

## Physical Education

### WITH Health Education as second teaching field

*Course offerings are subject to change. Students are encouraged to work closely with their advisors as they plan their academic work*

#### 135 HOUR PROGRAM OF STUDY

<b>Freshman Semester I (FALL)</b>	<b>Credits</b>	<b>Freshman Semester II (SPRING)</b>	<b>Credits</b>
*EG101	3	*EG102	3
*MA110	3	*SP101	3
*Life Science (GB100)	3	*Social & Behavioral Gen Ed (PY100)	3
PE162, PE 163, and PE 164	3	ZO200/1	4
HL150	3	PE161 and PE 167	3
	15		16

**Total Credits Freshman = 31**

<b>Sophomore Semester I (FALL)</b>	<b>Credits</b>	<b>Sophomore Semester II (SPRING)</b>	<b>Credits</b>
*Humanities Gen Ed (History class)	3	*Multicultural Perspective Gen Ed	3
*Physical Sciences Class/Lab	5	*Humanities Gen Ed (EG207/PI225)	3
ED220	2	*Creative Arts	2
PE300	1	PE262/264	3
PE320	2	PE268	3
PE345	3	PE361	2
	16		16

**Total Credits Sophomore = 32**

**TOTAL CUMULATIVE CREDITS = 63**

<b>Junior Semester I (FALL)</b>	<b>Credits</b>	<b>Junior Semester II (SPRING)</b>	<b>Credits</b>
IT360	3	ED416	2
PY211	3	PE360	3
PE362	3	PE400	3
PE365	2	PE480	3
HL355	3	HL155	2
HL458	3	HL350	3
	17		16

**Total Credits Junior = 33**

**TOTAL CUMULATIVE CREDITS = 96**

<b>Senior Semester I (FALL)</b>	<b>Credits</b>	<b>Senior Semester II (SPRING)</b>	<b>Credits</b>
ED340	3	Phase I	9
SD550	3	HL559	4
PE570	5		
HL450	3		
	14		13

**Total Credit Senior = 27**

**TOTAL CUMULATIVE CREDITS = 123**

<u>Senior Semester 1 (FALL)</u>	<u>Credits</u>	<u>Senior Semester II (SPRING)</u>	<u>Credits</u>
Student Teaching	12		
	12		

**Total Credit Senior = 12**

**TOTAL CUMULATIVE CREDITS = 135**

\*General Education = 35  
Professional Education = 37  
Physical Education Program Requirements = 39  
Health Education Program Requirements = 21  
Prerequisites = 3

**Course Rotation: Physical Education/Health Education**

**COURSES OFFERED EACH SEMESTER**

PE 262 Special Populations in HPER  
PE 264 Special Populations Lab  
PE 345 Prevention & Care of Athletic Injuries  
PE 360 Physiology of Exercise  
PE 362 Kinesiology  
HL 150 Critical Health Issues  
HL 155 First Aid & Personal Safety  
HL 350 Health Risk Factors  
HL 355 Health Promotion Protection Management

**COURSES OFFERED FALL ONLY**

PE 162 Foundations of PE: Individual Activities  
PE 163 Foundations of PE: Court Sports  
PE 164 Foundations of PE: Outdoor Activities  
PE 300 History of Physical Education & Sport  
PE 365 Games, Rhythms & Activities for Elementary PE  
PE 570 Middle/Sec. PE Methods & Curriculum  
HL 450 School Health Programs  
HL 458 Teaching Human Sexuality Education

**COURSES OFFERED SPRING ONLY**

PE 161 Foundations of PE: Field Sports  
PE 167 Foundations of PE: Activity Trends  
PE 268 Instructional Principles in PE  
PE 361 Motor Behavior  
PE 400 Measurement and Evaluation  
PE 480 Curriculum & Teaching Methods in Elementary PE  
HL 559 Methods & Strategies of Teaching Health