



## Health and Physical Education w/ **MULTI-AGE LICENSE (Pre-K-12)** Four Year Plan

This is a suggested program guide. It is not to be interpreted as a contract. Changes may occur.

Please see your program advisor before you register for courses.

Updated 3/26

| YEAR              | FALL                                                                                                                                                                                                                                                                                                                                              | SPRING                                                                                                                                                                                                                                                         |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>First Year</b> | BENV 100 Becoming a Scholar (3)<br>Writing Well Competency (3)<br><i>EDU 200 Intro to Teaching (3)</i><br><i>EDU 205 Field Experience (1)</i><br><b>HFS 120 Team/Ind Sports 1 (3)</b><br>PSY 110 Intro to Psych (3) Und Self/Society<br>TOTAL = 16 credits                                                                                        | Speaking and Listening Competency (3)<br>Scientific Inquiry (4)<br><i>EDU 220 Curriculum and Assessment (2)</i><br><b>HFS 160 Drug Education (2)</b><br>ENG 115 Fund. Reading/Writing (3) if needed<br>Or elective (3)<br>TOTAL = 14 credits                   |
| <b>Sophomore</b>  | <b>HFS 120 Team/Ind Sports (3)</b><br><b>HFS 117 Intro to Sport Medicine (3)</b><br><b>HFS 220 Personal/Comm Health (3)</b><br><b>HFS 255 Competitive Strength Trng (2)</b><br>MAT 100 College Alg (3) if needed<br><i>EDU 332 Social and Phil Issues in Education (3)</i><br><i>EDU 333 Urban Education Seminar (1)</i><br>TOTAL = 15-18 credits | <i>SED 228 Intro to Mild/Moderate Ed Needs (3)</i><br>Reading the Bible Competency (3)<br><i>EDU 3XX H/ PE Methods (3)</i><br><b>HFS 201 Fitness Assess (3)</b><br><b>HFS 240 Coaching Methods (3)</b><br><b>HFS 310 Kinesiology (3)</b><br>TOTAL = 18 credits |
| <b>Junior</b>     | <i>EDU 353 Ed Psych and Instr. Practice (3)</i><br><i>EDU 303 Comp and Tech in Ed (2)</i><br><b>NTR Fundamentals of Nutrition (3)</b><br><b>BIO A&amp;P 1 (4)</b><br><b>HFS Therapeutic Recreation (3)</b><br>Elective<br>TOTAL = 15 credits                                                                                                      | BENV 300 Cross-cultural Experience (3)<br>Religious Understanding (3)<br><b>HFS 266 Personal Wellness and Exercise (3)</b><br><b>HFS 301 Biometrics of Physical Activity (3)</b><br>Creative Expression (3)<br>Electives (3)<br>TOTAL = 18 credits             |
| <b>Senior</b>     | BENV 400 Enduring Values Capstone (2)<br>Exploring the Past Competency (3)<br><i>EDU 309 Reading/Writing in the Con Areas (3)</i><br><i>EDU 416 Pre Student Teaching (1)</i><br><b>HFS 321 Applied Exercise Physiology (4)</b><br>TOTAL = 13 credits                                                                                              | <i>EDU 452 Student Teaching (13)</i><br>TOTAL = 13 credits                                                                                                                                                                                                     |

124 total hours to complete graduation requirements (this includes 2 hours of arts and lecture credit)

**Bold print denotes major course requirement.**

***Italics indicates professional education courses.***

The Living Well, Understanding Self and Society, and Critical Analysis competencies are met by courses in the major or licensure. BENV 200 Learning in Community is satisfied by fulfilling major courses *EDU 205 Field Experience*, *EDU 332 Social and Philosophical Issues in Education*, and *EDU 333 Urban Education Seminar*.

Student Teaching can be completed in the fall or the spring. If completed in the fall, *EDU 305 Content Area Literacy* and *EDU 416 Pre-Student Teaching* must be taken in the preceding spring.