

Health & Physical Education

BSED Health & Physical Education

This degree map is based on the 2023-24 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester. We recommend taking a minimum of 15 credits each fall and spring semester.

Sample 4-Year Plan

First Year

Fall Courses	Credits		Credits
FYS100 First Year Seminar (Foundations)	3	HLED214 Planning & Assessing in PK-6 School Health	3
HLPE102 Foundations of Health & Physical Education	3	HLPE201 Teaching Lifetime Activities	3
HLPE115 Teaching Invasion Sports 1	3	CHOOSE ONE NOW AND TAKE THE OTHER LATER: Gen Ed (Oral Comm.) or HLPE Coaching Course	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
HLED330 School Health Programs	3	HIST111 or HIST112 (History)	3
HLPE130 Teaching Net Sports	3	Gen Ed (Global Perspectives)	3
HLPE210 Teaching Rhythmic Activities and Dance	3	HLTH245 Essentials of Human Movement	3
MATH103 or MATH113 - (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
HLPE234 Teaching Aquatics & Personal Safety	3	EDTC200 Technology for Teaching & Learning (Technology)	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
HLED314 Planning & Assessment in 7-12 School Health	3	HLED341 Teaching PK-12 Sexuality Education	3
CHOOSE ONE BUT BOTH ARE REQUIRED: Gen Ed (Oral Comm.) or HLPE Coaching Course	3		
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
HLED311 Teaching Health	3		
HLPE312 Adapted Physical Education	3		
HLPE314 Assessment & Evaluation in Health & Physical Education	3		
Semester Total	15	Semester Total	12

Curriculum Checklist

Required Courses (54 credits)

- HLPE102 Foundations of Health & Physical Education
- HLPE115 Teaching Invasion Sports 1
- HLPE125 Teaching Invasion Sports 2
- HLPE130 Teaching Net Sports
- HLPE201 Teaching Lifetime Activities
- HLPE210 Teaching Rhythmic Activities & Dance
- HLPE213 Teaching Elementary Physical Education
- HLPE234 Teaching Aquatics & Personal Safety
- HLPE255 Teaching Fitness in K-12 Schools
- HLPE260 Methods & Applications of Coaching or
HLPE262 Principles of Coaching
- 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 Education Dual Certification (15 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
- HLTH311 Teaching Health

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.



COMMONWEALTH UNIVERSITY

Health & Physical Ed

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 or 113 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 3.0 GPA is required for teacher certification.

Campus Locations

Lock Haven Online; In-person; Blended