

Progress Sheet – B.A. HEALTH & PHYSICAL EDUCATION – [Updated 10/31/2019]

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

Name: _____ I.D.#: _____ Catalog Year: _____

MAJOR COMPONENT (43 Hours)

Course Name	Dept	#	CR	SEM	Grade
Beginning Swimming OR Lifeguarding	PE	115 225	1 1		
Introduction to Health & Physical Education (Fall only)	PE	120	1		
Group Fitness Leadership (Fall only)	PE	211	2		
Anatomy & Physiology	PE	240	3		
Motor Development	PE	258	2		
Invasion & Diamond Games (Fall, odd years)	PE	308	3		
Net/Wall Games & Target Games (Spring, even years)	PE	317	3		
Assessment in Physical Education (Spring only)	PE	321	2		
Exercise Physiology <i>Pre: PE 240</i>	EP	325	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	3		
First Aid & Emergency Service OR EMT	SDE	232 252	3 3		
Nutrition & Physical Fitness	HE	300	3		
Mental Health & Drug Use & Abuse (Spring, odd years)	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)

Freshman Experience	COLL	101	2		
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Communications (9 hours) – minimum grade of C required

College Composition I	ENG	101	3/4		
College Composition II	ENG	102	3		
Fund of Oral Comm.	COM	101	3		

Mathematics (3 hours)

Nature of Math	MATH	102	3/5		
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Natural Sciences (8 hours)

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

Self & Cultural Awareness (18 hours)

Critical Reading (1 Course)

Any Literature course with ENG prefix	ENG		3		
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Choose one course each from two of the following groups: **Fine Arts**

ART 100, 140, 340, 341, 343			6		
COM 203, THE 100, THE 300					
FA 101					
MUS 130, 131, 132, 133					

Perceptions & Cultures (12 hours) select one course in each area

History 103, 104, 210, or 211	HIST		3		
Geography 205 or 206	GEO		3		
Any GEO, HIST, POLS, or SOC HE 250 (HE 300)			3		
Introduction to Psychology	PSYC	101	3		

EDUCATION TRACK (45 Hours)

COURSE NAME	DEPT	#	CR	SEM	GR
Primary Movements (Fall, even years)	PE	306	2		
Health & Safety Methods & Materials for Elementary Teachers	HE	466	2		
School Health: Instruction & Legalities/ Practicum (Spring only)	HE	468	3		
Introduction to Professional Education*	EDUC	100	1		
Field I (15 hours of participation with PK-12 students)			K		
Foundations of Education* ...includes Field II (15 hours of participation in diverse after-school programs)	EDUC	207	3		
Instructional Technology*	EDUC	290	3		
Introduction to Exceptionalities*	SPED	241	3		
Educational Psychology ...includes EDUC 209 Field Practicum I (15 hours of observations & teaching in public schools) Pre: Praxis I and admission to Prof. Ed.	EDUC	301	3		

Methods & Materials (M&M) 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)	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 (Junior Standing, Spring even years)	PE	322	3		
Care & Prevention of Athletic Injuries (Fall only) Pre: PE 240	PE	342	1		
Facilities Management (Spring odd years)	PE	354	2		
Sport Law (Fall only)	PE	355	2		
Compliance (Spring only)	PE	371	2		
Coaching Internship	PE	440	6		
Officiating 1hr (must take 2)	PE	335	2		
Leadership in Community Education	CEP	463	3		
Students must take Three 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	339	1		
Gender and Cultural Concepts in Coaching	PE	340	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.

* Minimum grade of C required