

Health and Physical Education Division
Physical Activity Specialist Major
Complete Four-Year Plan Example

| Fall – Year 1 Total – 15-16 hours | Spring – Year 1 Total – 15 hours |
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| PES 115 (2 hours) (<i>Fall or Spring of Year 1</i>) PES 186 (QR) (3 hours) (<i>Fall or Spring of Year 1</i>) Freshmen Composition (Writing Competency) (3 hours) UP G:1-A (3 hours) (WI available) MTH 113 Math. A Modeling App. (3 hr. Math Competency and UP G:2-B) 1-2 Credit Hour PED <i>Note: Merit Scholars must have 30 hours each year.</i> | HSC 211 (3 hours) (<i>Offered Fall and Spring</i>) HDF 100 Lifespan Dev. (3 hr. UP G:3-A) Intermediate Comp. (Writing Competency) (3 hours) TAI 170 Oral Int. of Lit. (3 hr. Oral English Competency and UP G:1-B) UP G:2-A (3 hours) |
| Fall – Year 2 Total – 15 hours | Spring – Year 2 Total – 15 hours |
| HDF 247 (3 hr. UP G:3-A; WI) (<i>Offered Fall and Spring</i>) HSC 205 (3 hours) (<i>Offered Fall and Spring</i>) WI (3 hours) Add Course Add Course | PES 225 (3 hours) (Replaces PES 405) PES 302 (3 hours) (Replaces PES 401) (<i>Fall and Spring</i>) UP G:3-B (3 hours) (WI available) Add Course Add Course |
| Fall – Year 3 Total – 15 hours | Spring – Year 3 Total – 15 hours |
| HPE 325 (3 hours) (Replaces PES 338) PES 304 (3 hr. UP G:4-A) (<i>Offered Fall and Spring</i>) Elective Add Course Add Course | HPE 348 (3 hours) (Replaces PES 315) UP G:4-B (3 hours) Elective Add Course Add Course |
| Fall – Year 4 Total – 15 hours | Spring – Year 4 Total – 15 hours |
| PES 311 (3 hours) (Replaces PES 260) UP G:4-C (3 hours) (WI available) Elective Add Course Add Course | HPE 485 (3 hours) (Replaces PES 330) PES 490 (3 hours) Elective Add Course Add Course |

Total Hours Needed to Graduate: 120

Electives (12 hours):

FNS 370 Nutrition: 3 hour **Up G:2-A** (Fall and Spring)

PES 224 WSI-Swimming and Water Safety: 3 hours (Fall and Spring)

HPE 344 Methods in Elementary Health and PE: 3 hours (Fall only), Replaces PES 313

HPE 323 Applied Skills & Methods – Individual and Team Sports: 3 hours (Spring only), Replaces PES 323

HPE 386 Adapted Physical Education: 3 hours (Spring only), Replaces PES 386

HPE 416 Assessment in Health and Physical Education: 3 hours (Fall only), Replaces PES 406

RPL 218 Teaching of Outdoor Skills: 3 hours (Fall and Spring)

Competencies

- **Writing Competency** (18 total hours): Freshmen Composition – 3 hours, Intermediate Composition – 3 hours, Writing Intensive (WI) – 12 hours
- **Mathematics and Quantitative Reasoning Competency** (6 total hours): Mathematics Requirement – 3 hours, Quantitative Reasoning – 3 hours
- **Oral English Competency** (3 total hours)

University Program

Group 1 – Humanities: 6 hours 1-A & 1-B

Group 2 – Natural Sciences: 6 hours 2-A & 2-B

Group 3 – Social Sciences: 6 hours 3-A & 3-B

Group 4 – Studies in Discrimination, Culture and Diversity: 9 hours 4-A, 4-B, 4-C