**PHYSICAL EDUCATION AND SCHOOL HEALTH REQUIREMENTS**

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| **Courses** |  | **Credits** | **Quarter** | **Grade** |
| **EMS 245**  | **First Aid** | 3 |  |  |
| **EXSC 350****EXSC350Lab**  | **Gross Anatomy****Lab** | 32 |  |  |
| **NUTR 101** | **Introduction to Human Nutrition** | 5 |  |  |
| **HED 210** | **Drugs and Health** | 3 |  |  |
| **HED 387** | **Principles of Fitness & Stress Management** | 3 |  |  |
| **HED 422**  | **Methods for Health Promotion** | 4 |  |  |
| **HED 431** | **Principles of Sexuality Education** | 3 |  |  |
| **PED 309** | **Teaching Methods: Recreational Dance** | 3 |  |  |
| **PESH 280** | **Foundations of School Health and Fitness** | 4 |  |  |
| **PESH 300** | **Comprehensive of School Health Education** | 3 |  |  |
| **PESH 326**  | **Human Diseases** | 3 |  |  |
| **PESH 336** | **Practicum I** | 2 |  |  |
| **PESH 341** | **Characteristics of Effective Physical Education Teaching** | 3 |  |  |
| **PESH 342** | **Developmental Movement** | 4 |  |  |
| **PESH 343** | **Pedagogical Application of Teaching Styles and Systematic Reflection** | 3 |  |  |
| **PESH 344** | **Applications of Technology in Teaching Fitness and Physical Activity** | 3 |  |  |
|  **PESH 345** | **School Health Curriculum** | 3 |  |  |
| **PESH 348** | **Tactics and Skills of Striking and Net/Wall Games** | 3 |  |  |
| **PESH 350** | **Utilizing Tactics and Skills For Invasion Games** | 3 |  |  |
| **PESH 356** | **Teaching Lifelong Physical Activity Pursuits** | 3 |  |  |
| **PESH 358** | **Applications of Resistance, Core and Cardiovascular Training**  | 3 |  |  |
| **PESH 437** | **Practicum II** | 3 |  |  |
| **PESH 438** | **Practicum III** | 3 |  |  |
| **PESH 439** | **Practicum IV** | 1 |  |  |
| **PESH 445** | **Curriculum Development and Assessment in Physical Education** | 3 |  |  |
| **PESH 447** | **Inclusive Strategies and Activities for Diverse Learners** | 3 |  |  |
| **PESH 458** | **Diagnosis and Analysis of Human Movement** | 3 |  |  |
| **Degree Total of Credits** | 85 |  |