

B.S. Physical Education – Concentration in Coaching (PHCO)
Suggested Course Sequence (FALL 2014)

This recommended four year plan is provided as an **outline** for students to follow in order to complete their degree requirements within four years. This plan is a **recommendation** and students should only use it in consultation with their academic advisor. Students should be aware that this plan assumes that no developmental courses are required. If developmental courses are needed, students may have additional requirements to fulfill which do not appear on the four year plan.

FIRST YEAR

First Semester	HRS	✓	Second Semester	HRS	✓
HPEM 199 Freshman Seminar in Health and Physical Education	1		ENWR 106 College Writing II	3	
ENWR 105 College Writing I	3		CSIT 100 Intro. to Computer Science	3	
World Language I	3		World Language II	3	
PEMJ 131 Fitness Activities	2		PEMJ 153 Intro. to Invasion & Net Games	3	
PEMJ 145 Dance in Schools	2		BIOL 241 Mammalian Anat. and Phys. II	3	
PEMJ 152 Intro. to Fielding and Target Games	3		HLTH 295 Sexuality Edu. in the Schools	3	
BIOL 240 Mammalian Anat. and Phys. I	3				
Total:	17		Total:	18	

SECOND YEAR

Third Semester	HRS	✓	Forth Semester	HRS	✓
CMST 101 Fundamentals of Speech	3		PEMJ 320 Physiology of Exercise	3	
EDFD 220 Phil. Orientation to Edu.	3		MATH 103, 104, 106, or 109	3	
EDFD 221 Historical Foundations of American Education	3		CURR 210 Public Purposes of Education: Democracy and Schooling	3	
Fine and Performing Art	3		EDFD 200 Psyc. Foundations of Edu.	3	
World Literature/General Humanities	3		Non-Western Cultures Perspective	3	
PEMJ 235 Movement Experiences in the Elementary School	2		PEMJ 351 Adapted Physical Education	3	
Total:	17		Total:	18	

THIRD YEAR

Fifth Semester	HRS	✓	Sixth Semester	HRS	✓
PEMJ 321 Kinesiology	3		PEMJ 324 Basic Motor Learning	3	
HLTH 215 Drug Edu. in the Schools	3		HLTH 222 Mental Health in the Schools	3	
HLTH 307 The Study of Human Disease	3		HPEM 355 Measurement and Evaluation in Health and Physical Education	3	
HPEM 352 Development and Philosophy of Health & Physical Edu.	3		HPEM 356 Mgmt. of Health, Physical Education, Athletics, & Fitness Programs	3	
PEMJ 248 Teaching Edu. Gymnastics	1-2		American/European History	3	
Free Elective	3				
Total:	16-17		Total:	15	

FOURTH YEAR

Seventh Semester	HRS	✓	Eight Semester	HRS	✓
PEMJ 226 Coaching Principles and Problems	3		PEMJ 381 Cooperative Exp. in Coaching	4-8	
PEMJ 227 Social Problems in Sports	3				
PEMJ 353 Psychology of Sport	3				
PEMJ 447 Advanced Coaching Techniques	3				
Free Elective	3				
Total:	15		Total:	4-8	

Total Required: 120-129 credits