

## Progress Sheet – B.A. HEALTH &amp; PHYSICAL EDUCATION

Please note: Student is responsible to meet requirements as outlined. The faculty advisor will offer assistance.

Name: \_\_\_\_\_ I.D.#: \_\_\_\_\_ Catalog Year: \_\_\_\_\_

## MAJOR COMPONENT (42 Hours)

Course Name	Dept	#	CR	SEM	Grade
Lifetime Team & Dual Sports/ Lab (Fall only) <i>Satisfies Field I</i>	PE	108	3		
Individual and Recreational Sports/Lab (Spring only) <i>Satisfies Field II</i> <i>Pre: PE 108</i>	PE	117	3		
Introduction to Health & Physical Education (Fall only)	PE	120	2		
Group Fitness Leadership	PE	211	2		
Anatomy & Physiology	PE	240	3		
Motor Development	PE	258	2		
Tests, Measurements, & Research Design	PE	326	2		
Physiology of Sport & Exercise I /Lab (Fall only) <i>Pre: PE 240</i>	PE	345	3		
Psychology & Sociology of Physical Education (Spring only)	PE	365	2		
Kinesiology <i>Pre: PE 240</i>	PE	395	3		
Adapted Physical Education I (Spring only)	PE	452	2		
First Aid & Emergency Services <b>OR</b> EMT	SDE SDE	232 252	3 3		
Nutrition & Physical Fitness	HE	300	3		
Mental Health & Drug Use & Abuse (Fall only)	HE	320	3		
Human Sexuality (Fall only)	HE	340	3		
Community Health	HE	360	3		

## GENERAL STUDIES REQUIREMENTS (45 Hours)

## Essential Skills (courses do not count toward graduation)

Developmental English	ENG	075	0		
Fundamentals of Algebra	MATH	046	0		
Freshman Experience	COLL	101	2		

## Communications (9 hours) – minimum grade of C required

College Composition I	ENG	101	3		
College Composition II	ENG	102	3		
Fund of Oral Comm.	COM	101	3		

## Mathematics (3 hours)

Nature of Math	MATH	102	3		
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## Natural Sciences (8 hours)

Life Sciences for the Non- Major/Lab	BIO	105/106	4		
The Physical World/Lab <b>OR</b> Foundations Chem./Lab	PHYS <b>OR</b> CHEM	190/191 100/101	4		

## Fine Arts/ Humanities (9 hours)

Any Literature course with ENG prefix	ENG		3		
Choose one course each from <i>two</i> of the following groups:			6		
ART 100, 140, 340, 341, 343					
COM 203, THE 100, THE 300					
FA 101					
MUS 130, 131, 132, 133					

## Social &amp; Behavioral Sciences (12 hours)

History 103, 104, 210, or 211	HIST		3		
Geography 205 or 206	GEO		3		
Any GEO, HIST, POLS, or SOC course not already counted above			3		
Introduction to Psychology	PSYC	101	3		

## Wellness/Physical Education (4 hours)

Individual & Rec Sports	PE	117	3		
Nutrition & Fitness	HE	300	3		

**EDUCATION TRACK (46 Hours)**

COURSE NAME	DEPT	#	CR	SEM	GR
Primary Movements (Junior Standing, Fall only)	PE	106	2		
Teaching Elementary Health (Spring only)	HE	370	3		
School Health: Instruction & Legalities/ Practicum (Senior Standing, Spring only)	HE	468	3		
Introduction to Professional Education	EDUC	100	1		
Foundations of Education	EDUC	207	3		
Field I (15 hours of participation with PK-12 students) – satisfied by PE 108 [taken prior to admission to Prof. Education]			K		
Field II (15 hours of participation in diverse after-school programs) – satisfied by PE 117 [taken prior to admission to Prof. Education]			K		
Field Practicum I (15 hours of observations & teaching in public schools) [taken prior to admission to Prof. Education] Pre: Field I & II	EDUC	209	K		
Instructional Technology	EDUC	290	3		
Educational Psychology Pre: Praxis I and admission to Prof. Ed.	EDUC	301	3		
Introduction to Exceptionalities	SPED	241	3		

**Methods & Materials Block:****[The following classes will be taken together during the M&M block]**

M&M For Secondary Teachers Pre: EDUC 301, Praxis I, and admission to Prof. Education	EDUC	340	2		
M&M Lab for Physical Education Pre: EDUC 301, Praxis I, and admission to Prof. Education	EDUC	342	1		
M&M Lab for Health Education Pre: EDUC 301, Praxis I, and admission to Prof. Education	EDUC	342	1		
Instructional Design Pre: EDUC 301, Praxis I, and admission to Prof. Education	EDUC	293	3		
Reading For Content Area Pre: EDUC 301, Praxis I, and admission to Prof. Education	READ	302	3		
Collaborative Teaching Of Secondary Students With Special Needs Pre: EDUC 301, SPED 241, Praxis I, and admission to Prof. Education	SPED	320	3		
Field Practicum II (80 hours of teaching in public schools) [taken during the M&M block]	EDUC	309	K		

**Professional Semester:****[The following classes will be taken together during student-teaching]**

School Law & Organization	EDUC	409	1		
Student Teaching Seminar	EDUC	470	1		
Student Teaching in ECE	EDUC	480	2		
Student Teaching in AE	EDUC	482	8		

**ATHLETIC COACHING EDUCATION TRACK (33 Hours)**

COURSE NAME	DEPT	#	CR	SEM	GR
Strength & Conditioning Pre: PE 240	EP	299	3		
Biomechanics Pre: PE 240	EP	450	3		
Principles of Coaching (Fall only)	PE	320	3		
Organization & Administration (Senior Standing, Spring only)	PE	322	3		
Care & Prevention of Athletic Injuries (Spring only) Pre: PE 240	PE	342	2		
Facilities Management (Fall only)	PE	354	2		
Sport Law (Fall only)	PE	355	2		
Compliance (Spring only)	PE	371	2		
Coaching Internship	PE	440	6		
Leadership in Community Education	CEP	463	3		
Students must take <b>four</b> of the following:					
Coaching Golf I	PE	329	1		
Coaching Baseball/Softball	PE	331	1		
Coaching Football	PE	332	1		
Coaching Volleyball	PE	333	1		
Coaching Basketball	PE	334	1		
Coaching Wrestling	PE	336	1		
Coaching Track & Field	PE	337	1		
Coaching Tennis	PE	338	1		
Coaching Youth Sports	PE	327	1		
Gender and Cultural Concepts in Coaching	PE	328	1		
Coaching Soccer	PE	344	1		

**Notice****Total hours must be at least 120 hours for graduation.**

In order to remain in the EDUCATION TRACK, students must maintain a 3.0 cumulative grade point average with at least a C average in all required coursework in the Health & Physical Education MAJOR COMPONENT.