

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

Fall – Year 1 (HPE – 6 hrs.) (EDU – 3 hr.) Total – 15 hours HPE 215 (WI) (4 hours) PES 115 (2 hours) EDU 107 Intro to Teaching (3 hours) 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 – 3 hrs.) (EDU – 6 hr.) Total – 15 hours PES 186 (QR) (3 hours) (Fall or Spring of Year 1) EDU 210 (3 hr. UP G:3-A) EDU Required SPE 250 Teaching Diverse Learners (3 hours) 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 – 0 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) UP G:3-B (3 hours) (WI available) MTH 113 Math. A Modeling App. (3 hr. Math Competency and UP G:2-B)	Spring – Year 2 (HPE – 9 hr.) (EDU – 3 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) EDU 255 Designing Learning Environments (3 hours) PES 304 Youth Sports and Div. Learn. (3 hr. UP G:4-A) 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) EDU 355 Teaching Practices (3 hours) PES 305 PA in Nordic Culture (3 hr. UP G:4-B)	Spring – Year 3 (HPE – 9 hr.) (EDU – 6 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) EDU 450 Disciplinary Literacy (3 hours) TEL 302 Teaching ELL 5-12 (3 hours)
Fall – Year 4 (HPE – 5 hr.) (EDU – 9 hr.) Total – 14 hours *HPE 425 HPE Clinical Experience (2 hour) *HPE 435 Professional Aspects in HPE (3 hours) *EDU 455 Analyzing Teaching (3 hours) *SPE 504 Teach in Inclusive Settings (3 hours) UP G:4-C (3 hours) (WI available)	Spring – Year 4 (HPE – 0 hr.) (EDU – 12 hr.) Total – 12 hours EDU 432 Student Teaching Seminar (3 hours) EDU 458 Student Teaching (9 hours)

Total Hours: 119

Effective 2025-2026 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. *All four courses must be taken together.

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