

# Health and Physical Education, P-12

Bachelor of Science in Education

## DEGREE PLAN

### Common Core for

#### Exercise and Sports Science **39 Hours**

##### **BIBLICAL LITERACY — SELECT TWO COURSES 6**

REL 1013	Old Testament History and Literature	3
REL 1023	New Testament History and Literature	3
REL 3073	Biblical Ethics	3

##### **WRITING AND LITERATURE 6**

ENGL 1153	English Composition: Exposition and Argument	3
ENGL 1163	English: Composition and Classical Literature	3

##### **SCIENTIFIC LITERACY 4**

GNSC 1124	Issues in Biology	4
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##### **WELLNESS AND LIFELONG FITNESS 2**

PHED	Activity Course	1
PHED 1001	The Wellness Lifestyle (Concepts in Fitness)	1

##### **HISTORY AND LITERATURE 12**

ENGL 2013	European Civilization: Literature	3
and HIST 2013	European Civilization: History	3

##### **SELECT ONE PAIR**

ENGL 2023	Modern West: Literature	3
and HIST 2023	Modern West: History	3

ENGL 2033	World Civilizations: Literature	3
and HIST 2033	World Civilizations: History	3

##### **FINE ARTS — SELECT ONE COURSE 3**

FNAR 2063	Arts and Western Culture	3
FNAR 2163	Arts and Ideas	3

##### **MODERN FOREIGN LANGUAGES & MULTICULTURAL EXPERIENCE\* 6**

—	Modern Foreign Language Course	3
—	Modern Foreign Language Course	3

#### Flex Core **8 Hours**

CMAR 1092	Introduction to Speech Communication	2
MATH 1033	Contemporary Mathematics	3
or MATH	MATH above 1033	
POLI 1223	National Government	3

#### Professional Education **19 Hours**

EDUC 2012	Foundations of Education	2
EDUC 3013	Human Development	3
EDUC 3203	Educational Psychology (PSYC 3203)	3
EDUC 3502	Principles of Middle School Education	2
EDUC 4223	Methods of Teaching Health and Physical Education, P-12	3
EDUC 4301	Clinical Practicum in Methods, P-12, Health and Physical Education	1
ELED 3503	Health and Physical Education for Children	3
SPED 3022	Introduction to Exceptional Child	2

#### Area of Specialization

**38 Hours**

HHP 1101	First Aid/CPR	1
HHP 1512	Foundations of the Exercise and Sports Sciences	2
HHP 1723	Care and Prevention of Athletic Injuries	3
HHP 1733	Introduction to Nutrition	3
HHP 2011	Adapted Physical Education	1
HHP 2353	Legal Issues in Health and Human Performance and Sport	3
HHP 2534	Functional Human Musculoskeletal Anatomy	4
HHP 3103	Motor Learning of Sports and Movements Skills	3
HHP 3223	Psychology of Coaching	3
HHP 3553	Current Health Issues	3
HHP 3804	Exercise Physiology	4
HHP 4183	Principles of Organization and Administration	3
HHP 4551	Tests and Measurements	1
HHP 4833	Introduction to Biomechanics	3
SAR 2411	Sports Officiating I	1
or SAR 2421	Sports Officiating II	1

#### Activity Block

**9 Hours**

HHP 1302	Team Sports	2
HHP 1312	Nontraditional Sports	2
HHP 1322	Lifetime Sports	2
HHP 2201	Teach/Design Fitness Activities	1
SAR 2252	Survey of Outdoor Recreation	2

#### Student Teaching

**12 Hours**

EDUC 4635	Student Teaching Music or Physical Education in the Elementary School	5
EDUC 4645	Student Teaching Music or Physical Education in the Secondary School	5
HHP 4451	Assessment in HPER K-12	1
HHP 4461	Management for Physical Educators	1

#### Electives

**3 Hours**

Courses selected on the basis of student interest in consultation with faculty advisor.

#### Total Hours

Common Core for Exercise and Sports Science	39
Flex Core	8
Professional Education	19
Area of Specialization	38
Activity Block	9
Student Teaching	12
Electives	3

**Total hours required for graduation 128**

No D's will be accepted in the area of concentration and the supportive courses or in courses comprising majors and minors.

\* Other courses for which the student meets the prerequisites also qualify.

† All students must take two sequential courses of the same language at the appropriate level or an approved Multicultural Experience which includes Modern Foreign Language. For more information on these requirements, visit [okbu.edu/catalog/foreign-language](http://okbu.edu/catalog/foreign-language).