPED 312] Curriculum & Instruction in Secondary Physical Education	3	
[HPED 321] Kinesiology	3	
[HPED 322] Exercise Physiology	3	
[HPED 326] Curriculum & Instruction in Health Education	3	
[HPED 329] Sport in Society	3	
[HPED 332] Teaching Adapted Physical Education	3	
[HPED 391] Health & Physical Education Practicum	1	
[HPED 422] Assessment in Health & Physical Education	2	
[HPED 423] Principles of Administration	3	
[BIOL 258] Human Biology	4	
[PSYC 310] Child Development	3	
[COSC 171] Problem Solving with Computers	3	
[MATH 101] Intro. to Math	3	
[EDUC 201] Education & American Society	3	
[EDUC 210] Sophomore Field Experience	0	
[EDUC 203] Educational Psychology	3	
[EDSP 207] Intro. to Special Education	3	
[ENGL 330] Methodology of Teaching English as a Second Language	3	
ENGL xxx (ENGL 122 to ENGL 176)	3	

\*Competency as defined by the American Red Cross

August 2009

<b>Professional Semester</b>		
<a href="#">[EDUC 431]</a> Elementary Student Teaching	5	
<a href="#">[EDUC 432]</a> Secondary Student Teaching	5	
<a href="#">[HPED 433]</a> Student Teaching Seminar	2	

General Education requirements on next page

**Health and Physical Education with K-12 Teacher Certification**  
 Department of Health & Human Performance

General Education Requirements

<u>Courses</u>	<u>Credits</u>	<u>Semester Completed</u>
First Year Seminar	3	
Created & Called for Community	3	
Oral Communications	3	
Mathematical Sciences ( <a href="#">[MATH 101]</a> )	3 or 4	<u>Met by Major</u>
Laboratory Science ( <a href="#">[BIOL 258]</a> )	3 or 4	<u>Met by Major</u>
Science, Tech & World ( <a href="#">[HPED 322]</a> )	3	<u>Met by Major</u>
<b>Two</b> of the Following:	6	
Social Science (3 credits - <a href="#">[EDUC 203]</a> )		<u>Met by Major</u>
European History (3 credits)		
United States History (3 credits)		
Literature (ENGL 122 to ENGL 176)	3	<u>Met by Major</u>
Philosophy or Religion	3	
Arts	3	
Language/Cross Cultural		
First Semester of Language	3	
Second Semester of Language	3	
Third Semester of Language or Cross Cultural	3	
Non-Western Studies	2 or 3	
Encountering the Bible	3	
Christian Beliefs	3	
Health & Physical Fitness	3	<u>Met by Major</u>
Life Fitness (1 credit - <a href="#">[HPED 170]</a> )		<u>Met by Major</u>
PHED 1 (1 credit - <a href="#">[HPED 189]</a> or <a href="#">[HPED 192]</a> or <a href="#">[HPED 193]</a> )		<u>Met by Major</u>
PHED 2 (1 credit - HPED Activity)		<u>Met by Major</u>
<b>One</b> of the Following:	3	<u>Met by Major</u>
World Views (3 credits)		
Pluralism in Contemporary America (3 credits - <a href="#">[HPED 329]</a> )		<u>Met by Major</u>
Ethics in the Modern World (3 credits)		
Writing Enriched Course		

SUMMARY OF DEGREE REQUIREMENTS:

General Education	35-36
Major Core Requirements	94-97-
<b>Total</b>	<b>129-133</b>

Major Requirements on previous two pages.