

# Health & Physical Education

## BSED Health & Physical Education

This degree map is based on the 2026-27 Academic Catalog and is subject to change. Students should meet with their academic advisor each semester and use Degree Works to monitor their individual progress toward degree completion. The time it takes to earn a degree will vary based on several factors including summer/winter enrollment, dual enrollment and number of courses successfully completed each semester. We recommend taking a minimum of 15 credits each fall and spring semester.

### Sample 4-Year Plan

#### First Year

Fall Courses	Credits		Credits
FYS100 First Year Seminar (Foundations)	3	HLPE140 Wellness for Life	3
HLPE102 Foundations of Health & Physical Education	3	HLPE201 Teaching Lifetime Activities	3
HLPE115 Teaching Invasion Sports 1	3	CHOOSE ONE NOW AND TAKE THE OTHER LATER: Gen Ed (Oral Comm.) or HLPE Coaching Course	3
WRIT103 Composition (Writing)	3	Gen Ed (Literature)	3
Gen Ed (Creativity or Arts)	3	Gen Ed (Quantitative)	3
Semester Total	15	Semester Total	15

#### Second Year

Fall Courses	Credits	Spring Courses	Credits
HLTH122 Essentials of A&P (Natural World)	3	HLPE213 Teaching Elementary Physical Education	3
SPEC110 Intro Individ. w/ Excep (Citizenship)	3	Elective (course with prefixes: EXER, ECED, EDUC, HLSC, COMP, NUTR, SPRT, PSYC) or minor/certificate course)	3
HLPE130 Teaching Net Sports	3	HLED214 Planning & Assessing in PK-6 School Health	3
Elective (course with prefixes: EXER, ECED, EDUC, HLSC, COMP, NUTR, SPRT, PSYC) or minor/certificate course)	3	SPEC220 Data-Driven Interventions for Individ. w/ Exceptionalities	3
MATH103 or MATH113/113A - (Critical Reasoning)	3	Gen Ed (Global Perspectives)	3
		HIST111 or HIST112 (History)	3
Semester Total	15	Semester Total	18

#### Third Year

Fall Courses	Credits	Spring Courses	Credits
HLED314 Planning & Assessment in 7-12 School Health	3	HLPE125 Teaching Invasion Sports 2	3
HLPE302 Motor Learning	3	Natura World or Natural World Technology	3
EXER245 Essentials of Human Movement	3	ELL320 Cultural Awareness and Sensitivity (Diversity)	3
Elective (any course)	3	Gen Ed (Natural World)	3
CHOOSE ONE BUT BOTH ARE REQUIRED: Gen Ed (Oral Comm.) or HLPE Coaching Course	3	HLED341 Teaching PK-12 Sexuality Education	3
Gen Ed (Interconnections)	3		
Semester Total	18	Semester Total	15

#### Fourth Year

Fall Courses	Credits	Spring Courses	Credits
HLPE310 Techniques & Strategies of Teaching Physical Education	3	HLPE493 Student Teaching I	6
HLED311 Teaching Health	3	HLPE494 Student Teaching II	6
HLPE312 Adapted Physical Education	3		
HLPE313 Assessment & Evaluation in Health & Physical Education	3		
	3		



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## Curriculum Checklist

### Required Courses 48 credits)

- \_\_\_ HLPE102 Foundations of Health & Physical Education
- \_\_\_ HLPE115 Teaching Invasion Sports 1
- \_\_\_ HLPE125 Teaching Invasion Sports 2
- \_\_\_ HLPE130 Teaching Net Sports
- \_\_\_ HLPE140 Wellness for Life
- \_\_\_ HLPE201 Teaching Lifetime Activities
- \_\_\_ HLPE213 Teaching Elementary Physical Education
- \_\_\_ EXER245 Essentials of Human Movement
- \_\_\_ HLPE260 Methods & Applications of Coaching or  
HLPE262 Principles of Coaching
- \_\_\_ HLPE302 Motor Learning
- \_\_\_ HLPE310 Tech. & Strategies of Teaching Physical Education
- \_\_\_ HLPE312 Adapted Physical Education
- \_\_\_ HLPE313 Assessment & Eval. In Health & Physical Ed.
- \_\_\_ HLPE493 Student Teaching 1
- \_\_\_ HLPE494 Student Teaching 2
- \_\_\_ SPEC220 Data Driven Interventions for Indiv with Exceptionalities

### Required Courses for Health Education Dual Certification (12 credits)

- \_\_\_ HLED214 Planning & Assessment in PK-6 School Health
- \_\_\_ HLED314 Planning & Assessment in 7-12 School Health
- \_\_\_ HLED341 Teaching PK-12 Sexuality Education
- \_\_\_ HLED311 Teaching Health

### Electives (9 credits)

- \_\_\_ Elective (course with prefixes: EXER, ECED, EDUC, HLSC, COMP, NUTR, SPRT, PSYC) or minor/certificate course)
- \_\_\_ Elective (course with prefixes: EXER, ECED, EDUC, HLSC, COMP, NUTR, SPRT, PSYC) or minor/certificate course)
- \_\_\_ Elective

### 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.

# Health & Physical Ed

## 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)
  - HIST111 or HIST112 (History)
  - Oral Communication
- Interconnections (9 credits)
  - Diversity or Global Perspectives
  - ELL320 Cultural Awareness and Sensitivity (Diversity)
  - Global Perspectives
- Citizenship & Responsibility  
(6 credits from at least two goals)
  - SPEC110 Intro to Individuals with Exceptionalities (Citizenship)
  - MATH103 or 113/113A Critical Reasoning in Mathematics (Critical Reasoning)
- Natural World & Technologies (9 credits)
  - Natural World or Technology
  - HLTH122 Essentials of Anatomy & Physiology (Natural World)
  - Natural World
- Creativity & Expression (6 credits)
  - Literature
  - Arts or 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. There is a PDE GPA minimum requirement for certification (not graduation).

*A minimum GPA of 2.0 in the major and overall are required. A 3.0 GPA is required for teacher certification.*

## Campus Locations

Lock Haven     Online;  In-person;  Blended