# Degree Planning Guide: PHYSICAL EDUCATION (K-12)/HEALTH EDUCATION (5-12) TEACHING (B.A.)

<table>
<thead>
<tr>
<th>First year (&lt;28 credits)</th>
<th>Sophomore (28-59 credits)</th>
<th>Junior (60-91 credits)</th>
<th>Senior (92+ credits)</th>
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<td><strong>Semester 1</strong></td>
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<tr>
<td>BIOL 101 (if not taking 105)</td>
<td>EDUC 210</td>
<td>EDUC 339</td>
<td>EXSC 332</td>
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<td>PSYC 111</td>
<td>EDUC 211</td>
<td>PHED 111</td>
<td>HLTH 341</td>
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<td>HLTH 250</td>
<td>PHED 208</td>
<td>HLTH 345</td>
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<td>PHED 110</td>
<td>PHED 202 (or HPE 473 at Augsburg)</td>
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<td><strong>Semester 2</strong></td>
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<tr>
<td>BIOL 105 (if not taking 101)</td>
<td>Water Safety &amp; Lifeguard Training</td>
<td>EDUC 329</td>
<td>EDUC 431</td>
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<td>EDUC 330</td>
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<td>HLTH 285</td>
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<td>PHED 300</td>
<td>PHED 302</td>
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## REQUIREMENTS FOR DEGREE

**Major Courses:**
- EXSC 332 Exercise Physiology (4 cr)
- HLTH 250 Personal Health and Wellness (4 cr)
- HLTH 285 Alcohol, Tobacco and Other Drugs (2 cr)
- HLTH 341 Health Education: Curriculum and Assessment (4 cr)
- HLTH 345 Nutrition for Health and Fitness (4 credits)
- HLTH 351 Health Education: Methods of Instruction (4 cr)
- HLTH 462 Human Sexuality Education (4 cr)
- PHED 105 Water Safety & Lifeguard Training (0 cr)
- PHED 110 Technical Skills for Team Sports (2 cr)
- PHED 111 Technical Skills for Individual/Lifetime Sports (2 cr)
- PHED 202 Physical Education Curriculum Instruction (2 cr)
  (Note: students may take HPE 473 at Augsburg in place of PHED 202)
- PHED 208 Anatomy & Physiology (4 cr)
- PHED 300 Motor Development (2 cr)
- PHED 302 PE Methods: Elementary (2 cr)
- PHED 304 PE Methods: Secondary (4 cr)
- PHED 351 Teaching Students with Special Needs (2 cr)

**Allied Requirements:**
- PSYC 111 General Psychology (4 cr)

**Education Requirements:**

**Block I:**
- EDUC 210 Education in Society (4 cr)
- EDUC 211 Field Experience I: Exploration (0 cr)

**Block II:**
- EDUC 329 Diverse Learners & Families (4 cr)
- EDUC 330 Psychology for Teaching and Learning (4 cr)
- EDUC 332 Field Experience II: Learning & Teaching (0 cr)

**Block III:**
- EDUC 339 Field Experience III: (5-12) Health (0 cr)
- EDUC 343 Field Experience III: (K-12) Physical Education (0 cr)
- EDUC 355 Reading for 5-12 Teacher (4 cr)

**Block IV:**
- EDUC 431 Use of Technology for Instruction (2 cr)
- EDUC 463 Student Teaching: Dual License (12 cr)

+Demonstrated competence on all state standards.

**Core Requirements:**

Students need to fulfill all core requirements in addition to the courses listed on this guide.