

B.S.ED. IN HEALTH AND PHYSICAL EDUCATION

Curriculum

Code	Title	Credits
GENERAL EDUCATION REQUIREMENTS (https://catalog.wcupa.edu/undergraduate/general-education-requirements/)		
Academic Foundations		
First Year Experience requirement		4
English Composition requirement		6-7
Mathematics		3-4
MAT 103 or higher		
Interdisciplinary requirement		3
EDF 300	Democracy and Education	
Diverse Communities requirement		3
Ethics requirement		3
Distributed Disciplinary Foundations		
Science requirement		6-8
NTD 303	Introductory Principles Human Nutrition	
Behavioral & Social Science requirement		6
Humanities requirement		6
LIT 165	Topics in Literature	
or CLS 165	Introduction to World Literature	
Arts requirement		3
ADDITIONAL BACCALAUREATE REQUIREMENTS (https://catalog.wcupa.edu/undergraduate/general-education-requirements/)		
University Requirements		
Writing Emphasis requirement		9
HPE 225	Behavior Management and Culturally Responsive Teaching in Health & Physical Education	
LIT 165	Topics in Literature	
or CLS 165	Introduction to World Literature	
Speaking Emphasis requirement		9
HPE 489	Student Teaching: Elementary	
HPE 490	Student Teaching: Secondary	
Degree Requirements		
Capstone requirement		1-15
MAJOR REQUIREMENTS		
Health and Physical Education Teacher Certification Requirements		
HPE-TC Foundational Courses		
HPE 108	Introduction to K-12 Health and Physical Education	3
HPE 186	Motor Development and Motor Learning	3
HPE 220	Assessment and Technology in Health and Physical Education	3
HPE 225	Behavior Management and Culturally Responsive Teaching in Health & Physical Education	3
Health and Physical Education Pedagogy ¹		
HPE 300	Elementary Physical Education Curriculum & Instruction + Field	4

HPE 304	Secondary Physical Education Curriculum & Instruction ²	3
HPE 315	Adapted Physical Education & Health for Students with Disabilities Curriculum & Instruction + Field	4
HPE 318	Health Education Curriculum & Instruction + Field ²	4
HPE 403	Health and Physical Education Practicum ²	6
Applied Science Content Knowledge		
EXS 241	Body Systems and Applied Anatomy I	3
EXS 361	Body Systems and Applied Anatomy II	3
Applied Health Content Knowledge and Instruction		
HEA 230	Health Issues of School-Aged Youth	3
HEA 304	Family Life and Sex Education	3
HEA 316	ATOD Prevention Education	3
NTD 303	Introductory Principles Human Nutrition	3
HPE 338	Strategies for K-12 Health Education	3
Applied Physical Education Content and Instructional Module		
HPE 330	Strategies for Elementary Physical Education	3
HPE 331	Strategies for Water Safety and Swim Instruction	2
or HPE 253	Adapted Aquatics, Lifetime Sport, and Fitness	
HPE 332	Strategies for K-12 Adventure Education & Outdoor Pursuits	2
HPE 334	Strategies for Secondary Education	3
HPE 335	Strategies for Inclusion in Health and Physical Education	3
HPE 340	Strategies for K-12 Fitness Education	3
Additional PDE Requirements		
EDF 300	Democracy and Education	3
EDP 250	Educational Psychology	3
HPE 254	Introduction to Disability Studies	3
LAN 382	Teaching English Language Learners PK-12	3
LIT 165	Topics in Literature	3
or CLS 165	Introduction to World Literature	
An additional MAT course		3
Capstone Requirement		
HPE 489	Student Teaching: Elementary ^{1,2,3}	6
HPE 490	Student Teaching: Secondary ^{1,2,3}	6
Additional Graduation Requirements		
Grade of C or better in all major-related courses, and a minimum 2.9 cumulative GPA.		
Total Minimum Credits Required		128

¹ Field experience. Clearances needed (Child Abuse, Police Check, FBI Fingerprinting, TB test)

² Teacher Candidacy needed

³ This course fulfills the Capstone requirement.

Sample Course Plan

To track their individual degree progress, students are advised to access their Degree Audit via RamPortal regularly. For more information,

visit the Degree Audit FAQ webpage (<https://www.wcupa.edu/academicEnterpriseSystems/ramportal/degree-audit-fqs.aspx>).

The following is a sample suggested course sequence for this program; course offerings and availability are not guaranteed. Students should consult their academic advisor with any questions.

Course	Title	Credits
Year One		
Fall		
HPE 108	Introduction to K-12 Health and Physical Education	3
HPE 186	Motor Development and Motor Learning	3
WRT 120	Effective Writing I	3
or WRT 123	or Effective Writing with Supplemental Writing Workshop	
FYE 100X	First Year Experience	4
Credits		13
Spring		
HPE 102	Adventure and Contemporary Activities	2
HPE 140	Aquatic Fundamentals/ Emergency Water Safety	2
HPE 254	Introduction to Disability Studies	3
MAT 103	Introduction to Mathematics (OR HIGHER)	3
WRT 2XX	200-Level WRT Course	3
Science Gen Ed		3
Credits		16
Year Two		
Fall		
HPE 104	Fitness and Wellness I	2
HPE 202	Invasion Games	2
EXS 241	Body Systems and Applied Anatomy I	3
LIT 165	Topics in Literature	3
MAT 104	Math for Everyday Life (OR HIGHER)	3
PSY 100	Introduction to Psychology	3
Credits		16
Spring		
HPE 105	Fitness and Wellness II	2
HPE 201	Developmental Gymnastics and Dance	2
HPE 205	Curriculum and Instruction: Inclusion in Health & Physical Education	3
HPE 206	Adapted PE & Health for Students with Disabilities	3
EXS 361	Body Systems and Applied Anatomy II	3
Behavioral & Social Science Gen Ed		3
Credits		16
Year Three		
Fall		
HPE 300	Elementary Physical Education Curriculum & Instruction + Field	4
HEA 304	Family Life and Sex Education	3
EDP 250	Educational Psychology	3
EDF 300	Democracy and Education	3
Arts Gen Ed		3
Science Gen Ed		3
Credits		19
Spring		
HPE 203	Net and Wall Games	2

HPE 304	Secondary Physical Education Curriculum & Instruction	3
HPE 305	Pedagogy and Critical Issues in Urban School Wellness Education	3
NTD 300	Nutrition Pedagogy	3
HEA 316	ATOD Prevention Education	3
Credits		14
Year Four		
Fall		
HPE 403	Health and Physical Education Practicum	6
LAN 382	Teaching English Language Learners PK-12	3
Ethics Gen Ed		3
Behavioral & Social Science Gen Ed		3
Humanities Gen Ed		3
Credits		18
Spring		
HPE 489	Student Teaching: Elementary	6
HPE 490	Student Teaching: Secondary	6
Credits		12
Total Credits		124