



Health and Physical Education Division
Physical Activity Specialist Major
Four-Year Plan



Fall – Year 1	Spring – Year 1
HPE 215WI Physical Education Programming (3 hours) PES 115 Motor Development (2 hours) <i>(Fall or Spring of Year 1)</i>	PES 186QR Principles of Fitness (3 hours) <i>(Fall or Spring of Year 1)</i>
Fall – Year 2	Spring – Year 2
HPE 224 Health Concepts II (3 hours) HPE 325 Skills & Methods in Fitness Education (3 hours)	HPE 223 Health Concepts I (3 hours) HPE 316 Assessment in HPE (3 hours) HPE 323 Skills & Methods in Sport (3 hours)
Fall – Year 3	Spring – Year 3
PES 301 Exercise Psychology (3 hours) PES 302 Motor Learning (3 hours)	HPE 386 Adapted Physical Education (3 hours) PES 279 Sport First Aid & Athletic Emergencies (3 hours)
Fall – Year 4	Spring – Year 4
Elective (3 hours) Elective (3 hours) Elective (3 hours)	Elective (3 hours) Elective (3 hours)

Electives (15 hours)

Must choose at least one course from each area:

Coaching and Performance

- PES 125 – Principles and Foundations of Coaching 3(3-0) *(Fall, Spring)*
- PES 225 – Athletic Conditioning and Nutrition for Coaches 3(3-0) *(Spring)*
- PES 304 – Youth Sports and Diverse Learners 3(3-0) (UP IV-A) *(Fall, Spring, Summer)*
- PES 311 – Psychology of Coaching 3(3-0) *(Fall)*
- PES 485 – Theoretical Foundations of Strength & Conditioning 3(3-0) *(Spring)*

Generalist

- FNS 370 – Nutrition 3(3-0) (UP II-A) *(Fall, Spring, Summer)*
- HDF 247 – Introduction to Gerontology 3(3-0) *(Fall, Spring, Summer)*
- RPL 218 – Teaching of Outdoor Skills 3(3-0) *(Fall, Spring)*

Health and Physical Education K-12 Teaching

- HPE 222 – Sexuality in Health Education 3(3-0) *(Fall)*
- HPE 340 – Curriculum and Planning School Health Programs 3(3-0) *(Spring)*
- HPE 344 – Methods in Elementary Health and Physical Education 3(3-0) *(Fall)*
- HPE 348 – Methods in Secondary Physical Education 3(3-0) *(Spring)*
- HPE 435 – Professional Aspects in Health and Physical Education 3(3-0) *(Fall)*