**GENERAL EDUCATION**

**Required Courses (50 Semester Hours)**

<table>
<thead>
<tr>
<th>Area 1: Communication (9 hrs)</th>
<th>Area 4: Humanities (6 hrs)</th>
<th>Area 7: Physical and Natural Sciences (8 hrs)</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 101</td>
<td>ENGL</td>
<td>BIOL 101</td>
</tr>
<tr>
<td>ENGL 102</td>
<td>PHIL or RELN</td>
<td></td>
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<tr>
<td>COMM 114</td>
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<tr>
<td>Area 2: Fine Arts (3 hrs)</td>
<td>Area 5: International and Intercultural Studies (3 hrs)</td>
<td>Area 8: Social and Behavioral Sciences (12 hrs)</td>
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<tr>
<td></td>
<td>HIST</td>
<td>PSYC 121</td>
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<tr>
<td>Area 3: Health and Wellness (3 hrs)</td>
<td>STAT 205/8/11</td>
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<tr>
<td>HLTH 200</td>
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</tbody>
</table>

**PHYSICAL AND HEALTH EDUCATION**

**Required Courses (80 Semester Hours)**

**PHED FOUNDATIONS (12 Hrs.)**

- PHED 391 (4) Exercise Science Foundations F
- PHED 395 (4) Motor Behavior Foundations S
- HLTH 320 (4) Health and Safety Foundations S

**PHED GENERAL CONTENT (16 Hrs.)**

- PHED 210 (2) Introduction to the Teaching Profession F
- RCPT 317 (2) Adventure Programming F
- ESHE 310 (2) Educational Programs in Self-Defense S
- BIOL 310 or 322 (4 or 6) Human Anatomy and Physiology 310 F or 322 FS

Cognate Coursework (4 or 6)*

*These 2 courses must come from 2 other disciplines.

**HEALTH CONTENT (12 Hrs.)**

- HLTH 380 (3) Methods of Teaching Secondary Health S
- HLTH 384 (3) Methods of Teaching Elementary Health F
- HLTH 451 (3) Drug Use and Drug Abuse Education S
- HLTH 458 (3) Nutrition and Disease Prevention F

**PHYSICAL EDUCATION CONTENT (19 Hrs.)**

- PHED 294 (2) Motor Development S
- PHED 380 (3) Methods of Teaching Secondary PE S
- PHED 384 (3) Methods of Teaching Elementary PE F
- PHED 385 (2) Teaching PE for Inclusion F
- PHED 475 (3) Applied Physical Education Assessment F
- PHED 301 (2) T&P Fitness/Wellness F
- PHED 302 (2) T&P Individual/Dual Activities F
- PHED 304 (2) T&P Team Sport Activities S

**PROFESSIONAL EDUCATION CONTENT (21 Hrs.)**

- EDUC 309 (3) The School and the Student FS
- EDUC 320 (3) Education in the United States FS
- EDRD 416 (3) Content Reading and Literacy FS
- PHED 453 (12) Student Teaching in PE K-12 FS

**Option: Driver's Education**

- PHED 453 (12) Student Teaching in PE K-12 FS