# Health and Physical Education w/Teaching Certification

## 8-Semester Plan

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course name</th>
<th>Credits</th>
<th>Course #</th>
<th>Course name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>First Year – Fall</strong></td>
<td></td>
<td></td>
<td><strong>First Year – Spring</strong></td>
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<tr>
<td>IDFY 101</td>
<td>First Year Seminar*</td>
<td>3</td>
<td>IDCR 151</td>
<td>Created and Called for Community*</td>
<td>3</td>
</tr>
<tr>
<td>HIST 141 or 142</td>
<td>U.S. History*</td>
<td>3</td>
<td>COMM 105</td>
<td>Oral Communication*</td>
<td>3</td>
</tr>
<tr>
<td>MATH/CIS/STAT</td>
<td>Mathematical Science* (1st year)</td>
<td>3-4</td>
<td>LANG XXX</td>
<td>2nd language* (1st or 2nd year)</td>
<td>3</td>
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<tr>
<td>LANG XXX</td>
<td>1st language*</td>
<td>3</td>
<td>CIS 171</td>
<td>Problem Solving with Computers*</td>
<td>3</td>
</tr>
<tr>
<td>ENGL 122-172</td>
<td>Literature* (1st or 2nd year)</td>
<td>3</td>
<td>EDUC 201</td>
<td>Education and American Society*</td>
<td>3</td>
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<tr>
<td>HPED 227</td>
<td>Foundations of P.E.</td>
<td>3</td>
<td>PHED 120</td>
<td>Racquet Activities</td>
<td>1</td>
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<td></td>
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<td></td>
<td>PHED 127</td>
<td>Aquatics</td>
<td>1</td>
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<td></td>
<td>PHED 121</td>
<td>Team Activities</td>
<td>1</td>
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<td><strong>Take PAPA exam before sophomore yr.</strong></td>
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<td></td>
<td></td>
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<td>(Security clearances to TEP before Spring Break)</td>
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<tr>
<td><strong>TOTAL</strong></td>
<td>18-19</td>
<td></td>
<td><strong>TOTAL</strong></td>
<td>18</td>
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</tbody>
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| **Sophomore – Fall** | | | **Sophomore – Spring** | | |
| APHS 170 | Concepts of Conditioning | 2 | EDSP 207 | Introduction to Special Education+ | 3 |
| BIOL 258 | Human Biology* | 4 | TEP 210 | Sophomore Field Experience+ (clearances req) | 0 |
| EDUC 203 | Educational Psychology* | 3 | HPED 223 | Community Health | 3 |
| BIBL 20X | Knowledge of the Bible* (1st or 2nd year) | 3 | HPED 224 | Personal Health | 3 |
| LANG XXX | 3rd language or Cross Cultural* (2nd or 3rd yr) | 3 | HPED 236 | Medical Aspects of Sport | 2 |
| PHED 109 | Beginning Volleyball | 1 | PHED 135 | Non-Traditional Games | 1 |
| PHED 131 | Disc Activities | 1 | | | |
| | var | | | | |
| **TOTAL** | 17 | | **TOTAL** | 16 | Num |

| **Junior – Fall** | | | **Junior – Spring** | | |
| APHS 271 | Kinesiology | 3 | APHS 201 | Principles of Exercise Science | 3 |
| ADED 137 | Challenge Course | 1 | EDUC 308 | ELL Instruction and Assessment | 3 |
| HPED 305 | Continuing Issues in Health | 3 | PHED xxx | Required elective | 1 |
| HPED 326 | Health Education Instruction+ | 3 | HPED 229 | Motor Learning | 3 |
| HPED 329 | Sport and Society* | 3 | HPED 332 | Teaching Adapted PE (And field exp.) | 3 |
| PHED 114 | Dance | 1 | HPED 423 | Principles of Administration | 3 |
| PSYC 310 | Child Development (prereq EDUC 203) | 3 | | | |
| TEP 310 | Junior Field Experience+ | 0 | | | |
| | | | | | |
| **TOTAL** | 17 | | **TOTAL** | 16 | Num |

| **Senior – Fall** | | | **Senior – Spring** | | |
| HPED 312 | Curriculum & Instruction in 2ndary PE+ | 3 | HPED 309 | Curriculum and Instruction in Elementary PE | 3 |
| HPED 422 | Assessment in Health and Physical Ed | 2 | PHED 118 | Creative and Expressive Movement | 1 |
| | First Aid/CPR competency | 0 | TEP 411 | Pre-student Teaching Experience in PE+ | 0 |
| ARTS XXX | Arts* (1st or 2nd year) | 3 | TEP 431 | Student Teaching in Physical Education+ | 10 |
| IDNW XXX | Non-Western Studies* (2nd or 3rd year) | 2-3 | HPED 433 | Student Teaching Seminar | 2 |
| THEO 2XX | Christian Beliefs* (2nd or 3rd year) | 3 | | | |
| | | | | | |
| **TOTAL** | 13-14 | | **TOTAL** | 16 | |

*General Education requirement

+Concurrent registration required

•Complete before Spring Semester of the sophomore year

**NOTE:** If a student fails to complete the PAPA requirement by August 15, that student will be required to either 1) change majors or 2) stay at Messiah an additional year to complete the curriculum as it is designed.