

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

Fall – Year 1 Total – 15 hours: (HPE – 6 hr.) (EDU – 3 hr.) HPE 215 HPE Programming (WI) (4 hours) PES 115 Motor Development (2 hours) EDU 107 Intro to Teaching (3 hours)	Spring – Year 1 Total – 15 hours: (HPE – 3 hr.) (EDU – 6 hr.) PES 186 (QR) Principles of Fitness (3 hours) <u>Fall or Spring of Year 1</u> EDU 210 Adolescent Development (III-A) (3 hours) SPE 250 Teaching Diverse Learners (3 hours)
Fall – Year 2 Total – 15 hours: (HPE – 9 hr.) (EDU – 3 hr.) HPE 222 Sexuality Education (3 hours) HPE 224 Health Concepts II (3 hours) HPE 325 Methods in Fitness Education (3 hours)	Spring – Year 2 Total – 18 hours: (HPE – 9 hr.) (EDU – 3 hr.) 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 hour)
Fall – 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) EDU 355 Teaching Practices (3 hours)	Spring – Year 3 Total – 15 hours: (HPE – 9 hr.) (EDU – 6 hr.) 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 Total – 14 hours: (HPE – 5 hr.) (EDU – 6 hr.) *HPE 425 HPE Clinical Experience (2 hours) *HPE 435 Professional Aspects in HPE (3 hours) *EDU 455 Analyzing Teaching (3 hours) *SPE 504 Teach in Inclusive Settings (3 hours)	Spring – Year 4 Total – 12 hours: (HPE – 0 hr.) (EDU – 12 hr.) EDU 432 Student Teaching Seminar (3 hours) EDU 458 Student Teaching (9 hours)

Note: Bold courses are the Health and Physical Education required courses. *All four courses must be taken together.

Effective 2025-2026 Catalog