PHYSICAL EDUCATION (BS)

Health and Human Enrichment

The Bachelor of Science degree in Physical Education offers students two professional focus areas: Physical Education Teacher Certification or Physical Education/Health Education Teacher Certification. The core courses of the Physical Education major provide the biological, psychological, philosophical, historical, and social/behavioral science principles in the study of physical activity, exercise, and sport. Students complete the core coursework and select one or more of the options to complete their studies through advanced courses. Each option is organized to reflect the current scholarship and practices in the field and allows students to develop knowledge, skills, attitudes, and a philosophical understanding specific to their future role as a teaching practitioner in the field of Physical Education and/or Health Education.

Physical Education Professional Activity Courses

The 2000 level, 1.5 credit courses are letter graded and with the exception of Lifeguard Training (PE 2200) and Water Safety Instruction (PE 2280), are for the majors and minors in the Department of Health and Human Performance only.

Physical Activity Skills Courses

The Physical Activity Skills courses are one credit electives designed to provide students with the opportunity to learn and engage in a wide variety of physical activities, with the goal of promoting health and lifelong participation in physical activity. These 1000 level courses are graded Pass/No Pass.

Degree Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Major Requirements</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PE 2735</td>
<td>Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>PE 3570</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>PE 3720</td>
<td>Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>EX 3580</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>BI 2110</td>
<td>Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I</td>
<td>4</td>
</tr>
<tr>
<td>&amp; BI 2130</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>BI 2120</td>
<td>Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II</td>
<td>4</td>
</tr>
<tr>
<td>&amp; BI 2140</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td><strong>General Education</strong> (<a href="https://coursecatalog.plymouth.edu/general-education">https://coursecatalog.plymouth.edu/general-education</a>)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EN 1400</td>
<td>Composition</td>
<td>4</td>
</tr>
<tr>
<td>IS 1111</td>
<td>The First Year Seminar: Critical Thinking and the Nature of Inquiry</td>
<td>3</td>
</tr>
<tr>
<td>MA</td>
<td>Mathematics Foundations</td>
<td>3-4</td>
</tr>
<tr>
<td>CTDI</td>
<td>Creative Thought Direction</td>
<td>3-4</td>
</tr>
<tr>
<td>PPDI</td>
<td>Past and Present Direction</td>
<td>3-4</td>
</tr>
<tr>
<td>SSDI</td>
<td>Self and Society Direction</td>
<td>3-4</td>
</tr>
<tr>
<td>Directions (choose from CTDI, PPDI, SSDI)</td>
<td></td>
<td>4-8</td>
</tr>
<tr>
<td>GACO</td>
<td>Global Awareness Connection</td>
<td>3-4</td>
</tr>
<tr>
<td><strong>Option Requirements</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Complete one from the following required options:</td>
<td></td>
<td>64-75</td>
</tr>
<tr>
<td>Contract Option</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physical Education Teacher Certification</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical Education/Health Education Teacher Certification</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

| Total Credits | 120 |

1. Directions should total 16-17 credits because SIDI is waived for BS Physical Education, Contract Option; BS Physical Education, Physical Education and Health Education Teacher Certification Option; and BS Physical Education, Teacher Certification Option.

Contract Option of BS Physical Education

Upon approval of the Department of Health and Human Performance and the advisor, students may graduate with a BS in Physical Education (Contract Option). Students must have completed a minimum of 50 credits in order to select this Option.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HE 2500</td>
<td>First Aid and CPR/AED</td>
<td>1.5</td>
</tr>
<tr>
<td>HE 3220</td>
<td>Applied Nutrition for Healthy Living (TECO)</td>
<td>3</td>
</tr>
<tr>
<td>HE 3660</td>
<td>CPR and First Aid Instructor</td>
<td>1.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group A</th>
<th>Complete one course from the following:</th>
<th>1:3</th>
</tr>
</thead>
<tbody>
<tr>
<td>AP 2010</td>
<td>Foundations of Adventure Education</td>
<td></td>
</tr>
<tr>
<td>AT 2000</td>
<td>Introduction to Athletic Training</td>
<td></td>
</tr>
<tr>
<td>EX 2755</td>
<td>Introduction to Exercise Science</td>
<td></td>
</tr>
<tr>
<td>HE 2300</td>
<td>Principles of Health</td>
<td></td>
</tr>
<tr>
<td>HE 2310</td>
<td>Introduction to Allied Health Sciences</td>
<td></td>
</tr>
<tr>
<td>PE 2550</td>
<td>Foundations of Physical Education (TECO)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Professional Skills and Activity-based Courses</th>
<th>Complete 9.5 credits of 1000/2000 level Physical Education or Adventure Education courses, with minimally three courses (4.5 credits) from the following (not PEDI):</th>
<th>9.5</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance</td>
<td></td>
</tr>
<tr>
<td>PE 2428</td>
<td>Flexibility, Core, and Balance Training</td>
<td></td>
</tr>
<tr>
<td>PE 2525</td>
<td>Group Exercise Leadership</td>
<td></td>
</tr>
<tr>
<td>PE 2640</td>
<td>Burdenko Conditioning</td>
<td></td>
</tr>
<tr>
<td>PE 2740</td>
<td>Water Exercise Techniques</td>
<td></td>
</tr>
<tr>
<td>PE 2831</td>
<td>Resistance Training Techniques</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Upper-level Health and Human Performance Courses</th>
<th>Complete 15 credits of 3000/4000 level Adventure Education (not APDI) or Athletic Training (not ATDI) or Coaching (not CCDI) or Exercise and Sport Physiology (not EXDI) or Health Education (not HEDI) or Physical Education (not PED) courses</th>
<th>15</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>Quantitative Reasoning in the Discipline Connection</th>
<th>Complete one course from the following:</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>CH 2335</td>
<td>General Chemistry I (QRCO)</td>
<td></td>
</tr>
<tr>
<td>MA 2300</td>
<td>Statistics I (QRCO)</td>
<td></td>
</tr>
<tr>
<td>PE 3565</td>
<td>Measurement and Assessment in Physical Education (QRCO,WRCO)</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Writing in the Discipline Connection</th>
<th>Complete one course from the following:</th>
<th>3</th>
</tr>
</thead>
<tbody>
<tr>
<td>AP 3320</td>
<td>Adventure Education Philosophy and Theory (WRCCO)</td>
<td></td>
</tr>
<tr>
<td>AT 4200</td>
<td>Research and Statistics in Athletic Training (QRCO,WRCO)</td>
<td></td>
</tr>
</tbody>
</table>
Certification Option is based on the following criteria:

Admittance into the Physical Education and Health Education Teacher Certification Option of BS in Physical Education requires the theories and applications as learned in the core and double option courses. Settings, and the full semester teaching internship provide perspective to the theories and applications as learned in the core and double option.

Requirements for certification may change, subject to changes made by the New Hampshire Department of Education. Teacher candidates can find the most current New Hampshire Department of Education standards at education.nh.gov/index.htm (http://education.nh.gov).

Students who have a valid certification from professional organizations do not have to take First Aid and CPR/AED (HE 2500) and/or CPR and First Aid Instructor (HE 3660). Students must present evidence of current certification. Students must take another course(s) for 1.5 credits or more offered by the Department of Health and Human Performance to replace First Aid and CPR/AED (HE 2500) and/or CPR and First Aid Instructor (HE 3660).

### Physical Education and Health Education Teacher Certification (K-12) Option of BS in Physical Education

The Educator Preparation programs at Plymouth State University are approved by the New Hampshire Department of Education. The University is a member of the American Association of Colleges of Teacher Education (AACTE).

Graduates who complete the double Physical Education and Health Education Teacher Certification Option are prepared to teach both physical education and health education and become eligible for K-12 teacher certification in the state of New Hampshire. Because of New Hampshire’s membership in the Interstate Certification Contract, Plymouth graduates are eligible to earn a certificate or license in another Contract state upon application to that state’s department of education. Receiving states may have a difference in grade range and may impose additional requirements or limitations on New Hampshire graduates. Students who have a valid certification from professional organizations do not have to take First Aid and CPR/AED (HE 2500) and/or CPR and First Aid Instructor (HE 3660). Students must take another course(s) for 1.5 credits or more offered by the Department of Health and Human Performance to replace First Aid and CPR/AED (HE 2500) and/or CPR and First Aid Instructor (HE 3660).

Physical Education majors seeking teacher certification are required to become a Society of Health and Physical Educators (SHAPE) American Association of Health, Physical Education, and Recreation professional member by the time they enroll in Introduction to Physical Education and Health Education (PE 2415) and to maintain that membership through graduation.

Candidates in the Physical Education PE+HE Teacher Certification program need to be competent in the areas of Standard First Aid and Adult, Child, and Infant CPR/AED. Competency includes instructor certification. The requirement can be met by earning certification by completing a class at a college/university or through the American Red Cross, American Heart Association, National Safety Council or Emergency Care Safety Institute. This requirement must be met prior to the Internship in Teaching.

All teacher candidates who interact with students in public school settings through course-related field experiences, including Internship in Teaching, are subject to New Hampshire state legislation that requires a full disclosure criminal records check. This may include fingerprinting. The processing of the criminal records check is conducted at the site school before the clinical experience begins. The fee for this processing is the responsibility of the teacher candidate and is paid directly to the school district. Each new site will require a separate fingerprinting and background check. Inquiries should be directed to the Holmes Center for School Partnerships and Educator Preparation section.

Early clinical experiences within the university setting, practica in school settings, and the full semester teaching internship provide perspective to the theories and applications as learned in the core and double option.

Admittance into the Physical Education and Health Education Teacher Certification Option is based on the following criteria:

- minimum 42 credits earned
- minimum cumulative grade point average of 2.50
- minimum grade of C in each of the following courses:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance</td>
<td>2</td>
</tr>
<tr>
<td>PE 2415</td>
<td>Introduction to Physical Education and Health Instruction</td>
<td>3</td>
</tr>
</tbody>
</table>

- completion of 15 of the required 45 hours of community service
- passing PraxisTM Core Academic Skills for Educators
- up-to-date electronic folio
- meeting with the Coordinator of Teacher Education for Health Education, Physical Education, and Physical Education/Health Education.

All Physical Education majors seeking teacher certification are required to become a Society of Health and Physical Educators (SHAPE) American Association of Health, Physical Education, and Recreation professional member by the time they enroll in Introduction to Physical Education and Health Education (PE 2415) and to maintain that membership through graduation.

### Major Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance</td>
<td>2</td>
</tr>
<tr>
<td>PE 2406</td>
<td>Concepts of Fitness and Skill Performance Lab</td>
<td>1</td>
</tr>
<tr>
<td>PE 2415</td>
<td>Introduction to Physical Education and Health Instruction</td>
<td>3</td>
</tr>
<tr>
<td>PE 2424</td>
<td>Net and Wall Activities</td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2425</td>
<td>Lifetime/Leisure Activities</td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2440</td>
<td>Elementary Activities, Gymnastics and Rhythms</td>
<td>3</td>
</tr>
<tr>
<td>PE 2550</td>
<td>Foundations of Physical Education (TECO)</td>
<td>3</td>
</tr>
</tbody>
</table>

In order for teacher candidates to participate in clinical experiences in diverse settings that are essential for their development as teachers and required for accreditation, teacher candidates must be willing and able to travel outside of the Plymouth area beyond walking distances. All Internship in Teaching candidates should plan for and be able to secure their own transportation by the junior year.
Total Credits

 Elective (WECO) 3

Complete three courses from the following:

- PE 2860 Adventure Programming for Physical Educators (WECO) 3
- PE 2865 Health Education Elective 3
- PE 3020 Instructional Strategies I - Elementary 1 3
- PE 3050 Instructional Strategies I: Elementary Physical Education Teaching Lab 1
- PE 3315 Curriculum Design and Implementation 2
- PE 3565 Measurement and Assessment in Physical Education (QRCO,WRCO) 3
- PE 3600 Adapted Physical Education 3
- PE 4040 Instructional Strategies II - Secondary 2 3
- PE 4050 Instructional Strategies II: Secondary Physical Education Teaching Lab 1
- PE 4815 Teaching Seminar in Physical Education and Physical Education Health Education 1
- PEHE 4710 Internship in Teaching K-12: Elementary Component 6
- PEHE 4720 Internship in Teaching K-12: Secondary Component 6
- EX 3580 Physiology of Exercise 3
- HE 3105 Teaching Strategies, Methods, and Resources in Health Education 3
- IS 4360 Cultural Diversity and American Society (DICO,INCO) 3

Group A
Complete one course from the following: 1.5
- PE 2428 Flexibility, Core, and Balance Training
- PE 2640 Burdenko Conditioning
- PE 2831 Resistance Training Techniques

Health Education Elective
- HE 2900 or PE 2850 Disease, Safety, and Environment (WECO) 3
- HE 2900 Wellness Choices for a Healthy, Active Lifestyle (WECO) 3

Health Education Content Courses
Complete three courses from the following: 9
- HE 3200 Stress Management (WECO)
- HE 3220 Applied Nutrition for Healthy Living (TECO)
- HE 3700 Drug Behavior (WECO)
- HE 3710 Sex and Family Living Education
- HE 4100 Women's Health Issues (WECO)

General Education (https://coursecatalog.plymouth.edu/general-education)

Elective 0.5

Total Credits 73

1 Instructional Strategies I - Elementary (PE 3020) requires a minimum cumulative grade point average of 2.50.
2 Instructional Strategies II - Secondary (PE 4040) requires a minimum grade of C in Instructional Strategies I - Elementary (PE 3020) and Instructional Strategies I: Elementary Physical Education Teaching Lab (PE 3050), and a minimum cumulative grade point average of 2.60.

3 Internship in Teaching K-12: Elementary Component (PEHE 4710) and Internship in Teaching K-12: Secondary Component (PEHE 4720) require a minimum grade of C in Instructional Strategies II - Secondary (PE 4040) and Instructional Strategies I: Secondary Physical Education Teaching Lab (PE 4050), and a minimum cumulative grade point average of 2.70.

Teacher Certification (K-12) Option of BS Physical Education

The Educator Preparation programs at Plymouth State University are approved by the New Hampshire Department of Education. The University is a member of the American Association of Colleges of Teacher Education (AACTE).

Graduates who complete this Teacher Certification Option are eligible for K-12 teacher certification in the state of New Hampshire. Because of New Hampshire’s membership in the Interstate Certification Contract, Plymouth graduates are eligible to earn a certificate or license in another Contract state upon application to that state’s department of education. Receiving states may have a difference in grade range and may impose certain requirements that must be met within a reasonable period of time. For further information, please see the Holmes Center for School Partnerships and Educator Preparation section. Requirements for certification may change, subject to changes made by the New Hampshire Department of Education. Teacher candidates can find the most current New Hampshire Department of Education standards at education.nh.gov/index.htm (http://education.nh.gov).

Human needs and development, pedagogical principles, skill acquisition, the science of human movement and many other related topics are practiced and demonstrated. Early clinical experiences within the university setting, practica in school settings, and full semester teaching internship provide perspective to the theories and applications as learned in the core and option.

Admittance into the Teacher Certification Option is based on the following criteria:

- minimum 42 credits earned
- minimum cumulative grade point average of 2.50
- minimum grade of C in each of the following courses:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance</td>
<td>2</td>
</tr>
<tr>
<td>PE 2415</td>
<td>Introduction to Physical Education and Health Instruction</td>
<td>3</td>
</tr>
<tr>
<td>PE 2424</td>
<td>Net and Wall Activities</td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2425</td>
<td>Lifetime/Leisure Activities</td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2440</td>
<td>Elementary Activities, Gymnastics and Rhythms</td>
<td>3</td>
</tr>
<tr>
<td>PE 2550</td>
<td>Foundations of Physical Education (TECO)</td>
<td>3</td>
</tr>
<tr>
<td>PE 2860</td>
<td>Adventure Programming for Physical Educators (WECO)</td>
<td>3</td>
</tr>
<tr>
<td>PE 2950</td>
<td>Territorial and Striking/Field Activities</td>
<td>3</td>
</tr>
</tbody>
</table>

- completion of 15 of the required 45 hours of community service
- passing PraxisTM Core Academic Skills for Educators
- up-to-date electronic folio
Meeting with the Coordinator of Teacher Education for Health Education, Physical Education and Physical Education/Health Education.

All Physical Education majors seeking teacher certification are required to become a Society of Health and Physical Educators (SHAPE) American member by the time they enroll in Introduction to Physical Education and Health Instruction (PE 2415) and to maintain that membership through graduation.

All teacher candidates who interact with students in public school settings through course-related field experiences, including Internship in Teaching, are subject to New Hampshire state legislation that requires a full disclosure criminal records check. This may include fingerprinting. The processing of the criminal records check is conducted at the site school before the clinical experience begins. The fee for this processing is the responsibility of the teacher certification candidate and is paid directly to the school district. Each new site will require a separate fingerprinting and background check. Inquiries should be directed to the Holmes Center for School Partnerships and Educator Preparation.

In order for teacher candidates to participate in clinical experiences in diverse settings that are essential for their development as teachers and required for accreditation, teacher candidates must be willing and able to travel outside of the Plymouth area beyond walking distances. All Internship in Teaching candidates should plan for and be able to secure their own transportation by the junior year.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance</td>
<td>2</td>
</tr>
<tr>
<td>PE 2406</td>
<td>Concepts of Fitness and Skill Performance Lab</td>
<td>1</td>
</tr>
<tr>
<td>PE 2415</td>
<td>Introduction to Physical Education and Health Instruction</td>
<td>3</td>
</tr>
<tr>
<td>PE 2424</td>
<td>Net and Wall Activities</td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2425</td>
<td>Lifetime/Leisure Activities</td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2440</td>
<td>Elementary Activities, Gymnastics and Rhythms</td>
<td>3</td>
</tr>
<tr>
<td>PE 2550</td>
<td>Foundations of Physical Education (TECO)</td>
<td>3</td>
</tr>
<tr>
<td>PE 2860</td>
<td>Adventure Programming for Physical Educators (WECO)</td>
<td>3</td>
</tr>
<tr>
<td>PE 2950</td>
<td>Territorial and Striking/Field Activities</td>
<td>3</td>
</tr>
<tr>
<td>PE 3020</td>
<td>Instructional Strategies I - Elementary</td>
<td>3</td>
</tr>
<tr>
<td>PE 3050</td>
<td>Instructional Strategies I: Elementary Physical Education Teaching Lab</td>
<td>1</td>
</tr>
<tr>
<td>PE 3315</td>
<td>Curriculum Design and Implementation</td>
<td>2</td>
</tr>
<tr>
<td>PE 3565</td>
<td>Measurement and Assessment in Physical Education (QRCO,WRCO)</td>
<td>3</td>
</tr>
<tr>
<td>PE 3600</td>
<td>Adapted Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PE 4040</td>
<td>Instructional Strategies II - Secondary</td>
<td>3</td>
</tr>
<tr>
<td>PE 4050</td>
<td>Instructional Strategies II: Secondary Physical Education Teaching Lab</td>
<td>1</td>
</tr>
<tr>
<td>PE 4710</td>
<td>Physical Education Internship in Teaching K-12: Elementary Component</td>
<td>6</td>
</tr>
<tr>
<td>PE 4720</td>
<td>Physical Education Internship in Teaching K-12: Secondary Component</td>
<td>6</td>
</tr>
<tr>
<td>PE 4815</td>
<td>Teaching Seminar in Physical Education and Physical Education Health Education</td>
<td>1</td>
</tr>
<tr>
<td>IS 4360</td>
<td>Cultural Diversity and American Society (DICO,INCO)</td>
<td>3</td>
</tr>
</tbody>
</table>

**Group A**

Complete one course from the following: 1.5

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2428</td>
<td>Flexibility, Core, and Balance Training</td>
</tr>
<tr>
<td>PE 2640</td>
<td>Burdenko Conditioning</td>
</tr>
<tr>
<td>PE 2831</td>
<td>Resistance Training Techniques</td>
</tr>
</tbody>
</table>

**General Education**

Electives 14.5-15.5

| Total Credits | 69-70 |

1. Instructional Strategies I - Elementary (PE 3020) requires a minimum cumulative grade point average of 2.50.

2. Instructional Strategies II - Secondary (PE 4040) requires a minimum grade of C in Instructional Strategies I - Elementary (PE 3020) and Instructional Strategies I: Elementary Physical Education Teaching Lab (PE 3050), and a minimum cumulative grade point average of 2.60.

3. Physical Education Internship in Teaching K-12: Elementary Component (PE 4710) and Physical Education Internship in Teaching K-12: Secondary Component (PE 4720) require a minimum grade of C in Instructional Strategies II - Secondary (PE 4040) and Instructional Strategies II: Secondary Physical Education Teaching Lab (PE 4050), and a minimum cumulative grade point average of 2.70.

**Recommended Course Sequence Required Options in this Major**

Complete one option

**Contract Option of BS Physical Education**

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year One</td>
<td></td>
<td></td>
</tr>
<tr>
<td>EN 1400</td>
<td>Composition</td>
<td>4</td>
</tr>
<tr>
<td>IS 1111</td>
<td>The First Year Seminar: Critical Thinking and the Nature of Inquiry</td>
<td>3</td>
</tr>
<tr>
<td>MA (<a href="https://coursecatalog.plymouth.edu/general-education/#MATH">https://coursecatalog.plymouth.edu/general-education/#MATH</a>)</td>
<td>3-4</td>
<td></td>
</tr>
</tbody>
</table>

Complete one Group A Course from the following: 1 1.3

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>AP 2010</td>
<td>Foundations of Adventure Education</td>
</tr>
<tr>
<td>AT 2000</td>
<td>Introduction to Athletic Training</td>
</tr>
<tr>
<td>EX 2755</td>
<td>Introduction to Exercise Science</td>
</tr>
<tr>
<td>HE 2300</td>
<td>Principles of Health</td>
</tr>
<tr>
<td>HE 2310</td>
<td>Introduction to Allied Health Sciences</td>
</tr>
<tr>
<td>PE 2550</td>
<td>Foundations of Physical Education (TECO)</td>
</tr>
</tbody>
</table>

Complete 4.5 credits of Professional Skills and Activity-based Courses from the following: 1 4.5

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance</td>
</tr>
<tr>
<td>PE 2428</td>
<td>Flexibility, Core, and Balance Training</td>
</tr>
<tr>
<td>PE 2525</td>
<td>Group Exercise Leadership</td>
</tr>
<tr>
<td>PE 2640</td>
<td>Burdenko Conditioning</td>
</tr>
<tr>
<td>PE 2740</td>
<td>Water Exercise Techniques</td>
</tr>
</tbody>
</table>
Physical Education (BS) 5

PE 2831  Resistance Training Techniques
CTDI (https://coursescatalog.plymouth.edu/general-education/#CTDI)  Creative Thought Direction 3-4

PPDI (https://coursescatalog.plymouth.edu/general-education/#PPDI)  Past and Present Direction 3-4
Elective 3.5-8.5 Credits 25-35

Year Two

Complete five credits of Professional Skills and Activity-based Courses from the following:

PE 2405  Concepts of Fitness and Skill Performance
PE 2428  Flexibility, Core, and Balance Training
PE 2525  Group Exercise Leadership
PE 2640  Burdenko Conditioning
PE 2740  Water Exercise Techniques
PE 2735  Motor Development
BI 2110 & BI 2130  Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I
BI 2120 & BI 2140  Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II
HE 2500  First Aid and CPR/AED 1 1.5
HE 3660  CPR and First Aid Instructor 1 1.5
SSDI (https://coursescatalog.plymouth.edu/general-education/#SSDI)  Self and Society Direction 3-4
DICO (https://coursescatalog.plymouth.edu/general-education/#DICO)  Diversity Connection 1 3-4
GACO (https://coursescatalog.plymouth.edu/general-education/#GACO)  Global Awareness Connection 3-4
Elective 0-2 Credits 28-33

Year Three

PE 3570  Kinesiology 3
PE 3720  Motor Learning 3
EX 3580  Physiology of Exercise 3
HE 3220  Applied Nutrition for Healthy Living (TECO) 1 3
Directions (choose from CTDI, PPDI, SSDI) (https://coursescatalog.plymouth.edu/general-education) 2 4-8
Complete one Quantitative Reasoning in the Discipline Connection Course from the following: 1
CH 2335  General Chemistry I (QRCO)
MA 2300  Statistics I (QRCO)
PE 3555  Measurement and Assessment in Physical Education (QRCO,WRCO) 1
WECO (https://coursescatalog.plymouth.edu/general-education/#WECO)  Wellness Connection 3-4

Electives 4-7 Credits 28-31

Year Four

Complete 15 credits of 3000/4000 level Adventure Education (not APDI) or Athletic Training (not ATDI) or Coaching (not CCDI) or Exercise and Sport Physiology (not EXDI) or Health Education (not HEDI) or Physical Education (not PEDI) courses 1
INCO (https://coursescatalog.plymouth.edu/general-education/#INCO)  Integration Connection 3-4
Complete one Writing in the Discipline Connection Course from the following: 1
AP 3320  Adventure Education Philosophy and Theory (WRCO)
AP 4200  Teaching Assistantship in Adventure Education
EX 4840  Research Methods in Exercise Science (WRCO)
HE 3240  Health Promotion Planning and Evaluation (WRCO)
PE 3565  Measurement and Assessment in Physical Education (QRCO,WRCO)
Electives 7-9 Credits 28-31

Total Credits 120

1 Required for the Option
2 Directions should total 16-17 credits because SIDI is waived for BS Physical Education, Contract Option.

Physical Education and Health Education Teacher Certification (K-12) Option of BS Physical Education

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year One</td>
<td>Composition</td>
<td>EN 1400</td>
</tr>
<tr>
<td>IS 1111</td>
<td>The First Year Seminar: Critical Thinking and the Nature of Inquiry</td>
<td>3</td>
</tr>
<tr>
<td>MA (<a href="https://coursescatalog.plymouth.edu/general-education/#MATH">https://coursescatalog.plymouth.edu/general-education/#MATH</a>)</td>
<td>Mathematics Foundations</td>
<td>3-4</td>
</tr>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance 1</td>
<td>2</td>
</tr>
<tr>
<td>PE 2406</td>
<td>Concepts of Fitness and Skill Performance Lab 1</td>
<td>1</td>
</tr>
<tr>
<td>PE 2415</td>
<td>Introduction to Physical Education and Health Instruction 1</td>
<td>3</td>
</tr>
</tbody>
</table>
Physical Education (BS)

Year One

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EN 1400</td>
<td>Composition</td>
<td>4</td>
</tr>
<tr>
<td>IS 1111</td>
<td>The First Year Seminar: Critical Thinking and the Nature of Inquiry</td>
<td>3</td>
</tr>
<tr>
<td>MA (<a href="https://courselog.plymouth.edu/general-education/#MATH">https://courselog.plymouth.edu/general-education/#MATH</a>)</td>
<td>Mathematics Foundations</td>
<td>3-4</td>
</tr>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance</td>
<td>2</td>
</tr>
<tr>
<td>PE 2406</td>
<td>Concepts of Fitness and Skill Performance Lab</td>
<td>1</td>
</tr>
<tr>
<td>PE 2415</td>
<td>Introduction to Physical Education and Health Instruction</td>
<td>3</td>
</tr>
<tr>
<td>PE 2424</td>
<td>Net and Wall Activities</td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2425</td>
<td>Lifetime/Leisure Activities</td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2440</td>
<td>Elementary Activities, Gymnastics and Rhythms</td>
<td>3</td>
</tr>
<tr>
<td>PE 2550</td>
<td>Foundations of Physical Education (TECO)</td>
<td>3</td>
</tr>
<tr>
<td>PE 2735</td>
<td>Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>Complete one Group A Course from the following:</td>
<td></td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2428</td>
<td>Flexibility, Core, and Balance Training</td>
<td></td>
</tr>
<tr>
<td>PE 2640</td>
<td>Burdenko Conditioning</td>
<td></td>
</tr>
<tr>
<td>PE 2831</td>
<td>Resistance Training Techniques</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td></td>
<td>0.5</td>
</tr>
<tr>
<td><strong>Year Two</strong></td>
<td></td>
<td>30-31</td>
</tr>
<tr>
<td>Complete one Group A Course from the following:</td>
<td></td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance</td>
<td></td>
</tr>
<tr>
<td>PE 2425</td>
<td>Lifetime/Leisure Activities</td>
<td></td>
</tr>
<tr>
<td>PE 2550</td>
<td>Foundations of Physical Education (TECO)</td>
<td></td>
</tr>
<tr>
<td>PE 2735</td>
<td>Motor Development</td>
<td></td>
</tr>
<tr>
<td>Complete one Group A Course from the following:</td>
<td></td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2428</td>
<td>Flexibility, Core, and Balance Training</td>
<td></td>
</tr>
<tr>
<td>PE 2640</td>
<td>Burdenko Conditioning</td>
<td></td>
</tr>
<tr>
<td>PE 2831</td>
<td>Resistance Training Techniques</td>
<td></td>
</tr>
<tr>
<td>Elective</td>
<td></td>
<td>0.5</td>
</tr>
<tr>
<td><strong>Year Three</strong></td>
<td></td>
<td>30-33</td>
</tr>
<tr>
<td>Complete one Group A Course from the following:</td>
<td></td>
<td>1.5</td>
</tr>
<tr>
<td>PE 2405</td>
<td>Concepts of Fitness and Skill Performance</td>
<td></td>
</tr>
<tr>
<td>PE 2425</td>
<td>Lifetime/Leisure Activities</td>
<td></td>
</tr>
<tr>
<td>PE 2550</td>
<td>Foundations of Physical Education (TECO)</td>
<td></td>
</tr>
<tr>
<td>PE 2900 or PE 2850</td>
<td>Disease, Safety, and Environment (WECO) or Wellness Choices for a Healthy, Active Lifestyle (WECO)</td>
<td></td>
</tr>
<tr>
<td>HE 3105</td>
<td>Teaching Strategies, Methods, and Resources in Health Education</td>
<td></td>
</tr>
<tr>
<td><strong>Year Four</strong></td>
<td></td>
<td>32</td>
</tr>
<tr>
<td>Complete two Group A Courses from the following:</td>
<td></td>
<td>6</td>
</tr>
<tr>
<td>PE 4040</td>
<td>Instructional Strategies II - Secondary</td>
<td></td>
</tr>
<tr>
<td>PE 4050</td>
<td>Instructional Strategies II: Secondary Physical Education Teaching Lab</td>
<td></td>
</tr>
<tr>
<td>PE 4815</td>
<td>Teaching Seminar in Physical Education and Physical Education Health Education</td>
<td></td>
</tr>
<tr>
<td>PEHE 4710</td>
<td>Internship in Teaching K-12: Elementary Component</td>
<td></td>
</tr>
<tr>
<td>PEHE 4720</td>
<td>Internship in Teaching K-12: Secondary Component</td>
<td></td>
</tr>
<tr>
<td>Complete one Group A Course from the following:</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>GACO (<a href="https://courselog.plymouth.edu/general-education/#GACO">https://courselog.plymouth.edu/general-education/#GACO</a>)</td>
<td>Global Awareness Connection</td>
<td></td>
</tr>
<tr>
<td><strong>Total Credits</strong></td>
<td></td>
<td>120</td>
</tr>
</tbody>
</table>

1. Required for the Option
2. Directions should total 16-17 credits because SIDI is waived for BS Physical Education, Physical Education and Health Education Teacher Certification Option.

Teacher Certification (K-12) Option of BS Physical Education

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.
### Year Two

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2440</td>
<td>Elementary Activities, Gymnastics and Rhythms</td>
<td>3</td>
</tr>
<tr>
<td>PE 2860</td>
<td>Adventure Programming for Physical Educators (WECO)</td>
<td>3</td>
</tr>
<tr>
<td>PE 3020</td>
<td>Instructional Strategies I - Elementary</td>
<td>3</td>
</tr>
<tr>
<td>PE 3050</td>
<td>Instructional Strategies I: Elementary Physical Education Teaching Lab</td>
<td>1</td>
</tr>
<tr>
<td>PE 3570</td>
<td>Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>BI 2110 &amp; BI 2130</td>
<td>Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I</td>
<td>4</td>
</tr>
<tr>
<td>BI 2120 &amp; BI 2140</td>
<td>Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II</td>
<td>4</td>
</tr>
<tr>
<td>PPDI (<a href="https://coursecatalog.plymouth.edu/general-education/#PPDI">https://coursecatalog.plymouth.edu/general-education/#PPDI</a>)</td>
<td></td>
<td>3-4</td>
</tr>
<tr>
<td>SSDI (<a href="https://coursecatalog.plymouth.edu/general-education/#SSDI">https://coursecatalog.plymouth.edu/general-education/#SSDI</a>)</td>
<td></td>
<td>3-4</td>
</tr>
</tbody>
</table>

**Elective** 1-3

**Credits** 29.5-31.5

### Year Three

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 2950</td>
<td>Territorial and Striking/Field Activities</td>
<td>3</td>
</tr>
<tr>
<td>PE 3315</td>
<td>Curriculum Design and Implementation</td>
<td>2</td>
</tr>
<tr>
<td>PE 3600</td>
<td>Adapted Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PE 3720</td>
<td>Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>EX 3580</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>IS 4360</td>
<td>Cultural Diversity and American Society (DICO,INCO)</td>
<td>3</td>
</tr>
</tbody>
</table>

**Directions (choose from CTDI, PPDI, SSDI) (https://coursecatalog.plymouth.edu/general-education) 2** 4-8

**Electives** 7.5-9.5

**Credits** 28.5-34.5

### Year Four

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 3565</td>
<td>Measurement and Assessment in Physical Education (QRCO,WRCO)</td>
<td>3</td>
</tr>
<tr>
<td>PE 4040</td>
<td>Instructional Strategies II - Secondary</td>
<td>3</td>
</tr>
<tr>
<td>PE 4050</td>
<td>Instructional Strategies II: Secondary Physical Education Teaching Lab</td>
<td>1</td>
</tr>
<tr>
<td>PE 4710</td>
<td>Physical Education Internship in Teaching K-12: Elementary Component</td>
<td>6</td>
</tr>
</tbody>
</table>

**Physical Education Internship in Teaching K-12: Secondary Component** 6

**Of the Option Directions should total 16-17 credits because SIDI is waived for BS Physical Education, Teacher Certification Option.**

1. **Required for the Option**
2. **Directions should total 16-17 credits because SIDI is waived for BS Physical Education, Teacher Certification Option.**

**Total Credits** 120