



Bachelor of Arts in Physical Education (BAPE)

Movement Studies and Wellness Education

With K-12 Health & Fitness Endorsement (w/cert)

Major Required Coursework 62 + 29 (91 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 pre-requisites)</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 & Kinesiology	4	SP	
PHED 490	Curriculum, Assessment, and Instruction	4	SP	
Total Hours/Credits		62		
Instructional Development & Leadership				
EDUC 390	<i>Inquiry into Learning I: Investigation into Learning & Development</i>	4	F	
EDUC 392	<i>Inquiry into Learning II: Investigation into Learning & Development</i>	4	F	
EDUC/PHED 450	<i>Inquiry into Learning & Teaching: Reflective Practice Seminar</i>	2	F/SP	
EDUC/PHED 468	<i>Student Teaching</i>	10	F/SP	
WRIT 101	<i>Writing Seminar</i>	4	F	
PSYC 101	<i>Introduction to Psychology (GUR)</i>	4	F	
SPED 320	<i>Issues – Child Abuse & Neglect</i>	1	F/SP	
Total Hours/Credits		29		

~ 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 are also recommending that our students take a weight train/body-toning course and a dance course.



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Suggested Course Sequence for Major

Year	Fall	Spring
Freshman		
	PHED 100 Personal Fitness (1)	PHED 277 Foundations Of Physical Education (2)
	PSYC 101 Introduction to Psychology (4)	
	WRIT 101 Writing Seminar (4)	
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) <i>or</i> PHED 275 Teaching Methods – Water Safety (2) Instruction**
	HEED 366 Health Psychology (4)	
	PHED 279 Teaching Physical Activity* (2)	
Junior		
	EDUC 390 Inquiry into Learning I (4)	PHED 293 Teaching Methods –Fitness** (2)
	EDUC 392 Inquiry into Learning II (4)	PHED 486 Applied Biomechanics/Kinesiology (4)
	PHED 296 Teaching Methods – Recr Act** (2)	PHED 322 PE for Elementary School (4)
	PHED 480 Exercise Physiology (4)	PHED 386 Social/Psych Physical Activity (4)
Senior		
	PHED 297 Teaching Methods - - (2) Net Games**	HEED 395 Comprehensive School Health (4) PHED 326 Adapted Physical Activity (4)
	PHED 294 Teaching Methods - - (2) Invasion Games**	PHED 490 Curriculum, Assess & Instruction (4)
	PHED 478 Motor Learning (4)	SPED 320 Issues - -Child Abuse & Neglect (1)
Plus One Semester		
EDUC/PHED 450	Reflective Practice Seminar	2
EDUC/PHED 468	Student Teaching	10

* Prerequisite to methods courses

** Requires PHED 279 as a prerequisite

For Additional Information:

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