

BSED IN HEALTH & PHYSICAL EDUCATION

Suggested 8 Semester Plan

Revised 05/2017

FRESHMAN FALL – 15 of 15 hours				
Taken	Prefix/LS	Course #	Course Title	Hours
	FYS	190/191	First Year Seminar	3
	C1 ENGL	101	Writing & Rhetoric	3
	C2 MATH	101	Math Concepts	3
	C5		Science I	3
	P1^		Social Science I	3
Total:				15

FRESHMAN SPRING – 18 of 33 hours				
Taken	Prefix/LS	Course #	Course Title	Hours
	C4 HEAL	111/123	Health & Wellness	3
	C5		Science II	3
	P1^		Social Science II	3
	P3^		History	3
	P4^		Humanities	3
	P5^		Fine & Performing Arts	3
Total:				18

SOPHOMORE FALL – 18 of 51 hours				
Taken	Prefix/LS	Course #	Course Title	Hours
	C1 ENGL	202	Writing & Critical Inquiry	3
	C3 COMM	201	Found. of Speech Comm.	3
	P6^		World Cultures	3
	EDCI	201	Teach. Lead. in a Diverse Soc.	3
	HPE	212	Found. of Health & PE	2
	HPE	223	Applied Kinesiology I	4
Total:				18
PASS PRAXIS CORE & APPLY TO TEACHER EDUCATION				

SOPHOMORE SPRING – 16 of 67 hours				
Taken	Prefix/LS	Course #	Course Title	Hours
	HPE	225*	Applied Kinesiology II	4
	HPE	235	Motor Behavior	3
	HPE	253	Sport Education	3
	HPE	255	Mental & Emotional Health	3
	HPE	256	Physical Education Pedagogy	3
Total:				16
CONFIRM 2.75 GPA				

JUNIOR FALL – 17 of 84 hours				
Taken	Prefix/LS	Course #	Course Title	Hours
	HPE	312	Health Pedagogy	3
	HPE	325	Risky Behaviors	3
	HPE	345**	Children's Movement	3
	HPE	346**	Education Dance & Gymnastics	2
	HPE	355	Fitness Concepts	3
	PSY	323	Psy. Appl. Learning & Teaching	3
Total:				17
CONFIRM 2.75 GPA				

JUNIOR SPRING – 17 of 101 hours				
Taken	Prefix/LS	Course #	Course Title	Hours
	HPE	305	Adventure-Based PE	3
	HPE	311	Eval. & Assessment in HPE	3
	HPE	350	Current Health Problems	3
	HPE	354/364	Lifetime Sports I or II	2
	HPE	358	Health Living Concepts	3
	HPE	360	Sexual Health thru Lifespan	3
Total:				17
CONFIRM 2.75 GPA & APPLY FOR INTERN I				

SENIOR FALL – 15 of 116 hours				
Taken	Prefix/LS	Course #	Course Title	Hours
	HPE	343	Classroom Management	3
	HPE	424	Adapted Movement & Wellness	3
	HPE	425***	HPE Curriculum Development	3
	HPE	488***	HPE Internship I: 9-12	3
	SPED	339	Design. Classrooms Resp. Learn.	3
Total:				15
CONFIRM 2.75 GPA, APPLY FOR INTERN II, APPLY FOR GRADUATION, & TAKE PRAXIS II				

SENIOR SPRING – 12 of 128 hours				
Taken	Prefix/LS	Course #	Course Title	Hours
	HPE	489	HPE Internship II: K-8	9
	HPE	496	Seminar – Healthful Living	3
Total:				12

KEY	
^	One of these MUST be an upper-level perspective (ULP) course. HPE majors typically take ND 310 (Food, Nutrition, & Culture) as their ULP, which counts as a P6.
*	HPE 225 has a prerequisite of HPE 223 or BIOL 291.
**	HPE 345 & 346 both have a prerequisite of HPE 256.
***	HPE 425 & 488 are co-requisites and must be taken together.
	Courses in black are part of the Professional Education Sequence and require admission into the Teacher Education Program. See right for requirements. →

ADMISSION REQUIREMENTS FOR TEACHER EDUCATION PROGRAM	
	Complete at least 30 earned hours (can include transfer hours). Earn a grade of C or higher in EDCI 201 & ENGL 101. Note: Earning a C or higher in ENGL 202 is required before Intern I. Earn & maintain a minimum cumulative GPA of 2.75. Achieve the minimum required test scores on the SAT, ACT, or Praxis Core.
	See teacheradmission.wcu.edu or stop by Suite 201 Killian for more information.

PROGRAM NOTES: 1) HPE majors are required to complete 50 hours of Professional Involvement Activities prior to Intern II, which includes First Aid & CPR Certification. 2) Many HPE courses are semester specific (fall only or spring only) – check with your Suite 201 advisor for details.