



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



Fall – Year 1 Total – 14 hours: (HPE – 5 hr.) (EDU – 3 hr.)	Spring – Year 1 Total – 16 hours: (HPE – 4 hr.) (EDU – 6 hr.)
PES 115 Motor Development (2 hours) PES 186 (QR) Principles of Fitness (3 hours) <i>EDU 107(WI) Intro to Teaching (3 hours)</i>	HPE 215 HPE Programming (WI) (4 hours) <i>EDU 210 Adolescent Development (IIIA) (3 hours)</i> <i>SPE 250 Teaching Diverse Learners (3 hours)</i>
Fall – Year 2 Total – 15 hours: (HPE – 9 hr.) (EDU – 3 hr.)	Spring – Year 2 Total – 18 hours: (HPE – 9 hr.) (EDU – 0 hr.)
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 hrs)</i>	HPE 223 Health Concepts I (3 hours) HPE 316 Assessment in HPE (3 hours) HPE 323 Methods in Sport (3 hours)
Fall – Year 3 Total – 15 hours: (HPE – 9 hr.) (EDU – 3 hr.)	Spring – Year 3 Total – 15 hours: (HPE – 9 hr.) (EDU – 3 hr.)
HPE 327 Methods in Lifetime Activities (3 hours) HPE 344 HPE Elementary Methods (3 hours) PES 302 Motor Learning (3 hours) <i>EDU 355 Teaching Practices (3 hours)</i>	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>
Fall – Year 4 Total – 14 hours: (HPE – 5 hr.) (EDU – 9 hr.)	Spring – Year 4 Total – 12 hours: (HPE – 0 hr.) (EDU – 12 hr.)
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>	<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