Health & Physical Education

MAJOR WITH TEACHING CERTIFICATION

Assistant Professors: L. Simpson, R. Gallagher
Lecturer: Bosley

- Upon successful completion of the program, you will be eligible to apply for PreK health certification and PreK physical education certification.

- The Department of Kinesiology 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.

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### Program Requirements

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<th>MAJOR and TEACHING CERTIFICATION</th>
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<tr>
<td>Hours Required in Kinesiology:</td>
<td>72</td>
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<td>Hours Required in Other Departments:</td>
<td>18</td>
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<tr>
<td>Total Hours Required:</td>
<td>90</td>
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### Requirements for Major in Health & Physical Education

#### 1. Discipline Core: (41 hours)

- HPED 103 Foundations of Physical Education
- HPED 104 Foundations of Health Education
- HPED 201 Teaching Fitness
- HPED 202 Teaching Tactical Games I
- HPED 203 Teaching Tactical Games II
- HPED 204 Teaching Dance and Gymnastics
- HPED 205 Teaching Outdoor Adventures and Group Initiatives
- HPED 208 Inclusion Strategies in Health Education
- HPED 230 Assessment in Health & Physical Education
- HPED 232 Teaching Health Content I: ATOD and Safety Education
- HPED 233 Teaching Health Content II: Human Sexuality & Nutrition Education
- HPED 234 Teaching Health Content III: Disease Prevention
- HPED 302 Applied Biomechanics
- HPED 406 Applied Physiology
- HPED 407 Motor Learning and Performance

#### 2. Required Courses in Other Departments: (8 hours)

- BIOL 149 General Biology I (GEP Group C)
- BIOL 211 Essentials of Anatomy and Physiology

#### 3. Recommended Courses in Other Departments:

- GEOG 104 Human Geography
- IDIS 150 Health in America (GEP Group E)
- PSYC 150 General Psychology (GEP Group D)

#### 4. Professional Education Sequence (40 hours)

**Phase I**

- HPED 310 Technology in Health and Physical Education (9 hours)
- HPED 416 Curriculum Design in Health and Physical Education
- REED 317 Content Area Reading

**Phase II**

- EDUC 392 K-12 Field Experience
(18 hours) HPED 402 Adapted Physical Education

HPED 404 Health Instruction
HPED 408 Elementary Methods of Physical Education

HPED 418 Secondary Methods of Physical Education
REED 418 Reading and Writing

Phase III EDUC 406 Leadership Seminar

(14 hours) HPED 497 Teaching Internship: K-12 Programs (Capstone)

5. Other Graduation/Program Exit Requirements

- Successful presentation of a portfolio that meets institutional, Maryland state and national standards

- Verification of taking Praxis II Health Education and Physical Education: Content and Design required by the Maryland State Department of Education before Phase III