

## Health and Physical Education Teacher Certification Department of Health & Human Performance

### Major Requirements

<u>Core Courses</u>	<u>Credits</u>	<u>Semester Completed</u>
ADED 137 Challenge Course Experience <b>or:</b> ADED 188 Challenge Course Facilitation (Permission of Instructor)	1	_____
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:	0-3	
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*		_____
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 Prob. Solv. w/ Comp.	3	_____
MATH 101 Intro. to Math	3	_____
EDUC 201 Education & American Society	3	_____
EDUC 203 Educational Psychology	3	_____
EDUC 207 Intro. to Special Education	3	_____
ENGL 330 TESOL	3	_____
<b><u>Professional Semester</u></b>		
EDUC 431 Elementary Student Teaching	5	_____
EDUC 432 Secondary Student Teaching	6	_____
HPED 433 Student Teaching Seminar	1	_____

\*Competency as defined by the American Red Cross  
General Education requirements on reverse side

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**General Education Requirements**

<u>Courses</u>	<u>Credits</u>	<u>Semester Completed</u>
1.1 First Year Seminar	3	_____
1.2 Created & Called for Community	3	_____
1.3 Oral Communications	3	_____
2.1A Mathematical Sciences (MATH 101)	3	Met by Major
2.1B Laboratory Science (BIOL 258)	4	Met by Major
2.1C Science, Tech & World (HPED 322)	3	Met by Major
<b>Two</b> of the Following: (total 6 hours)		
2.2A Social Science (EDUC 203)	3	Met by Major
2.2B European History	3	_____
2.2C United States History	3	_____
2.3A Literature	3	_____
2.3B Philosophy or Religion	3	_____
2.3C Arts	3	_____
2.4 Language/Cross Cultural		
Language 1	3	_____
Language 2	3	_____
Language 3 or Cross Cultural	3	_____
2.5 Non-Western Studies	2 or 3	_____
Encountering the Bible	3	_____
3.2 Christian Beliefs	3	_____
4.1 Health & Physical Fitness		
Life Fitness (HPED 170)	1	Met by Major
PHED 1 (HPED 189 or 192 or 193)	1	Met by Major
PHED 2 (HPED Activity)	1	Met by Major
<b>One</b> of the Following: (total 3 hours)		
4.2B World Views	3	_____
4.2C Pluralism in Contemporary America (HPED329)	3	Met by Major
Ethics in the Modern World	3	_____
Writing Enriched Course		_____
Summary of Major Requirements:		
General Education	38-39	
Major Core Requirements	91-94	
<b>Total</b>	<b>129-133</b>	