

# Health and Physical Education

## Degree Type

Bachelor of Science - Major

## Major Requirements

For the student pursuing a career in teaching health and/or physical education. Consists of 51 credit hours. Separate admission to the Teacher Education Program (TEP) is a requirement for anyone wishing to graduate with a major in health and physical education. Specific admissions criteria for the TEP are listed in the TEP section of the academic catalog.

## Required Courses

Consists of 51 credit hours in the following courses:

Course Code	Title	Credits
ES-235	Introduction to Teaching Physical Education	3
ES-225	Team Sports and Activities	3
ES-249	Foundation of Human Nutrition	3
ES-303	Topics and Concepts in School Health	3
ES-310	Lifetime Activities in Physical Education	3
ES-318	Human Anatomy & Physiology	3
ES-320	Kinesiology	3
ES-335	Physiology of Exercise	3
ES-340	Teaching Methods for School Health	3
ES-345	Motor Behavior	3
ES-350	Assessment and Technology in Secondary Physical Education	2
ES-368W	Psychological Principles in Physical Education and Sport	3
ES-370	Teaching Methods for Secondary Physical Education	3
ES-385	Adapted Physical Education and Recreation	3
ES-426	Curriculum, Instruction & Assessment in Elementary Physical Education	3
ES-401	Field Experience in Elementary Physical Education	1
ES-427	Health Promotion and Wellness	3
ES-135	Golf	1
ES-175	Conditioning and Weight Training	1
ES-165	Tennis	1
	<b>Total Credits</b>	<b>51</b>

**In addition to the major, the following courses are required for licensure/certification:**

<b>Course Code</b>	<b>Title</b>	<b>Credits</b>
EDUC-140	Introduction to Teaching	3
EDUC-200	Educational Psychology	3
EDUC-215	Diversity in the Classroom	4
EDUC-334	Literacy in the Context Area	3
EDUC-372E	Classroom Management, Secondary	4
EDUC-380X	Practicum in Current Teaching Techniques	3
EDUC-452	Seminar in Educational Practices, Secondary	1
EDUC-470	Professional Student Teaching	13

\*Courses only offered to students accepted into the Teacher Education Program

Students wishing to pursue this major should declare their intentions early in their academic career due to the significant course loads required to graduate in four years and the need for careful planning and advising.

## **General Education Requirements**

In addition to major offerings, the Department of Health and Human Sciences contributes to the College's FILA general education program. All students are required to develop skill in a physical activity by completing a one-credit activity course. No more than 4 credits in activity courses may be applied toward graduation.