# Health and Physical Education K-12 Checklist

## General Education Requirements

**ENG 1050 Composition I**

**ENG 1060 Composition II**

### Humanities – Choose 1 from each category below

1. Fine Arts (ART 1450, 2050, 2080, 2090; MUS 1020, 1040, 2040, 2090; THE 2500)
2. Literature (ENG 2010, 2020, 2030, 2050, 2060, 2080, 2090, 2100, 2180, 2190, 2200, 2230, 2240, 2410, 2470, 2480)
3. History (HST 1010, 1020, 1030, 1100, 1110, 1140, 1150)
4. Religion or Philosophy (REL 1080, 1300; PHI 1000, 1010, 2040, 2070)

### Social Sciences – Choose any 3 of the 5 below

1. Economics (ECN 1000, 2020, 2030, 2410)
2. Geography (GGY 1010, 1020, 2000, 2060)
3. Political Science (PLS 1000, 1010)
4. Psychology (PSY 1010)
5. Sociology (SOC 1020, 1050, 2090)

### Natural Sciences – Choose any 2 of the 4 below

1. Biology (BIO 1000, 1030, 1060; ENV 1100)
2. Chemistry (CHM 1300, 1400)
3. Geology (GLY 1150, 2460)
4. Physical Science or Physics (PHS 1100, 1560; PHY 1000, 1500, 2000)

### Math Requirement – Choose One

**MAT 1050, 1070, 1080, 1090, 2150, 2210**

## Content Courses

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**EXPH 2100 Anatomy and Physiology I (3)**

**EXPH 2200 Anatomy and Physiology II (3)**

**EXPH 3450 Kinesiology (3)**

**EXPH 3500 Motor Behavior (3)**

**EXPH 3510 Motor Behavior Lab (1)**

**EXPH 4120 Exercise Physiology (3)**

**HHP 4150 Org. and Admin. of PE and Athletics (3)**

**HLTH 1060 Safety and First Aid (1)**

**HLTH 2100 Nutrition (3)**

**HLTH 3650 Epidemiology of Human Diseases (3)**

**HLTH 3770 Drugs and Society (3)**

**HLTH 4100 Health/Fitness Behavior Changes (3)**

**HLTH 4700 Program Planning, Eval. and Admin. (3)**

**PED 1010 Wellness and Fitness (0, counted in Gen. Ed.)**

**PED 1380 Rhythms and Dance (0, counted in Gen. Ed.)**

**PED 2070 Technology in HPER (1)**

**PED 3100 Adapted Physical Education (3)**

**PED 3120 PE and Sport in Contemporary Society (3)**

## Professional Studies Courses

**EDN 2100 Introduction to Education (3)**

**EDN 3130 Content Area Reading (3)**

**EDN 3150 Dev. Perspectives of Ed. Psych. (3)**

**SED 3310 Introduction to the Exceptional Child (3)**

## Content Pedagogy

**PED 3000 Health/PE Activities in Grades K-3 (2)**

**PED 3020 Health/PE Activities in Grades 10-12 (2)**

**PED 3120 PE and Sport in Contemporary Society (3)**

## Student Teaching Internship (Final Semester)

**PED 4040 Classroom Discipline (1)**

**PED 4060 Health/PE Teaching Seminar (2)**

**EDN 4490 Internship (9)**

## Free Elective Hours = 1

**UNV 1000 (1)**

**Total General Education Hours = 45**

**Total Degree Hours = 120**