

PLAN OF STUDY  
SPECIALIZATION IN PHYSICAL EDUCATION & HEALTH EDUCATION  
PRE-K THROUGH ADULT

\* FALL/SPRING class only # course requires a field experience in a school

FRESHMAN YEAR

FALL		SPRING	
CLASS	HRS	CLASS	HRS
ENG 101 Freshman English I	3	ENG 102 Freshman English II	3
College 101 Freshman Experience	2	PHYS 190/191 Physical World/Lab	4
BIO 105/106 Life Sci for Non Major/Lab	4	COM 101 Oral Communications	3
#EDUC 100 Introduction to Education	1	HIST 103, or 104, or 210, or 211	3
*HE 150 Introduction to Health Ed	3	*PE 102 Dance	1
*PE 108 Team Sports I	2	*PE 109 Lifetime Dual Sports	2
*PE 120 Introduction to Physical Ed	2	PE 211 Group Fitness Leadership	2
<b>TOTAL</b>	<b>18</b>	<b>TOTAL</b>	<b>18</b>

SUMMER

SOC 150 <b>SOC 150 is offered on line in the summer and during each semester. This class may also be added to semester hours instead of summer.</b>	3 HRS
--	-------

SOPHOMORE YEAR

FALL		SPRING	
CLASS	HRS	CLASS	HRS
MATH 102, 140, 145, 160, or 210	3	#EDUC 301 Educational Psychology <b>(MUST HAVE PASSED PRAXIS I)</b>	3
#EDUC 207 Foundations of Ed	3	EDUC 290 Instructional Technology	3
PSYCH 101 General Psychology	3	Fine Arts (Art, Music, Theater Apprec)	3
*HE 320 Mental Health/Drug Use	2	*PE 280 Camping & Outdoor Leis Purs	1
HE 360 Community Health	3	PE 258 Motor Development	3
PE 101 Beginner Swim	1	PE 395 Kinesiology	3
*PE 117 Individual & Rec Sports	1	*PE 322 Org & Ad of PE, Intram, & Ath	1
PE 240 Anatomy & Physiology	3	*PE 365 Psych & Soc of PE	2
<b>TOTAL</b>	<b>19</b>	<b>TOTAL</b>	<b>19</b>

JUNIOR YEAR

FALL		SPRING	
CLASS	HRS	CLASS	HRS
#EDUC 293 Instructional Design ( <b>MUST HAVE PASSED PRAXIS I</b> )	3	EDUC 302 Content Reading ( <b>MUST HAVE PASSED PRAXIS I</b> )	3
SPED 241 Intro to Exceptionalities	3	GEO 205 or 206	3
SDE 232 First Aid & Emergency Services	3	*HE 370 Teaching Elem Health	3
*HE 340 Human Sexuality	2	*HE 468 School Health: Instruc & Legal	4
*PE 320 Principles Of Coaching	1	*HE 470 Current Health Issues	1
PE 326 Tests & Measurements	2	PE Elective	2
PE 345 Physiology of Exercise I	3	*PE 452 Adapted PE	2
PE Elective	1		
<b>TOTAL</b>	<b>18</b>	<b>TOTAL</b>	<b>18</b>

SENIOR YEAR

FALL		SPRING: Professional Semester	
CLASS	HRS	CLASS	HRS
Fine Arts (Art, Music, Theater Apprec)	3	EDUC 409 School Law & Organization	1
SPED 320 Collaborative Planning ( <b>MUST HAVE PASSED PRAXIS I</b> )	3	EDUC 470 Student Teaching Seminar	1
ENG LIT (any Lit class with ENG prefix)	3	EDUC 480 Student Teaching in ECE	2
#EDUC 340 M&M for Secondary Teachers EDUC 342 M&M Lab for PE EDUC 342 M&M Lab for HE ( <b>MUST HAVE PASSED PRAXIS I</b> )	4	EDUC 482 Student Teaching in AE	4
*PE 106 Primary Movements	2	EDUC 484 Student Teaching in MCE	4
PE 325 Practicum in PE	1		
HE 300 Nutrition & Fitness	3		
<b>TOTAL</b>	<b>19</b>	<b>TOTAL</b>	<b>12</b>