

Health & Wellness Education – Health and Physical Education Concentration

2025-2026 Undergraduate Catalog

Semester 1 - Fall				
*Fall Only	Credits	Major	PES	GEP
BIOL 149 – General Biology	4	X		C
ENGL 101 – First-Year Composition	3			CS1
HPED 103* - Foundations of Phys Ed	3	X		
ORIE 101 – Intro. to Higher Education	1			
GEP Humanities	3			B
GEP Social Science (PSYC 150 recommended)	3			D
Semester Total	17			

Semester 2 - Spring				
Spring Only *Odd Spring Only	Credits	Major	PES	GEP
¹ IDIS 150: Health in America is the recommended topic				
HPED 104** - Foundations of Hlth Ed	3	X		
HPED 202 **– Teaching Tactical Games I	3	X	X	
HPED 204*** – Dance & Gymnastics	3	X	X	
IDIS 150 ¹ – First-Year FSU Colloquia	3			E
MATH 104 – Problem Solving	3			CS3
Semester Total	15			

Semester 3 - Fall				
*Fall Only	Credits	Major	PES	GEP
BIOL 211* - Essentials Anatomy & Phys or BIOL 321* - Anat & Phys 1	4	X		
HPED 203* – Teaching Tactical Games 2	3	X	X	
HPED 208* - Inclusion Strategies	1	X	X	
HPED 232* - School Health 1	2	X	X	
GEP Humanities	3			B
GEP Social Science	3			D
Semester Total	16			

Semester 4 - Spring				
Spring Only *Even Spring Only	Credits	Major	PES	GEP
ENGL 3xx – Advanced Writing	3			CS2
HPED 230*** - Assessment	3	X		
HPED 233** - School Health 2	3	X	X	
HPED 301** – Applied Biomechanics or EXSS 303 – Biomechanics for EXSS	3	X		
GEP Fine & Performing Arts	3			A
Semester Total	15			

Semester 5 - Fall				
*Fall Only **Odd Fall Only <i>Note: Students should take Praxis Core if GPA is below 3.0</i>	Credits	Major	PES	GEP
HPED 201* – Teaching Fitness	3	X	X	
HPED 205** – Outdoor & Group Initiatives	2	X	X	
HPED 234* - School Health 3	3	X	X	
HPED 406* – Applied Physiology or EXSS 401 – Physiology of Exercise	3	X		
GEP FSU Colloquia II	3			E
GEP Identity & Difference	3			F
Semester Total	17			

Semester 6 - Spring				
**Spring Only <i>Note: Students should apply for Entrance to Program and Internship I</i>	Credits	Major	PES	GEP
HPED 310** - Technology in HWE	3	X		TF
HPED 416** – Curriculum Design	3	X	X	
REED 417** – Literacy in Content	3	X	X	
GEP Natural Science (EXSS 200 recommended)	3/4			C
HPED 407** – Motor Learning	3	X		
Semester Total	15/16			

Semester 7 - Fall				
<i>Note: Students should apply for Internship II and take Subject-Specific Praxis Exams</i>	Credits	Major	PES	GEP
HPED 392 – Teaching Internship 1	6	X	X	
HPED 402 – Adapted Phys Ed	4	X	X	
HPED 404 – Health Instruction	3	X	X	
HPED 428 – Physical Educ Methods	3	X	X	
Semester Total	16			

Semester 8 - Spring				
	Credits	Major	PES	GEP
EDUC 422 – Leadership Seminar	3	X	X	
HPED 497 – Teaching Internship 2	12	X	X	
Semester Total	15			