



Bachelor of Arts in Physical Education (BAPE)

Movement Studies and Wellness Education

Public & Private Enterprise Emphasis

(Without Teacher Certification)

Major Required Coursework (66 hrs)

Dept/No	Course Title & Prerequisite(s)	Credits	Term	
BIOL 205	Human Anatomy and Physiology I	4	F	
BIOL 206	Human Anatomy and Physiology II	4	SP	
HEED 266	Nutrition, Health and Performance	4	F	
HEED 366	Health Psychology	4	F	
HEED 395	Comprehensive School Health <i>(HEED 266 & 366 prerequisites)</i>	4	SP	
PHED 277	Foundations of Physical Education	2	F/SP	
PHED 279*	Teaching Physical Activity* <i>(prerequisite to all teaching methods)</i>	2	F	
PHED 293**	Teaching Methods: Fitness Activities**	2	SP	
PHED 294**	Teaching Methods: Invasion Games**	2	F	
PHED 296**	Teaching Methods: Recreational Activities**	2	F	
PHED 297**	Teaching Methods: Net Games**	2	F	
PHED 298** or	Teaching Methods: Target/Fielding Games**	2	SP	
PHED 275**	Teaching Methods – Water Safety Instruction**	2	SP	
PHED 322	Physical Education in Elementary School	4	SP	
PHED 326	Adapted Physical Activity	4	SP	
PHED 386	Social Psychology of Physical Activity	4	SP	
PHED 478	Motor Learning and Human Performance	4	F	
PHED 480	Exercise Physiology	4	F	
PHED 486	Applied Biomechanics and Kinesiology	4	SP	
PHED 495	Internship (SR)	4	F/J/SP	
PHED 499	Capstone: Senior Seminar (SR)	4	SP	
Total Hours/Credits		66		
	College of Arts & Sciences Foreign Language Requirement	8	F/J/SP	
Total Hours/Credits		74		

~ As with all students on campus our PHED students must take 4 general physical education courses, one of which must be PHED 100 – Personalized Fitness Programs. We recommend that students take courses in areas where they are not proficient already so that new skills can be acquired. We also recommend students take Psychology 101 as part of their General Education. All PLU students are also encouraged to pursue a study away experience (in the January term for this major).



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Suggested Course Sequence for Major

Year	Fall	Spring
Freshman		
	PHED 277 Foundations Of Physical Education (2)	PHED 277 Foundations Of Physical Education (2)
Sophomore		
	BIOL 205 Human Anatomy & Phys I (4)	BIOL 206 Human Anatomy & Phys II (4)
	HEED 266 Nutrition, Health (4) & Performance	PHED 298 Teaching Methods-Target/Fielding** (2)
	PHED 279 Teaching Physical Activity* (2)	<i>or</i> PHED 275 Teaching Methods – Water Safety (2) Instruction**
	Foreign Language Study (4)	Foreign Language Study (4)
Junior		
	HEED 366 Health Psychology (4)	PHED 293 Teaching Methods –Fitness** (2)
	PHED 296 Teaching Methods – Recr Act** (2)	PHED 486 Applied Biomechanics/Kinesiology (4)
	PHED 480 Exercise Physiology (4)	PHED 322 PE for Elementary School (4)
		PHED 386 Social/Psych Physical Activity (4)
Senior		
	PHED 297 Teaching Methods - - (2) Net Games**	HEED 395 Comprehensive School Health (4)
	PHED 294 Teaching Methods - - (2) Invasion Games**	PHED 326 Adapted Physical Activity (4)
	PHED 478 Motor Learning (4)	PHED 499 Capstone: Senior Seminar (SR) (4)
	PHED 495 Internship (SR) (4)	

* Prerequisite to methods courses
 ** Requires PHED 279 as a prerequisite

For Additional Information:

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