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

**SCIENTIFIC LITERACY** 4 Hours
- GNSC 1124 Issues in Biology 4

**WELLNESS AND LIFELONG FITNESS** 2 Hours
- PHED 1002 Activity Course 1
- PHED 1001 The Wellness Lifestyle (Concepts in Fitness) 1

**HISTORY AND LITERATURE** 12 Hours
- ENGL 2013 European Civilization: Literature 3
  and HIST 2013 European Civilization: History 3
- **SELECT ONE PAIR** 3 Hours
  - 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 Hours
- FNAR 2063 Arts and Western Culture 3
- FNAR 2163 Arts and Ideas 3

**MODERN FOREIGN LANGUAGES & MULTICULTURAL EXPERIENCE** 6 Hours
- 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 3
- 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.