

**PHYSICAL EDUCATION and SCHOOL HEALTH
TEACHING K-12
MAJOR REQUIREMENTS**

The Physical Education and School Health K-12 Teaching Major qualifies the student for teaching, supervising and coordinating Physical Education and Health Education in schools for grades K-12.

Major Program Record

Name: _____

Permanent Address: _____

Email: _____

Date of Entrance: _____ Catalog Year: _____ Advisor: _____

Transfer: YES NO College: _____

Health and Physical Education Major		Credits	Quarter	Grade
EMS 245	First Aid	3		
EXSC 250	Anatomical Kinesiology	5		
EXSC 463	Pediatric Issues in Exercise Science	5		
NUTR 245	Food and Nutrition	5		
HED 101	Health Essentials	4		
HED 210	Drugs and Health	3		
HED 326	Human Diseases	5		
HED 345	School Health Curriculum Material	4		
HED 387	Principles of Stress Management	3		
HED 422	Methods for Health Promotion	4		
HED 445	Professionalism in the Schools	2		
PESH 280	Foundations of School Health and Fitness	4		
PESH 335	Practicum I	1		
PESH 336	Practicum II	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 348	Applications of the Fundamental Movement of Striking	3		
PESH 350	Propulsive and Receptive Skills and Sports	4		
PESH 356	Techniques of Progressive and Lifelong Physical Activities	3		
PESH 385	Health and Physiological Fitness Concepts for Teachers	3		
PESH 437	Practicum III	2		
PESH 438	Practicum IV	3		
PESH 445	Curriculum Development and Assessment in Physical Education	3		
PESH 456	Facilitating and Leading Adventure Activities	2		
DEGREE TOTAL		86		