

*Note:* For advising support only.  
See catalog for full degree requirements.

Name: \_\_\_\_\_ ID#: \_\_\_\_\_

**GENERAL EDUCATION** (minimum 43 credits)

**ENGLISH LANGUAGE COMPETENCE:** (4 credits)

- English 101-Essay Writing is required of all students.

**Write in courses / credits:**

ENG 101 \_\_\_\_\_ / 4

**ARTS & HUMANITIES:**

A minimum of ~~15~~ **12** credits, as follows:

- One course in Literature  
(Any 200- or 300-level English course except 202, 203, 204, 208, 301, 302, 303, 304, 308, 312; FR 303 and SP 303 may also be used to fulfill this requirement)
- One course in History. (For teacher certification, a US History course is required)
- ~~One course in Art, Film, Music or Theatre & Dance.~~
- Additional credits from Arts & Humanities: AMST, ART, COMM, ENG, FILM, FR, GER, HIST, JRN, ML, MU, PHIL, SP, TAD or an approved interdisciplinary course (WS 201\* or IDAH).

\_\_\_\_\_ / \_\_\_\_

US HIST \_\_\_\_\_ / \_\_\_\_

\_\_\_\_\_ / \_\_\_\_

\_\_\_\_\_ / \_\_\_\_

\_\_\_\_\_ / \_\_\_\_

**SOCIAL SCIENCES:**

A minimum of ~~12~~ **9** credits in **three or more Social Sciences disciplines**: ANTH, ECON, GEOG, POSC, PSYC, SOC or an approved interdisciplinary course (WS 201\* or IDSS).  
(For teacher certification, a Geography course is required)

GEOG \_\_\_\_\_ / \_\_\_\_

\_\_\_\_\_ / \_\_\_\_

\_\_\_\_\_ / \_\_\_\_

\_\_\_\_\_ / \_\_\_\_

**SCIENCES/MATHEMATICS:**

A minimum of ~~12~~ **9** credits, as follows:

- One course in Biology.
- One course in Physical Science (ASTR, CHEM, GEOL, MET, PHYS)
- Additional credits from Sciences/Mathematics:  
ASTR, BIO, CHEM, CS, ENST, GEOL, MATH, MET, PHYS  
or an approved interdisciplinary courses (IDSM).

BIO 230/231 \_\_\_\_\_ / \_\_\_\_

CHEM 100 \_\_\_\_\_ / \_\_\_\_

BIO 232/233 \_\_\_\_\_ / \_\_\_\_

\_\_\_\_\_ / \_\_\_\_

(BIO 230/231-Anatomy & Physiology I w/Lab, BIO 232/233-Anatomy & Physiology II w/Lab, and CHEM 100-Introduction to Chemistry are required for the major)

\*WS 201 may be used once, to fulfill either an Arts & Humanities or a Social Sciences requirement.

All students majoring in PE must demonstrate math competency at the level of Applied Algebra & Trigonometry or take MATH 120 during the first year (see catalog).

## **MAJOR REQUIREMENTS: 76 credits**

See catalog for admission criteria and complete degree requirements.

### **PHYSICAL EDUCATION CORE: 18 credits**

- PE 100: Foundations of Physical Education
- HLSC 101: Health and Wellness: Trends and Issues
- PE 200: Applied Kinesiology
- PE 201: Physiology of Exercise
- PE 240: Advanced First Aid
- PE 460: Measurement and Evaluation in Physical Education

### **PHYSICAL EDUCATION COURSES: 33 credits**

#### **Skills and Techniques: (Year/Semester: F=Fall; S=Spring)**

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- |   |   |
|---|---|
| <input type="checkbox"/> PE 260: Total Fitness and Conditioning (1/F) | <input type="checkbox"/> PE 261: Fitness Curriculum for K-12 Learners (2/S) |
| <input type="checkbox"/> PE 288: Soccer/Speedball (1/F)               | <input type="checkbox"/> PE 283: Gymnastics (2/S)                           |
| <input type="checkbox"/> PE 278: Racquet Sports (1/S)                 | <input type="checkbox"/> PE 265: Secondary Activities (3/F)                 |
| <input type="checkbox"/> PE 286: Basketball (1/S)                     | <input type="checkbox"/> PE 282: Track and Field (3/F)                      |
| <input type="checkbox"/> PE 255: Developmental Movement (2/F)         | <input type="checkbox"/> PE 256: Rhythms (3/S)                              |
| <input type="checkbox"/> PE 285: Volleyball (2/F)                     | <input type="checkbox"/> PE 268: Outdoor Skills (3/S)                       |
| <input type="checkbox"/> PE 287: Softball (2/F)                       |   |
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#### **See attached grid for proper sequencing of the following classes:**

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- |  |   |
|--|---|
| <input type="checkbox"/> PE 360: Teaching Physical Education           | <input type="checkbox"/> PE 375: Practicum: Teaching-Elementary |
| <input type="checkbox"/> PE 361: Adapted Physical Education            | <input type="checkbox"/> PE 376: Practicum: Teaching-Secondary  |
| <input type="checkbox"/> PE 362: Admin. of Physical Education Programs |   |
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### **TEACHER EDUCATION COURSES: 25 credits**

See catalog for admission criteria and specific education program requirements.

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|---|--|
| <input type="checkbox"/> ESEC 100: Introduction to Teaching             | <input type="checkbox"/> ESEC 450: Seminar: Educational Principles |
| <input type="checkbox"/> ESEC 150: Dev., Exceptionality & Learning I    | <input type="checkbox"/> ESEC 465: Student Teaching: Elementary    |
| <input type="checkbox"/> ESEC 250: Dev., Exceptionality & Learning II   | <input type="checkbox"/> ESEC 465: Student Teaching: Secondary     |
| <input type="checkbox"/> ESEC 387: Creating Social Context for Learning |  |
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**ELECTIVES:** Select additional courses of your choice to bring total number of credits earned to 126.