

Four-Year Degree Plan for Major in Physical Education K-12

Note that this is a sample four-year plan. There are other course sequences that will allow a student to graduate within four years as long as prerequisite courses are taken in the proper sequence. This sample plan does not guarantee course availability, and adjustments to students' plans may be necessary if they are unable to take specific courses during specific semesters. Students who are placed into lower level AWR, MAT or other prerequisite courses will need to adjust their four-year plans accordingly. Similarly, students who bring in Advanced Placement, Dual Enrollment or transfer credit for courses will need to adjust their four-year plans. A minimum of a 2.0 GPA both overall and in the major is required for graduation. In addition to major requirements, all components of the Baccalaureate Experience must be completed in order to successfully graduate. A student must earn a minimum of 124 credit hours to qualify for the Bachelor of Science degree in Physical Education K-12, and this degree plan includes 128 credits in total.

First (Freshman) Year - Fall Semester

ESC 110	Introduction to Exercise Science and Sport Studies	2
ESC 105	Biokinetics and Conditioning	2
EDU 200	Foundations of American Education	4
AWR 101	Writing and Inquiry	4
MAT 155	Finite Mathematics for Liberal Arts	4
MAT 160	College Algebra and	4
BAC 101	First-Year Seminar I or	1
HON 101	Pathways to Honors 1	1

Subtotal: 17

First (Freshman) Year - Spring Semester

ESC 150	Comprehensive First Aid/CPR/AED	2
ESC 200	Methods of Teaching Tennis	1
HSC 100	Personal and Family Health	3
HSC 220	Functional Anatomy or	3
HSC 230	Human Anatomy and Physiology I	3
	Social Science (Bacc. Exp)	4
EDU 207	Philosophy of Education and Teacher Learner Relationships	4
BAC 102	First-Year Seminar II or	1
HON 102	Pathways to Honors 2	1

Subtotal: 17

Second (Sophomore) Year - Fall Semester

ESC 450	Test and Measurement	3
	Social Sciences (Bacc. Exp.)	4
	Humanities (Bacc. Exp.)	4
	Biological Science (Bacc. Exp.)	3
	Choose two of the following:	
ESC 320	Coaching and Teaching of Football and Wrestling	2
ESC 321	Coaching and Teaching of Baseball, Basketball and Softball	2
ESC 322	Coaching and Teaching of Volleyball and Track and Field	2
ESC 323	Coaching and Teaching of Soccer and Field Hockey	2

Subtotal: 18

Second (Sophomore) Year - Spring Semester

ESC 312	Dance/Rhythmics	3
	Social Sciences (Bacc. Exp.)	4
AWR 201	Writing and Research	4
	Humanities/Fine Arts (Bacc. Exp.)	3
	Physical or Chemical Science	3

Subtotal: 17

Third (Junior) Year - Fall Semester

	Humanities (Bacc. Exp.)	4
ESC 240	Lifetime Sports	2
ESC 330	Human Development and Motor Learning	3
ESC 340	Applied Kinesiology	3
EDU 208	Secondary Research Methods	2
EDU 329	Teaching Physical Education and Health in the Elementary School	3
ESC 151	Swimming	1

Subtotal: 18

Third (Junior) Year - Spring Semester

EDU 306	Teaching Reading in the Secondary Content Areas (ESOL-infused course)	4
EDU 317	Diversity and Ethics (ESOL-infused course)	4
EDU 354	Teaching English to Speakers of Other Languages I-Secondary (TESOL I)	3
EDU 377	Elementary Physical Education Curriculum and Practicum	3
ESC 372	Principles of Exercise Leadership	2

Subtotal: 16

Fourth (Senior) Year - Fall Semester

ESC 400	Physical Education and Fitness for Special Populations	3
ESC 371	Prevention and Care of Sports Injuries	3
ESC 460	Physiology of Exercise	3
EDU 425	Teaching Middle School and Secondary Physical Education	4
EDU 481	Comprehensive Subject Area Competency and Skills (SACS)	0

Subtotal: 13

Fourth (Senior) Year - Spring Semester

EDU 410	Final Internship Seminar IV	2
EDU 413	Final Internship Practicum IV	10

Subtotal: 12

Total credits: 128