

HEALTH AND PHYSICAL EDUCATION

Faculty: Tom Raunig, Ed.D.

The health and physical education teaching major program at the University allows the student to prepare for a career as a physical education instructor or coach in the school system.

Health and Physical Education Minor/ Major Program Outcomes

Students who earn a major in Health and Physical Education will be able to:

- Demonstrate dispositions and skills which facilitate cooperation and collaboration among other educators, staff, and community, so as to implement a comprehensive school health education program, along with other components of a coordinated school health program.
- Examine a variety of movement strategies and formulate fitness programs to become skillful, lifelong movers and improve overall wellness.
- Formulate, select, and apply, strategies of health literacy, physical literacy, and health science as a means to create, manage, evaluate, assess, and implement developmentally appropriate instruction for multidimensional wellness education.
- Evaluate and interpret the overall effectiveness of K-12 health enhancement, intramural, extramural, and community wellness programs.

Degree Requirements

- Bachelor Degree Requirements

Health and Physical Education Major (B.A.)

Required Courses

Code	Title	Credits
BIO 103	STRUCT & FUNC OF HUMAN BODY	4
EDU 200	INTRODUCTION TO EDUCATION	3
EDU 244	INSTRUCTIONAL TECHNOLOGY	2
EDU 260	MULTICULTURAL AND AMERICAN INDIAN EDUCATION	3
EDU 290	EDUCATIONAL PSYCHOLOGY	3
EDU 315	CURRICULUM DESIGN AND ASSESSMENT OF LEARNING	2
EDU 320	EXCEPTIONALITIES	3
EDU 325	CLASSROOM COMMUNITIES AND MANAGEMENT	2
EDU 338	TEACHING READING: CONTENT AREA	2
EDU 462	FIELD EXPERIENCE ELEMENTARY	2
EDU 472	FIELD EXPERIENCE MIDDLE SCHL	2
EDU 489	STUDENT TEACHING SEMINAR	2
EDU 490	STUDENT TEACHING	10
HPE 188	PERSONAL HEALTH	3
HPE 215	PE, REC, FITNESS & SPT MGMT	3

Code	Title	Credits
HPE 230	ADAPTED PHYSICAL EDUCATION	2
HPE 300	STRATS IN HEALTH ENHANCEMENT	3
HPE 305	HEALTH CURRICULUM PLANNING	1
HPE 312	MTHD IN PHYS EDUC AND SPORT	3
HPE 315	KINESIOLOGY & BIOMECHANICS	3
HPE 330	ASSESSMENT AND TESTING	2
HPE 485	PHYSIOLOGY OF EXERCISE	3
EXS 201	SAFETY, FIRST AID, & CPR	2
EXS 202	RACQUET AND INDIVIDUAL SPORTS	2
or EXS 203	TEAM SPORTS	
Sports Science/Social Science Elective:		3
Sports Management/Coaching Electives:		4
Total Credits Required:		74

Sports Science/Social Science Electives

Code	Title	Credits
EXS 110	INTRO TO EXERCISE SCIENCE	3
EXS 233	SOCIOLOGY OF SPORT	3
EXS 260	SPORTS PSYCHOLOGY	3
EXS 275	EXERCISE AND SPORTS NUTRITION	3
EXS 340	ETHICS, LAW & HLTH/FTNS PROFSN	3
HPE 405	PREV & CARE-ATH INJURIES	3

Sports Management/Coaching Electives

Code	Title	Credits
EXS 223	YOUTH SPORTS	3
EXS 281-290	Coaching	1
EXS 315	EVENT AND FACILITY MANAGEMENT	3
EXS 333	Sport Marketing, Media, and Public Relations	3
EXS 350	COACHING CERTIFICATION	2
EXS 412	EXERCISE PRESCRIPTION II	3
HPE 252	MOA OFFICIATING CERT COURSE	1