

# Health & Physical Education

## Major with Teaching Certification

MAJOR AND TEACHING CERTIFICATION	
Hours Required in HPE:	75
Hours Required in Other Departments:	30
<b>Total Hours Required:</b>	<b>105</b>

### Professors:

R. Lewis, Surgent

### Associate Professor:

A. Siemann (Chair)

### Assistant Professor:

Strieby

### Instructors:

R. Gallagher, L. Simpson

### Lecturers:

Bosley, M. Siemann

- Upon successful completion of the program, you will be eligible to apply for 7-12 health certification and K-12 physical education certification.
- The Department of HPE also offers majors in athletic training and exercise and sport science.
- A minor is offered in coaching (see separate section of this catalog). You cannot minor in Health and Physical Education.

## Summary of Requirements for Major in Health & Physical Education

### Major

#### 1. Discipline Core: (57 hours)

#### Health Education (26 hours)

- HEED 100 Personal Wellness
- HEED 104 Foundations of Health Education
- HEED 208 Health Education for Special Populations
- HEED 230 Assessment Design in Health & PE
- HEED 232 School Health 1: ATOD and Safety Education
- HEED 233 School Health 2: Human Sexuality & Nutrition Education
- HEED 234 School Health 3: Disease Prevention
- HEED 311 Assessment & Evaluation Methodology
- HEED 416 Curriculum Design in Health Education
- HEED 418 Current Issues in Health

#### Physical Education (31 hours)

- PHEC 103 Foundations of Physical Education
- PHEC 164 Teaching of Physical Education Through Outdoor Adventure Education
- PHEC 165 Teaching of Physical Education Through Cooperative Team Challenges
- PHEC 166 Teaching of Physical Education Through Game and Activity Skills

PHEC 167	Teaching of Physical Education Through Educational Gymnastics
PHEC 168	Teaching of Physical Education Through Dance Forms
PHEC 169	Teaching of Physical Education Through Health Fitness
PHEC 301	Applied Biomechanics
PHEC 310	Organization & Administration of Health and Physical Education
PHEC 402	Adapted Physical Activities
PHEC 406	Applied Physiology
PHEC 407	Motor Learning and Performance
PHEC 408	Movement Experiences for Children
PHEC 416	Curriculum Design in Physical Education

**Transfer Students (1 hour)**

PHEC 170	Physical Education Teaching Lab
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**2. Required Courses in Other Departments: (11 hours)**

BIOL 149	General Biology I ( <i>GEP Group C</i> )
BIOL 211	Essentials of Anatomy and Physiology
GEOG 104	Human Geography ( <i>GEP Group D or F</i> )

**3. Education Courses (37 hours)**

<b>Pre-Phase</b> (4 hours)	EDUC 100	Career Analysis in Education
	EDUC 201	Students, Teachers, and Learning Environments

<b>Phase I</b> (7 hours)	EDUC 202	Foundations of Learning & Instruction
	EDUC 346	Educational Technology Lab I
	REED 317	Content Area Reading

<b>Phase II</b> (11 hours)	EDUC 392	K-12 Field Experience
	EDUC 447	Educational Technology Lab II
	HEED 404	Health Instruction
	PHEC 418	Physical Education in the Secondary School
	REED 418	Reading and Writing Connections

<b>Phase III</b> (15 hours)	EDUC 406	Leadership Seminar
	EDUC 448	Educational Technology Lab III
	PHEC 497	Teaching Internship, K-12 Program ( <i>Capstone</i> )

**4. Other graduation/program exit requirements**

- Successful presentation of a developmental portfolio according to department format.
- Verification of taking Praxis II content knowledge and pedagogy tests required by the Maryland State Department of Education before Phase III.