

## **Health and Physical Education, Wellness Option (non-teaching)**

### *General Education and Institutional Requirements for TEACHING MAJORS – Credit Hours for Area*

#### COMMUNICATION (12)

- English Comp. 1311, 1321
- Literature 2300, 2360 or 2361
- Oral Communication 2390

#### NATURAL SCIENCE & MATHEMATICS (11)

- Biological Science 1450 (or above)
- \*\*Physical Science 1411 (or above)
- College Algebra 1330 (or above)

#### HUMANITIES (Any two courses) (6)

- Art History & Appreciation 2340
- Music History & Appreciation 2330
- Humanities 2301 or 2340
- HUMN 2340 Effective Thinking/Logic
- THTR 2324 Theatre Appreciation

#### SOCIAL SCIENCE (12)

- U. S. History 2315 or 2318
- American Government 2312
- Social Science Electives 3

#### HEALTH & PHYSICAL EDUCATION (4)

- Physical Education 1112 or 1113
- Personal Health & Safety 1310

#### INSTITUTIONAL REQUIREMENTS (3)

- Personal & Social Development 1210
- Career & Life Planning 1120

#### \*\*\*MILITARY SCIENCE (optional)

- Military Science 1210, 1220

\*\*As an option, students may enroll in Astronomy 1445

\*\*\*As an option 1 hour of Military Science may satisfy 1 hour of Physical Education only

\*\*\*\*Students with ACT scores of 30 or above may enroll in Calculus I - MATH 2310; students with scores of 19-30 must enroll in Pre-Calculus- MATH 1550 if Calculus I is a degree requirement

#### *HEALTH AND PHYSICAL EDUCATION CORE:*

- HLPE 2202 DANCE, RHYTHMIC ACTIVITIES AND GYMNASTICS (2)
- HLPE 2210 INTRODUCTION HISTORY AND PRINCIPLES OF HEALTH, PHYSICAL EDUCATION, AND RECREATION (2)
- HLPE 2393 STRUCTURAL KINESIOLOGY (2)
- HLPE 3219 PHYSICAL FITNESS AND AEROBICS (2)

- HLPE 3220 FIRST AID/CPR (2)
- HLPE 3221 CARE AND PREVENTION OF ATHLETIC INJURIES (2)
- HLPE 3224 HEALTH EDUCATION (2)
- HLPE 3226 MOTOR LEARNING (2)
- HLPE 3228 INDIVIDUAL AND DUAL SPORTS (2)
- HLPE 3229 TEAM SPORTS (2)
- HLPE 3328 COACHING THEORY (3)
- HLPE 4311 ORGANIZATION AND ADMINISTRATION OF HEALTH, PHYSICAL EDUCATION, RECREATION AND ATHLETIC PROGRAMS (3)
- HLPE 4317 DRUG EDUCATION (3)
- HLPE 4319 KINESIOLOGY (3)
- HLPE 4320 PHYSIOLOGY OF EXERCISE (3)
- HLPE 4393 EXERCISE ASSESSMENT (3)

*WELLNESS OPTION REQUIREMENTS*

- RECR 2300 THERAPUTIC RECREATION (3)
- RECR 2301 INTRODUCTION TO OUTDOOR RECREATION (3)
- RECR 3231 PRIMARY AND LEAD-UP GAMES FOR CHILDREN (2)
- RECR 3321 LEADERSHIP TRAINING AND GROUP DYNAMICS (3)
- RECR 3322 PROGRAM PLANNING IN RECREATION (3)
- RECR 3329 DESIGN & MANAGEMENT OF RECREATION LEISURE SERVICES (3)
- RECR 4600 RECREATION FIELDWORK INTERNSHIP (6)
- ELECTIVES 16 HOURS