

Health and Physical Education Division

Health and Physical Education Major

Four-Year Plan with HPE, EDU, & University Courses

Fall – Year 1 (HPE – 5 hrs.) (EDU – 3 hr.) Total – 14 hours PES 115 (2 hours) PES 186 (QR) (3 hours) <i>EDU 107 Intro to Teaching (3 hours)</i> Freshmen Composition (Writing Competency) (3 hours) UP G:1-A (3 hours) (WI available) <i>Note: Merit Scholars must have 30 hours each year.</i>	Spring – Year 1 (HPE – 4 hrs.) (EDU – 6 hr.) Total – 16 hours HPE 215 (WI) (4 hours) EDU 210 (3 hr. UP G:3-A) <u>EDU Required</u> <i>SPE 250 Teaching Diverse Learners (3 hours)</i> Intermediate Comp. (Writing Competency) (3 hours) TAI 170 Oral Int. of Lit. (3 hr. Oral English Competency and UP G:1-B)
Fall – Year 2 (HPE – 9 hr.) (EDU – 3 hr.) Total – 15 hours HPE 222 Sexuality Education (3 hours) HPE 224 Health Concepts II (3 hours) HPE 325 Methods in Fitness Education (3 hours) <i>EDU 255 Designing Learning Environments (3 hours)</i> MTH 113 Math. A Modeling App. (3 hr. Math Competency and UP G:2-B)	Spring – Year 2 (HPE – 9 hr.) (EDU – 0 hr.) Total – 18 hours HPE 223 Health Concepts I (3 hours) HPE 316 Assessment in HPE (3 hours) HPE 323 Methods in Sport (3 hours) PES 304 Youth Sports and Div. Learn. (3 hr. UP G:4-A) PES 305 PA in Nordic Culture (3 hr. UP G:4-B) UP G:2-A (3 hours) (WI available)
Fall – Year 3 (HPE – 9 hr.) (EDU – 3 hr.) Total – 15 hours HPE 327 Methods in Outdoor Recreation (3 hours) HPE 344 HPE Elementary Methods (3 hours) PES 302 Motor Learning (3 hours) (Fall or Spring) <i>EDU 355 Teaching Practices (3 hours)</i> UP G:3-B (3 hours) (WI available)	Spring – Year 3 (HPE – 9 hr.) (EDU – 3 hr.) Total – 15 hours HPE 346 Health Education Methods (3 hours) HPE 348 Physical Education Methods (3 hours) HPE 386 Adapted Physical Education (3 hours) <i>EDU 450 Disciplinary Literacy (3 hours)</i> UP G:4-C (3 hours) (WI available)
Fall – Year 4 (HPE – 5 hr.) (EDU – 9 hr.) Total – 14 hours HPE 425 HPE Clinical Experience (2 hours) HPE 435 Professional Aspects in HPE (3 hours) <i>EDU 455 Analyzing Teaching (3 hours)</i> <i>SPE 504 Teach in Inclusive Settings (3 hours)</i> <i>TEL 302 Teaching ELL 5-12 (3 hours)</i>	Spring – Year 4 (HPE – 0 hr.) (EDU – 12 hr.) Total – 12 hours <i>EDU 432 Student Teaching Seminar (3 hours)</i> <i>EDU 458 Student Teaching (9 hours)</i>

Total Hours: 119

Effective 2026-2027 Catalog

Note: 120 credit hours are needed to graduate with a B.S. in Education. PES 301 Exercise Psychology is recommended if another WI is needed; a PED course is recommended if only 1-hour is needed. Students could also take another minor (e.g., Math Education) for one more year and have a third teaching area.

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