

Health & Physical Education

BSED Health & Physical Education

This degree map is based on the 2024-25 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	HLED214 Planning & Assessing in PK-6 School Health	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
HLED330 School Health Programs	3	HIST111 or HIST112 (History)	3
HLPE130 Teaching Net Sports	3	Gen Ed (Global Perspectives)	3
HLPE210 Teaching Rhythmic Activities and Dance	3	HLTH245 Essentials of Human Movement	3
MATH103 or MATH113/113A - (Critical Reasoning)	3	SPEC110 Intro Indiv. w/ Excep (Citizenship)	3
Semester Total	15	Semester Total	15

Third Year			
Fall Courses	Credits	Spring Courses	Credits
SPEC220 Data-Driven Interventions for Indiv. w/ Exceptionalities	3	HLPE125 Teaching Invasion Sports 2	3
HLPE234 Teaching Aquatics & Personal Safety	3	EDTC200 Technology for Teaching & Learning (Technology)	3
Gen Ed (Interconnections)	3	HLPE140 Wellness for Life	3
ELL320 Cultural Awareness and Sensitivity (Diversity)	3	Gen Ed (Natural World)	3
HLED314 Planning & Assessment in 7-12 School Health	3	HLED341 Teaching PK-12 Sexuality Education	3
CHOOSE ONE BUT BOTH ARE REQUIRED: Gen Ed (Oral Comm.) or HLPE Coaching Course	3		
Semester Total	18	Semester Total	15

Fourth Year			
Fall Courses	Credits	Spring Courses	Credits
HLPE302 Motor Learning	3	HLPE493 Student Teaching I	6
HLPE310 Techniques & Strategies of Teaching Physical Education	3	HLPE494 Student Teaching II	6
HLED311 Teaching Health	3		
HLPE312 Adapted Physical Education	3		
HLPE314 Assessment & Evaluation in Health & Physical Education	3		
Semester Total	15	Semester Total	12

Curriculum Checklist

Required Courses (54 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
- ___ HLPE210 Teaching Rhythmic Activities & Dance
- ___ HLPE213 Teaching Elementary Physical Education
- ___ HLPE234 Teaching Aquatics & Personal Safety
- ___ HLPE260 Methods & Applications of Coaching **or**
 HLPE262 Principles of Coaching
- ___ HLPE302 Motor Learning*
- ___ HLTH245 Essentials of Human Movement
- ___ HLPE310 Tech. & Strategies of Teaching Physical Education*
- ___ HLPE312 Adapted Physical Education*
- ___ HLPE314 Assessment & Eval. In Health & Physical Ed.*
- ___ HLPE493 Elementary Student Teaching*
- ___ HLPE494 Secondary Student Teaching*
- ___ SPEC220 Data Driven Interventions for Indiv with Exceptionalities

Required Courses for Health Education Dual Certification (15 credits)

- ___ HLED214 Planning & Assessment in PK-6 School Health
- ___ HLED314 Planning & Assessment in 7-12 School Health*
- ___ HLED330 School Health Programs*
- ___ HLED341 Teaching PK-12 Sexuality Education*
- ___ HLED311 Teaching Health*

*Denotes advanced coursework

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.



COMMONWEALTH UNIVERSITY

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)
 - EDTC200 Technology for Teaching & Learning (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