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| **2024-2025** | **Bachelor of Arts (B.A.) Degree – Physical Education & Health Major with K-12 Physical Education Teaching Endorsement, Coaching Endorsement**  **Name:** **ID:** | | | | | | | |
| Courses are listed in suggested order and can be subject to availability.  Courses in **BOLD** are required by this major  Courses in *ITALIC* are strongly recommended  **+** denotes courses offered only every other year.  ALSO REQUIRED FOR GRADUATION:  •120 credit hours  •39 Upper division credits  •2.00 GPA  •Completion of all requirements  **Learning Outcome**  **KEY:**  **GE#X**=General Education  **LL**=Life & Leadership  **SS**=Strategic Skills  Updated 4/24/24pm |
| **First Year Fall 1** | **Learning Outcome** | **Sem Hours** | **Date Met** | **First Year Spring 2** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **PHED1500 Intro to Kinesiology** |  | **3** |  | **EDUC1300 Intro to Education EDUC2420 Entry Workshop** |  | **3**  **0** |  |
| Arts § | GE3A | **3** |  | **PHED2120 Motor Learning** |  | **3** |  |
| MATH1310 Mathematical Concept |  | 3 |  | **PHED2390 Teaching Team/Indiv Sport** |  | **3** |  |
| ENGL1100 Composition I **or**  HONR1010 Honors 101 | GE1A | 3 |  | COMM1100 Found of Pub. Speaking **or** HONR2010 Honors 201 | GE1B | 3 |  |
| UNIV1200 Health & Wholeness | SS | 3 |  | UNIV1100 Digital Fluency & Citizenship | SS | 3 |  |
| LEAD1100 Self leadership I | LL | 2 |  | LEAD1200 Self Leadership II | LL | 2 |  |
| **Total Hours** |  | **17** |  | **Total Hours** |  | **17** |  |
| **Notes:** Join clubs and organizations on campus (Science club, etc.). Find winter break or summer job shadowing and volunteer opportunities.  \*If you have transferred in a composition course, please take a liberal learning course in its place. | | | | | | | |
| **Second Year Fall 3** | **Learning Outcome** | **Sem**  **Hours** | **Date Met** | **Second Year Spring 4** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **HLTH2400 Child Health & Dev** |  | **3** |  | **ATHT3100 Prevention & Care of Athletic Injuries \*** |  | **3** |  |
| **HLTH2401 Child Health & Dev lab** |  | **1** |  | **HLTH1100 CPR and First Aid** |  | **1** |  |
| **HLTH2560 Nutrition** |  | **3** |  | **HLTH1220 Mental Health First Aid** |  | **1** |  |
| **PHED3410 Theory of Coaching\*** |  | **2** |  | **HLTH3100 Drug Educ & Behavior** |  | **3** |  |
| ENGL2110 Composition II | GE1C | 3 |  | **EDUC2120 Human Relations §** | GE3E | **3** |  |
| UNIV2100 Social Responsibility | SS | 3 |  | **PSYC/SOCI2320 Marriage & Family** |  | **3** |  |
| LEAD2100 Group Leadership I | LL | 2 |  | LEAD2200 Group Leadership II | LL | 2 |  |
| **Total Hours** |  | **17** |  | **Total Hours** |  | **16** |  |
| **Notes:** Find student leadership positions or join a club or organization on campus (Science club, etc.).   Find winter break or summer job shadowing and volunteer opportunities. S**\**Endorsement by coach*** | | | | | | | |
| **Third Year Fall 5**  ***(check your degree audit!)*** | **Learning Outcome** | **Sem**  **Hours** | **Date Met** | **Third Year Spring 6** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **BIOL2300 Anatomy/Physiology w lab§** | GE3D | **4** |  | **EDUC3590 Ed Psych** |  | **3** |  |
| **EDUC3580 Exceptional Child/Adult** |  | **3** |  | **PHED3280 Foundations of PE** |  | **3** |  |
| **PHED0490 Relaxation & Stress Management** |  | **1** |  | **PHED3333 Methods Assessment Teaching K-12 Health PE** |  | **3** |  |
| **PHED3430 Adaptive PE** |  | **3** |  | **MATH1370 Statistics for Science** | GE2A | **3** |  |
| **PSYC2250 Developmental Psych** |  | **3** |  | Histories § | GE3B | 3 |  |
| LEAD3100 Org. Leadership I | LL | 2 |  | LEAD3200 Org. Leadership II | LL | 2 |  |
| **Total Hours** |  | **16** |  | **Total Hours** |  | **17** |  |
| **Notes:** Research and apply for an internship fall of the junior year to be completed summer after junior year.  Connect with your faculty advisor for assistance with navigating this process.  If you want to attend graduate school right after senior year, many applications open during the summer. | | | | | | | |
| **Fourth Year Fall 7**  ***(~Apply for graduation!~)*** | **Learning Outcome** | **Sem**  **Hours** | **Date Met** | **Fourth Year Spring 8** | **Learning Outcome** | **Sem Hours** | **Date Met** |
| **EDUC3520 Gen Secondary Method** |  | **3** |  | **EDUC4420 Secondary Student Teaching** |  | **14** |  |
| **EDUC3542 Secondary Method lab** |  | **1** |  | **EDUC4380 Capstone Seminar** |  | **0** |  |
| **EDUC4250 Prof Practice Seminar** |  | **3** |  | **EDUC3730 Comb K-6/7-12 Ed Practicum** |  | **1** |  |
| **HLTH3120 Human Sexuality** |  | **3** |  |  |  |  |  |
| **HLTH3220 Personal & Community Health** |  | **3** |  |  |  |  |  |
| Humanities § | GE3C | 3 |  |  |  |  |  |
| LEAD4100 LL Practicum I | LL | 2 |  | LEAD4200 LL Practicum II | LL | 2 |  |
| **Total Hours** |  | **18** |  | **Total Hours** |  | **17** |  |
| **Notes:** Check in with your advisor during your senior year about career opportunities outside graduate programs, including opportunities for a gap year that help make you a more competitive graduate school applicant.  DISCLAIMER: These plans are to be used as guides only and are subject to changes in curriculum requirements. Refer to your Graceland Catalog for complete and accurate information. Some courses listed on the plans may have prerequisites that have not been stated.  **The student has the ultimate responsibility for scheduling and meeting the graduation requirements.** | | | | | | | |