

**Health and Physical Education Division**  
**Health and Physical Education Major**  
**Four-Year Plan with HPE, EDU, & University Courses**

<b>Fall – Year 1 (HPE – 5 hrs.) (EDU – 3 hr.)</b> <b>Total – 14 hours</b>	<b>Spring – Year 1 (HPE – 4 hrs.) (EDU – 6 hr.)</b> <b>Total – 16 hours</b>
<b>PES 115 (2 hours)</b> <b>PES 186 (QR) (3 hours)</b> <i>EDU 107(WI) Intro to Teaching (3 hours)</i> <b>ENG 101 (Writing Competency) (3 hours)</b> <b>UP IA (3 hours) (WI available)</b>	<b>HPE 215 (WI) (4 hours)</b> <b>EDU 210 (3 hr. UP IIIA) <u>EDU Required</u></b> <i>SPE 250 Teaching Diverse Learners (3 hours)</i> <b>UP IIA with Lab (3 hours)</b> <b>TAI 170 Oral Int. of Lit. (3 hr. Oral English Competency and UP IB)</b>
<i>Note: Merit Scholars must have 30 hours each year.</i>	
<b>Fall – Year 2 (HPE – 9 hr.) (EDU – 3 hr.)</b> <b>Total – 15 hours</b>	<b>Spring – Year 2 (HPE – 9 hr.) (EDU – 0 hr.)</b> <b>Total – 18 hours</b>
<b>HPE 222 Sexuality Education (3 hours)</b> <b>HPE 224 Health Concepts II (3 hours)</b> <b>HPE 325 Methods in Fitness Education (3 hours)</b> <i>EDU 255 Designing Learning Environments (3 hours)</i> <b>MTH 113 Math. A Modeling App. (3 hr. Math Competency and UP IIB)</b>	<b>HPE 223 Health Concepts I (3 hours)</b> <b>HPE 316 Assessment in HPE (3 hours)</b> <b>HPE 323 Methods in Sport (3 hours)</b> <b>ENG 201 (Writing Competency) (3 hours)</b> <b>PES 304 Youth Sports and Div. Learn. (3 hr. UP IVA)</b> <b>PES 305 PA in Nordic Culture (3 hr. UP IVB)</b>
<b>Fall – Year 3 (HPE – 9 hr.) (EDU – 3 hr.)</b> <b>Total – 15 hours</b>	<b>Spring – Year 3 (HPE – 9 hr.) (EDU – 3 hr.)</b> <b>Total – 15 hours</b>
<b>HPE 327 Methods in Outdoor Recreation (3 hours)</b> <b>HPE 344 HPE Elementary Methods (3 hours)</b> <b>PES 302 Motor Learning (3 hours)</b> <i>EDU 355 Teaching Practices (3 hours)</i> <b>UP IIIB (3 hours) (WI available)</b>	<b>HPE 346 Health Education Methods (3 hours)</b> <b>HPE 348 Physical Education Methods (3 hours)</b> <b>HPE 386 Adapted Physical Education (3 hours)</b> <i>EDU 450 Disciplinary Literacy (3 hours)</i> <b>UP IVC (3 hours) (WI available)</b>
<b>Fall – Year 4 (HPE – 5 hr.) (EDU – 9 hr.)</b> <b>Total – 14 hours</b>	<b>Spring – Year 4 (HPE – 0 hr.) (EDU – 12 hr.)</b> <b>Total – 12 hours</b>
<b>HPE 425 HPE Clinical Experience (2 hours)</b> <b>HPE 435 Professional Aspects in HPE (3 hours)</b> <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>	<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 IA & IB

Group 2 – Natural Sciences: 6 hours IIA & IIB

Group 3 – Social Sciences: 6 hours IIIA & IIIB

Group 4 – Studies in Discrimination, Culture and Diversity: 9 hours IVA, IVB, IVC