Degree: Bachelor of Science in Education  
Major: Physical Education  
Emphasis/Option: Coaching; Group Fitness, Dance and Rhythms; Strength and Conditioning  
Minor (if required):  

Core (40-41 hours)

HHP 195: Introduction to Physical Education ......................................... 2
BIOL 257: Anatomy and Physiology .................................................. 3 and BIOL 258: Anatomy and Physiology Laboratory ................................ 2
HHP 280: First Aid and CPR .............................................................. 2
HHP 262: Care and Prevention of Athletic Injuries ................................ 2
HHP 341: Elementary School Physical Education and Health ................. 3
HHP 345: Measurement and Evaluation I .......................................... 2
HHP 360: Theory and Fundamentals of Activities I ............................. 2
HHP 361: Theory and Fundamentals of Activities II ............................ 2
HHP 362: Theory and Fundamentals of Activities III ........................... 2
HHP 460: Kinesiology ...................................................................... 3
HHP 462: Adapted Physical Education .................................................. 2
HHP 464: Physiology of Exercise ....................................................... 3
HHP 466: Motor Development ........................................................... 3
HHP 468: Principles of Administration in Health and Physical Education .......................... 3
HHP 479: Techniques for Teaching Physical Education .......................... 3

Swimming (according to ability) select from (1-2 hours)

HHP 120: Swimming I ................................................................. 1
HHP 220: Lifeguarding .................................................................. 2

Areas of Emphases

Students must complete the core and either an emphasis or minor.

Coaching Emphasis

HHP 320: Rules and Officiating ....................................................... 2
HHP 340: Scientific Foundations of Coaching ..................................... 2
HHP 385: Practicum in Health and Human Performance ................. 2

HHP 385 must be taken as Coaching (by advisement)

Coaching Theory Courses

Select three courses from the following

HHP 321: Coaching Softball and Baseball ........................................... 2
HHP 322: Coaching Track and Field .................................................... 2
HHP 323: Coaching Football ............................................................ 2
HHP 324: Coaching Basketball ........................................................... 2
HHP 325: Coaching Volleyball ............................................................ 2
HHP 326: Coaching Swimming ........................................................... 2

Group Fitness, Dance and Rhythms Emphasis

HHP 151: Dance Appreciation ......................................................... 3
HHP 200: Lifetime Sports: (____) ................................................... 1-3
HHP 347: Elementary Games and Rhythms for K-6 ......................... 2
HHP 349: Group Fitness Instruction .................................................. 2
HHP 385: Practicum in Health and Human Performance .................. 2
HHP 440: Topics in Health, Human Performance and Recreation (____) ........................................................................................................... 1-3
HHP 151 Dance Appreciation will satisfy the general education Fine Arts and Aesthetic Studies area.

Strength and Conditioning Emphasis

HHP 101: Weight Training ............................................................ 1
HHP 200: Lifetime Sports: (____) ................................................... 1-3
HHP 385: Practicum in Health and Human Performance .................. 2
HHP 440: Topics in Health, Human Performance and Recreation (____) ........................................................................................................... 1-3
HHPR 760: Technology and Instrumentation in Human Performance ........................................................................................................... 3
HHPR 763: Scientific Principles of Strength and Conditioning .......... 3

HHP 200 must be taken as Advanced Weight Training. Two hours are required.

HHP 385 must be taken as Strength and Conditioning and Program Design (by advisement).

HHP 440 must be taken as Nutrition Workshops/Professional Development (by advisement). Only 1 hour needed.

Admission to Teacher Education and Professional Semester

Application for the professional semester must be made by February 15th for the fall semester; September 15th for the spring semester.

Professional Education

EDUC 261: Explorations in Education ............................................. 3
EDUC 307: Clinical Experience .......................................................... 1
EDUC 520: Methods and Materials for Academic Literacy ............. 3
PSYCH 263: Developmental Psychology ......................................... 3
PSYCH 357: Educational Psychology ............................................. 3
SPED 510: Overview of Special Education ...................................... 3

Must be admitted to Teacher Education to enroll in EDUC 520 and PSYCH 357.

Professional Semester

EDUC 458: Methods and Curriculum ............................................. 3
EDUC 462: Secondary and Middle Level Education ....................... 2
EDUC 464: Foundations of Measurement and Evaluation ............. 2
EDUC 475: Supervised Teaching in the Elementary School ............ 3
EDUC 482: Supervised Teaching in the Secondary School ............. 5

HHP 579: Supervised Student Teaching and Follow-Up of Teachers .......................................................... 2
GENERAL EDUCATION REQUIREMENTS (47-51 hrs.)

Basic Skills 12-13 hours
COMM 207 Speech Communication……………………………………3
ENGL 101 English Composition……………………………………3
ENGL 190 Honors English Composition………………………………3
OR ENGL 299 Introduction to Research Writing……………………3

Mathematics (Select one)
MATH 110 College Algebra with Review…………………………5
MATH 113 College Algebra…………………………………………4
MATH 126 Pre-Calculus………………………………………………4
MATH 133 Quantitative Reasoning……………………………………3
MATH 143 Elementary Statistics……………………………………3

Must have a “C” or better in each of these Basic Skill courses.

Sciences 8-9 hours
Natural Sciences (Select one)
BIOL 111/112 General Biology and Laboratory*……………………5
BIOL 113 Environmental Life Science………………………………4
BIOL 211 Principles of Biology I………………………………………4

Physical Sciences (Select one)
CHEM 105/106 Introductory Chemistry and Laboratory………………4
CHEM 107/108 Chemistry for Life Sciences and Laboratory …………4
PHYS 160/165 Physical Geology and Laboratory……………………4
PHYS 166/167 Meteorology and Laboratory…………………………4
PHYS 171/172 Physical Science and Laboratory……………………4
PHYS 175/176 Descriptive Astronomy and Laboratory………………4

Social Studies 3 hours
SOC 100 Introduction to Sociology……………………………………3
WGS 200 Introduction to Women’s Studies…………………………3

Political Studies (Select one) 3 hours
POLS 101 U.S. Politics………………………………………………….3
POLS 103 Comparative Political Institutions…………………………3

Producing and Consuming 5-6 hours
(Elect one from two of the following three categories)
ECON 191 Issues in Today’s Economy………………………………3
FCS 230 Consumer Ed. and Personal Finance……………………...3

Technology
EET 247 Computer Programming for Electronic Systems……………3
GT 190 Introduction to Technological Systems……………………2
GT 350 Technology and Civilization…………………………………3
EDTH 330 Technology for the Classroom…………………………3
TE 551 Integrated Technology for Educators………………………3
TM 350 Societal Influence of Technology……………………………3

Business
ACCTG 201 Financial Accounting……………………………………3
CIS 130 Computer Information Systems……………………………3
MGT 101 Introduction to Business……………………………………3
MGT 105 Introduction to Entrepreneurship…………………………3

Fine Arts and Aesthetics Studies (Select one) 2-3 hours
ART 155 Printmaking and Paper Arts………………………………….3
ART 178 Introduction to the Visual Arts……………………………..3
ART 188 The Designed World………………………………………..3
ART 217 Crafts I……………………………………………………….3
ART 222 Jewelry Design I……………………………………………3
ART 233 Drawing I……………………………………………………3
ART 244 Ceramics I……………………………………………………3
ART 266 Sculpture I……………………………………………………3

Cultural Studies (Select one) 3 hours
ANTH 101 Introduction to Cultural Anthropology…………………..3
MLL 114 Chinese Language and Culture I…………………………3
MLL 124 French Language and Culture I……………………………3
MLL 154 Spanish Language and Culture I……………………………3
MLL 184 Russian Language and Culture I……………………………3
MLL 194 Korean Language and Culture I……………………………3
GEOG 106 World Regional Geography…………………………….3
GEOG 300 Elements of Geography…………………………………3
GEOG 304 Human Geography………………………………………3
WGS 399 Global Women’s Issues……………………………………3

Health and Well Being 4-6 hours
Psychological Psychiatry (Select one)
PSYCH 155 General Psychology……………………………………3

Physical (Select one)
FCS 203 Nutrition and Health………………………………………..3
FCS 301 Nutrition……………………………………………………3
HHP 150 Lifetime Fitness Concepts…………………………………1
NURS 303 Introduction to Public Health……………………………..3

Human Heritage 6 hours
(Select one from two of the following three categories)
History
HIST 101 World History to 1500……………………………………..3
HIST 102 World History from 1500…………………………………...3
HIST 201 American History to 1865…………………………………3
HIST 202 American History from 1865……………………………..3

Literature
ENGL 113 General Literature………………………………………..3
ENGL 114 General Literature (Genre)………………………………..3
ENGL 116 General Literature (Theme)………………………………3
ENGL 120 Literature and Film………………………………………..3
ENGL 315 Mythology…………………………………………………3
ENGL 320 Literature and Film…………………………………………3

Philosophy
PHIL 103 Introduction to Philosophy……………………………….3
PHIL 105 Ethics……………………………………………………….3
PHIL 112 Biomedical Ethics…………………………………………3
PHIL 113 Business Ethics……………………………………………3
PHIL 114 Environmental Ethics………………………………………3
PHIL 207 Critical Thinking…………………………………………..3

ART 277 Painting I……………………………………………………3
ART 288 Introduction to Art History I………………………………3
ART 289 Introduction to Art History II……………………………..3
ART 311 Art Education………………………………………………3
ART 351 Printmaking, Papermaking, Bookarts and the Letterpress……………………………………3

COMM 430 Automotive: Art and Design……………………………..3
COMM 205 Performance Appreciation……………………………..3
COMM 208 Performance Appreciation……………………………..3
COMM 395 Theatre History…………………………………………3
ENGL 250 Introduction to Creative Writing…………………………3
HHP 151 Dance Appreciation…………………………………………3
MUSIC 120 Music Appreciation……………………………………….3
MUSIC 121 Introduction to Music Literature…………………………2

Physical Sciences (Select one)
MATH 113 College Algebra with Review……………………………5
MATH 110 College Algebra…………………………………………4
MATH 126 Pre-Calculus………………………………………………4
MATH 133 Quantitative Reasoning……………………………………3
MATH 143 Elementary Statistics……………………………………3

Must have a “C” or better in each of these Basic Skill courses.

Social Studies (Select one)
SOC 100 Introduction to Sociology……………………………………3
WGS 200 Introduction to Women’s Studies…………………………3

Political Studies (Select one)
POLS 101 U.S. Politics………………………………………………….3
POLS 103 Comparative Political Institutions…………………………3

Producing and Consuming (Select one from two of the following three categories)

ECON 191 Issues in Today’s Economy………………………………3
FCS 230 Consumer Ed. and Personal Finance………………………3

Technology
EET 247 Computer Programming for Electronic Systems……………3
GT 190 Introduction to Technological Systems……………………2
GT 350 Technology and Civilization…………………………………3
EDTH 330 Technology for the Classroom…………………………3
TE 551 Integrated Technology for Educators………………………3
TM 350 Societal Influence of Technology……………………………3

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ACCTG 201 Financial Accounting……………………………………3
CIS 130 Computer Information Systems……………………………3
MGT 101 Introduction to Business……………………………………3
MGT 105 Introduction to Entrepreneurship…………………………3

Fine Arts and Aesthetics Studies (Select one) 2-3 hours
ART 155 Printmaking and Paper Arts………………………………….3
ART 178 Introduction to the Visual Arts……………………………..3
ART 188 The Designed World………………………………………..3
ART 217 Crafts I……………………………………………………….3
ART 222 Jewelry Design I……………………………………………3
ART 233 Drawing I……………………………………………………3
ART 244 Ceramics I……………………………………………………3
ART 266 Sculpture I……………………………………………………3

Notes: *BIOL 111/112 General Biology and Laboratory required.

NOTE: The information contained herein is intended to be used for the planning of a student’s academic program and does not constitute a contract. While this guide was prepared with the latest information, courses, graduation requirements, and curricula are subject to change.

When a student attains 85 semester hours of credit (including current enrollment) the student must apply for a degree check in the Office of the Registrar (Degree Checking Section), Room 102 Russ Hall.

MINIMUM GENERAL REQUIREMENTS: The minimum requirements for graduation include 124 semester hours of which 60 hours must be from a four year university. In addition, 45 semester hours must be upper division and 30 hours must be at residence at PSU (including 24 of the last 30). Minimum GPA for non-education degree is 2.0 overall [2.0 in major], secondary education degree is 2.5 overall [2.75 in major], and early/late childhood/unified degree is 2.80 overall [3.0 in major]. A minimum GPA of 2.0 in any minor and in residence coursework is required. General Education and all degree requirements are provided in the online catalog. Refer to individual departments for specific requirements.