

**B.S. Physical Education – Concentration in Community Based Fitness/Wellness (PHCF)
 Recommended Course Sequence (FALL 2014)**

This recommended four year plan is provided as an **outline** for you to follow in order to plan of degree completion within four years. This plan is a **recommendation** and not intended to serve as a substitute for meeting, and checking your selections, with your academic advisor. Please note that this plan assumes that no developmental courses are required. If you are required to take developmental courses you will need to adjust the plan below, and should again consult with your academic advisor to do so.

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	4	
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		PEMJ 351 Adapted Physical Education	3	
PEMJ 235 Movement Experiences in the Elementary School	2				
Total:	17		Total:	16	

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 and Physical Edu.	3		HPEM 356 Mgmt. of Health, Physical Education, Athletics, and Fitness Prog.	3	
PEMJ 248 Teaching Educational Gym.	1-2		American/European History	3	
Free Elective	3		Free Elective	2	
Total:	16-17		Total:	17	

FOURTH YEAR

Seventh Semester	HRS	✓	Eight Semester	HRS	✓
EXCS 231 Fitness Assessment and Exercise Prescription	3		PEMJ 381 Cooperative Exp. in Physical Education	4-8	
PEMJ 492 Selected Topics in Physical Education	3				
EXCS 240 Theories in Strength & Cond.	3				
EXCS 430 Exercise for Special Pop.	3				
Non-Western Cultures Perspective	3				
Total:	15		Total:	4-8	

Total: 120-129 credits