

# Middle Level, Secondary & K12 Ed

## BS Health & Physical Education – Coaching

This degree map is based on the current Academic Catalog and is subject to change. Please note that the degree map is designed to give you a sense of roughly how courses might be distributed over a 4-year degree. Your exact schedule will differ depending on a range of factors though we recommend taking a minimum of 15 credits each fall and spring semester. Regular consultation with your academic advisor is the best way to make sure that you are taking the courses you need in the right order to ensure efficient progress through your degree program.

### Sample 4-Year Plan

First Year			
Fall Courses	Credits	Spring Courses	Credits
FYS100 First Year Seminar (Foundations)	3	HLPE214 Teaching Lifetime Activities	3
WRIT103 Composition (Writing)	3	HLPE234 Teaching Aquatics & Personal Safety	3
Gen Ed (Interconnections)	3	Gen Ed (Literature)	3
Gen Ed (Creativity & Expression)	3	Gen Ed (Citizenship & Responsibility)	3
HLPE115 Teaching Invasion Sports 1	3	Gen Ed (History)	3
Semester Total	15	Semester Total	15

Second Year			
Fall Courses	Credits	Spring Courses	Credits
HLPE130 Teaching Net Sports	3	HLPE140 Wellness for Life	3
HLPE260 Coaching Methods and Applications	3	Gen Ed (Natural World)	3
HLPE145 Global Sport and Culture (Global Persp.)	3	HLPE125 Teaching Invasion Sports 2	3
HLTH122 Essen Anatomy & Physiology (Natural World)	3	Gen Ed (Oral Communication)	3
Gen Ed (Quantitative)	3	Elective	3
Semester Total	15	Semester Total	15

Third Year			
Fall Courses	Credits	Spring Courses	Credits
MGMT330 Psychology of Coaching	3	HLPE262 Principles of Coaching	3
Elective	3	Gen Ed (Diversity)	3
Gen Ed (Citizenship & Responsibility)	3	HLTH245 Essentials of Movement	3
NUTRI, HLTH, EXER, HLSC (Guided Elective)	3	Guided Elective	3
Guided Elective	3	Elective	3
Semester Total	15	Semester Total	15

Fourth Year			
Fall Courses	Credits	Spring Courses	Credits
HLPE302 Motor Learning	3	HLPE450 Physical Education Professional Field Exp	12
Guided Elective	3	Elective	3
Guided Elective	3		
Gen Ed (Natural World or Technologies)	3		
Elective	3		
Semester Total	15	Semester Total	15

### Winter/Summer College - Optional

While not required, Winter and Summer sessions are offered each year and may help you stay on track or get ahead. You may take up to seven (7) credits during Winter College and up to 14 credits during Summer College.

# BS Health & Phys Ed - Coaching

## Curriculum Checklist

### Required Courses (36 credits)

- \_\_\_ HLPE115 Teaching Invasion Sports 1
- \_\_\_ HLPE125 Teaching Invasion Sports 2
- \_\_\_ HLPE130 Teaching Net Sports
- \_\_\_ HLPE140 Wellness for Life
- \_\_\_ HLPE145 Global Sports & Culture, Nationalism, Id, Pol.
- \_\_\_ HLPE260 Methods & Applications of Coaching or
- \_\_\_ HLPE262 Principles of Coaching
- \_\_\_ HLPE214 Teaching Lifetime Activities
- \_\_\_ HLPE234 Teaching Aquatics & Personal Safety
- \_\_\_ HLPE302 Motor Learning\*
- \_\_\_ HLTH245 Essentials of Human Movement
- \_\_\_ MGMT330 Psychology of Coaching\*
- \_\_\_ HLPE450 Physical Education Prof. Field Experience\*

### Guided Elective Courses (12 credits)

- \_\_\_ HLPE255 Teaching Fitness in K-12 Schools
- \_\_\_ HLPE210 Teaching Rhythmic Activities and Dance
- \_\_\_ HLPE213 Teaching Elementary Physical Education
- \_\_\_ HLPE252 Phys. Act, Movmnt/Sprt for Indiv. w/ Disabilit.
- \_\_\_ MGMT332 Management and Leadership of Sport\*
- \_\_\_ MGMT334 Sport Law and Ethics\*
- \_\_\_ MGMT337 Governance in Sport\*
- \_\_\_ MGMT430 Sport Facility Management and Operations\*

### Electives (3 credits)

- \_\_\_ NUTRI, EXER, HLSC, HLTH

\*Denotes advanced coursework

Students must take a minimum of 42 credits of advanced coursework. Advanced coursework can be met in major courses, minor courses, free elective courses, and general education courses. Courses that meet this requirement are designated in Banner.

## General Education Requirements

### (45 credits)

*Note: Some requirements may be fulfilled by coursework in your major program including directed Gen Ed courses noted below*

- Foundations (15 credits)
  - FYS100 First Year Seminar
  - Quantitative
  - WRIT103 Composition (Writing)
  - History
  - Oral Communication
- Interconnections (9 credits)
  - Diversity
  - Global Perspectives
- Citizenship & Responsibility  
(6 credits from at least two goals)
  - Citizenship
  - Ethical Reasoning
  - Critical Reasoning
- Natural World & Technologies (9 credits)
  - Technology
  - Natural World
  - Natural World
- Creativity & Expression (6 credits)
  - Literature
  - Arts
  - Creativity

## Degree Requirements

All students must obtain a minimum of 120 credits, complete all General Education requirements, and all requirements for the selected major. Meet with your advisor and consult Degree Works to monitor your progress and for all graduation requirements.

*A minimum GPA of 2.0 in the major and overall are required.*