

Middle Level, Secondary & K12 Ed

BS Health & Physical Education – Coaching Concentration

This is a guide based on the 2023-24 Academic Catalog and is subject to change. The time it takes to earn a degree will vary based on several factors such as dual enrollment, remediation, and winter/summer enrollment. Students will meet with an academic advisor each semester and use Degree Works to monitor their individual progress. We recommend taking a minimum of 15 credits each fall and spring semester.

Sample 4-Year Plan

First Year

Fall Courses	Credits	Spring Courses	Credits
FYS100 First Year Seminar (Foundations)	3	HLPE214 Teaching Lifetime Activities	3
WRIT103 Composition (Writing)	3	HLPE234 Teaching Aquatics & Personal Safety	3
Gen Ed (Interconnections)	3	Gen Ed (Literature)	3
Gen Ed (Creativity & Expression)	3	Gen Ed (Citizenship & Responsibility)	3
HLPE115 Teaching Invasion Sports 1	3	Gen Ed (History)	3
Semester Total	15	Semester Total	15

Second Year

Fall Courses	Credits	Spring Courses	Credits
HLPE130 Teaching Net Sports	3	HLPE140 Wellness for Life	3
HLPE260 Coaching Methods and Applications	3	Gen Ed (Natural World)	3
HLPE145 Global Sport and Culture (Global Persp.)	3	HLPE125 Teaching Invasion Sports 2	3
HLTH122 Essen Anatomy & Physiology (Natural World)	3	Gen Ed (Oral Communication)	3
Gen Ed (Quantitative)	3	Elective	3
Semester Total	15	Semester Total	15

Third Year

Fall Courses	Credits	Spring Courses	Credits
MGMT330 Psychology of Coaching	3	HLPE262 Principles of Coaching	3
Elective	3	Gen Ed (Diversity)	3
Gen Ed (Citizenship & Responsibility)	3	HLTH245 Essentials of Movement	3
NUTRI, HLTH, EXER, HLSC (Guided Elective)	3	Guided Elective	3
Guided Elective	3	Elective	3
Semester Total	15	Semester Total	15

Fourth Year

Fall Courses	Credits	Spring Courses	Credits
HLPE302 Motor Learning	3	HLPE450 Physical Education Professional Field Exp	12
Guided Elective	3	Elective	3
Guided Elective	3		
Gen Ed (Natural World or Technologies)	3		
Elective	3		
Semester Total	15	Semester Total	15

Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

BS Health & Phys Ed - Coaching

Curriculum Checklist

Required Courses (36 credits)

- ___ HLPE115 Teaching Invasion Sports 1
- ___ HLPE125 Teaching Invasion Sports 2
- ___ HLPE130 Teaching Net Sports
- ___ HLPE140 Wellness for Life
- ___ HLPE145 Global Sports & Culture, Nationalism, Id, Pol.
- ___ HLPE260 Methods & Applications of Coaching or
HLPE262 Principles of Coaching
- ___ HLPE214 Teaching Lifetime Activities
- ___ HLPE234 Teaching Aquatics & Personal Safety
- ___ HLPE302 Motor Learning
- ___ HLTH245 Essentials of Human Movement
- ___ MGMT330 Psychology of Coaching
- ___ HLPE450 Physical Education Prof. Field Experience

Guided Elective Courses (12 credits)

- ___ HLPE255 Teaching Fitness in K-12 Schools
- ___ HLPE210 Teaching Rhythmic Activities and Dance
- ___ HLPE213 Teaching Elementary Physical Education
- ___ HLPE252 Phys. Act, Movmnt/Sprt for Indiv. w/ Disabilit.
- ___ MGMT332 Management and Leadership of Sport
- ___ MGMT334 Sport Law and Ethics
- ___ MGMT337 Governance in Sport
- ___ MGMT430 Sport Facility Management and Operations

Electives (3 credits)

- ___ NUTRI, EXER, HLSC, HLTH

General Education Requirements

(45 credits)

Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below

- Foundations (15 credits)
 - FYS100 First Year Seminar
 - Quantitative
 - WRIT103 Composition (Writing)
 - History
 - Oral Communication
- Interconnections (9 credits)
 - Diversity
 - Global Perspectives
- Citizenship & Responsibility (6 credits from at least two goals)
 - Citizenship
 - Ethical Reasoning
 - Critical Reasoning
- Natural World & Technologies (9 credits)
 - Technology
 - Natural World
 - Natural World
- Creativity & Expression (6 credits)
 - Literature
 - Arts
 - Creativity

Degree Requirements

All students must obtain a minimum of 120 credits, complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

A minimum GPA of 2.0 in the major and overall are required.

Campus Locations

Bloomsburg	<input checked="" type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended
Lock Haven	<input checked="" type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended
Mansfield	<input checked="" type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended
Clearfield	<input checked="" type="checkbox"/> Online; <input checked="" type="checkbox"/> In-person; <input checked="" type="checkbox"/> Blended