

HEALTH & PHYSICAL EDUCATION

Health & Physical Education

Major with Teaching Certification

MAJOR AND TEACHING CERTIFICATION	
Hours Required in HPE:	75
Hours Required in Other Departments:	30
Total Hours Required:	105

Professors:

R. Lewis, Sargent

Associate Professor:

A. Siemann (Chair)

Assistant Professors:

Striby, Wright

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 202	Coordinated School Health Program
HEED 207	Tobacco and Other Drugs
HEED 208	Health Education for Special Populations
HEED 209	Safety and First Aid
HEED 220	School Health Nutrition
HEED 221	Family Life and Sex Education
HEED 224	Mental and Emotional Health
HEED 225	Consumer and Environmental Health
HEED 226	Community Health
HEED 227	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 (GEP Group C)
BIOL 211	Essentials of Anatomy and Physiology
GEOG 104	Human Geography (GEP Group D or F)

3. Education Courses (37 hours)

Pre-Phase (4 hours)	EDUC 100 Career Analysis in Education
	EDUC 201 Students, Teachers, and Learning Environments
Phase I (7 hours)	EDUC 202 Foundations of Learning & Instruction
	EDUC 346 Educational Technology Lab I
	REED 317 Content Area Reading

Phase II (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
Phase III (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.