



**Health and Physical Education Division**  
**Health and Physical Education Major**  
**Four-Year Plan with HPE and Education Courses**



<b>Fall – Year 1</b> Total – 14 hours: (HPE – 5 hr.) (EDU – 3 hr.)	<b>Spring – Year 1</b> Total – 16 hours: (HPE – 4 hr.) (EDU – 6 hr.)
<b>PES 115 Motor Development (2 hours)</b> <b>PES 186 (QR) Principles of Fitness (3 hours)</b> <i>EDU 107 Intro to Teaching (3 hours)</i>	<b>HPE 215 HPE Programming (WI) (4 hours)</b> <i>EDU 210 Adolescent Development (III-A) (3 hours)</i> <i>SPE 250 Teaching Diverse Learners (3 hours)</i>
<b>Fall – Year 2</b> Total – 15 hours: (HPE – 9 hr.) (EDU – 3 hr.)	<b>Spring – Year 2</b> Total – 18 hours: (HPE – 9 hr.) (EDU – 0 hr.)
<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 hrs)</i>	<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>Fall – Year 3</b> Total – 15 hours: (HPE – 9 hr.) (EDU – 3 hr.)	<b>Spring – Year 3</b> Total – 15 hours: (HPE – 9 hr.) (EDU – 3 hr.)
<b>HPE 327 Methods in Lifetime Activities (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>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>Fall – Year 4</b> Total – 14 hours: (HPE – 5 hr.) (EDU – 9 hr.)	<b>Spring – Year 4</b> Total – 12 hours: (HPE – 0 hr.) (EDU – 12 hr.)
<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>

Note: Bold courses are the Health and Physical Education required courses. Italics courses are Education Requirements.

Effective 2026-2027 Catalog