

Progress Sheet – B.A. HEALTH & PHYSICAL EDUCATION – [Updated 9/27/2023]

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) <i>Pre: PE 308, PE 317</i>	PE	321	2		
Exercise Physiology <i>Pre: PE 240</i>	EP	325	3		
Psychology & Sociology of PE & Sport (Spring only)	PE	365	2		
Kinesiology <i>Pre: PE 240</i>	PE	395	3		
Adapted Physical Education I (Spring only) <i>Pre: SPED 241, PE 308</i>	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 (Fall only)	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 (3-7 hours) – minimum grade of C required

College Composition I	ENG	101	3		
College Composition II	ENG	102	3		

Oral Communication (3 hours)

Fund of Oral Comm	COM	101	3		
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Mathematics (Choose One: 3 hours)

MATH 102, 130, 140, 145, 160, 210	MATH				
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Sciences Reasoning (Choose One: 4 hours)

BIO 105/106, PHYS 190/191, CHEM 100/101			4		
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Applied Reasoning (Choose One: 3 hours)

COM 203, ECON 103, FIN 131, LING 150, PHIL 210, PSYC 101			3		
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Cultural Literacy (18 hours):

History (Choose One: 3 Hours)

HIST 103, 104, 210, 211	HIST		3		
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Literature (Choose One: 3 hours)

ENG 202, 204, 205, 214, 215	ENG		3		
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Fine Arts (Choose One: 3 hours)

ART 100, 140, 341, 343	ART				
MUS 130, 132, 133, 134, 351	MUS				
THE 100, 300	THE				

Humanities and Language (Choose One: 3 Hours)

PHIL 201, PHIL 205, REL 205, REL 335, SPA 252, Any FREN, Any SPAN			3		
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Social Science (Choose 2 from different groups: 6 hours)

Group I: GEO 205, 206	GEO				
Group II: POLS 101, 201, 202	POLS				
Group II: SOC 150, SWK 201					

EDUCATION TRACK (45 hours)**Pre-Admission into the Teacher Education Program:**

COURSE NAME	DEPT	#	CR	SE M	G R
Mini-Residency (register every semester to track field hours)	EDUC	209	K		
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* (includes 15 field hours mini-residency)	EDUC	100	1		
Foundations of Education* (includes 15 field hours mini-residency)	EDUC	207	3		
Instructional Technology*	EDUC	290	3		
Introduction to Exceptionalities* (includes 15 field hours mini-residency)	SPED	241	3		

Admission Point 1 – Admission into the Teacher Ed. Program:

Mini-Residency (register every semester to track field hours)	EDUC	209	K		
Educational Psychology (includes 30 field hours mini-residency) Pre: Praxis I and admission into the Teacher Education Program	EDUC	301	3		

Admission Point 2 – Residency Semester 1:**[The following courses are taken together during Residency Semester 1]**

Pre: EDUC 301, SPED 241, Praxis I, and approved app. to Gateway Point 2

M&M For Secondary Teachers	EDUC	340	2		
M&M Lab for Physical Education	EDUC	342	1		
M&M Lab for Health Education	EDUC	342	1		
Instructional Design	EDUC	293	3		
Reading For Content Area	READ	302	3		
Collaborative Teaching of Secondary Students with Special Needs	SPED	320	3		
Residency 1 (includes 250 field hours)	EDUC	309	K		

Admission Point 3 – Residency Semester 2:**[The following courses are taken together during Residency Semester 2]**

Must pass Praxis II

Residency 2 (includes 500 field hours)	EDUC	485	10		
Professional Seminar	EDUC	470	1		
School Law & Organization	EDUC	409	1		

ATHLETIC COACHING EDUCATION TRACK (33 hours)

COURSE NAME	DEPT	#	CR	SE M	GR
Basic Strength & Conditioning Principles Pre: PE 240	EP	299	3		
Biomechanics Pre: PE 240	EP	450	3		
Principles of Coaching (Fall only)	PE	320	3		
Org & Ad of PE, IMs & Athletics (Jr. Standing, Spring, even years)	PE	322	3		
Facilities Management in Sports (Spring, odd years)	PE	354	2		
Sport Law (Spring, odd years)	PE	355	2		
Compliance (Fall only)	PE	371	3		
Coaching Internship	PE PE	440 440	6		
Officiating 1hr (must take 2)	PE	335	2		
Leadership in Community Education	CEP	463	3		
Students must take three (3) 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