

Health & Physical Education

BSED Health & Physical Education

This degree map is based on the current Academic Catalog and is subject to change. Please note that the degree map is designed to give you a sense of roughly how courses might be distributed over a 4-year degree. Your exact schedule will differ depending on a range of factors though we recommend taking a minimum of 15 credits each fall and spring semester. Regular consultation with your academic advisor is the best way to make sure that you are taking the courses you need in the right order to ensure efficient progress through your degree program.

Sample 4-Year Plan

First Year			
Fall Courses	Credits		Credits
FYS100 First Year Seminar (Foundations)	3	HLTH214 Planning & Assessing in PK-6 School Health	3
HLPE102 Foundations of Health & Physical Education	3	HLPE205 Teaching Lifetime Activities	3
HLPE115 Teaching Invasion Sports 1	3	Gen Ed (Oral Communications) or HLPE260 Methods & Applic of Coaching	3
WRIT103 Composition (Writing)	3	Gen Ed (Literature)	3
Gen Ed (Creativity or Arts)	3	Gen Ed (Quantitative)	3
Semester Total	15	Semester Total	15

Second Year			
Fall Courses	Credits	Spring Courses	Credits
HLTH122 Essentials of A&P (Natural World)	3	HLPE213 Teaching Elementary Physical Education	3
HLTH330 School Health Programs	3	HIST111 or HIST112 (History)	3
HLPE130 Teaching Net Sports	3	Gen Ed (Global Perspectives)	3
HLPE234 Teaching Aquatics & Personal Safety	3	HLTH245 Essentials of Human Movement	3
MATH103 Critical Reasoning in Mathematics (Critical Reasoning)	3	SPEC110 Intro Individ. w/ Excep (Citizenship)	3
Semester Total	15	Semester Total	15

Third Year			
Fall Courses	Credits	Spring Courses	Credits
SPEC220 Data-Driven Interventions for Individ. w/ Exceptionalities	3	HLPE125 Teaching Invasion Sports 2	3
HLPE210 Teaching Rhythmic Activities & Dance	3	Gen Ed (Oral Communication) or HLPE262 Prin of Coaching	3
Gen Ed (Interconnections)	3	HLPE255 Teaching Fitness in K-12 Schools	3
ELL320 Cultural Awareness and Sensitivity (Diversity)	3	Gen Ed (Natural World)	3
HLTH314 Planning & Assessment in 7-12 School Health	3	HLTH341 Teaching PK-12 Sexuality Education	3
EDTC200 Technology for Teaching & Learning (Technology)			
Semester Total	18	Semester Total	15

Fourth Year			
Fall Courses	Credits	Spring Courses	Credits
HLPE302 Motor Learning	3	HLPE493 Elementary Student Teaching	6
HLPE310 Techniques & Strategies of Teaching Physical Education	3	HLPE494 Secondary Student Teaching	6
HLPE311 Teaching Health	3		3
HLPE312 Adapted Physical Education	3		
HLPE314 Assessment & Evaluation in Health & Physical Education	3		
Semester Total	15	Semester Total	12

Health & Physical Ed

COMMONWEALTH UNIVERSITY

Curriculum Checklist

Required Courses (60 credits)

- ___ HLPE102 Foundations of Health & Physical Education
- ___ HLPE115 Teaching Invasion Sports 1
- ___ HLPE125 Teaching Invasion Sports 2
- ___ HLPE130 Teaching Net Sports
- ___ HLPE260 Methods & Applications of Coaching or
HLPE262 Principles of Coaching
- ___ HLPE210 Teaching Rhythmic Activities & Dance
- ___ HLPE213 Teaching Elementary Physical Education
- ___ HLPE214 Teaching Lifetime Activities
- ___ HLPE234 Teaching Aquatics & Personal Safety
- ___ HLPE255 Teaching Fitness in K-12 Schools
- ___ HLPE302 Motor Learning*
- ___ HLTH245 Essentials of Human Movement
- ___ HLPE310 Tech. & Strategies of Teaching Physical Education*
- ___ HLPE312 Adapted Physical Education*
- ___ HLPE314 Assessment & Eval. In Health & Physical Ed.*
- ___ HLPE493 Elementary Student Teaching*
- ___ HLPE494 Secondary Student Teaching*
- ___ SPEC220 Data Driven Interventions for Indiv with Exceptionalities

Required Courses for Health Dual Certification (30 credits)

- ___ HLTH214 Planning & Assessment in PK-6 School Health
- ___ HLTH314 Planning & Assessment in 7-12 School Health*
- ___ HLTH330 School Health Programs*
- ___ HLTH341 Teaching PK-12 Sexuality Education*
- ___ HLPE311 Teaching Health*
- ___ HLPE210 Teaching Rhythmic Activities & Dance
- ___ HLPE213 Teaching Elementary Physical Education
- ___ HLPE214 Teaching Lifetime Activities
- ___ HLPE234 Teaching Aquatics & Personal Safety
- ___ HLPE255 Teaching Fitness in K-12 Schools

*Denotes advanced coursework

Students must take a minimum of 42 credits of advanced coursework. Advanced coursework can be met in major courses, minor courses, free elective courses, and general education courses. Courses that meet this requirement are designated in Banner.

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.

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)
 - HIST111 or HIST112 (History)
 - Oral Communication
- Interconnections (9 credits)
 - Diversity or Global Perspectives
 - ELL320 Cultural Awareness and Sensitivity (Diversity)*
 - Global Perspectives
- Citizenship & Responsibility (6 credits from at least two goals)
 - SPEC110 Intro to Individuals with Exceptionalities (Citizenship)
 - MATH103 Critical Reasoning in Mathematics (Critical Reasoning)
- Natural World & Technologies (9 credits)
 - EDTC200 Technology for Teaching & Learning (Technology)
 - HLTH122 Essentials of Anatomy & Physiology (Natural World)
 - Natural World
- Creativity & Expression (6 credits)
 - Literature
 - Arts or 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. There is a PDE GPA minimum requirement for certification (not graduation).

A minimum GPA of 2.0 in the major and overall are required. A 2.8 GPA is required for teacher certification.