

# HEALTH AND PHYSICAL EDUCATION, BACHELOR OF SCIENCE IN EDUCATION (BSED) - CONCENTRATION IN SCHOOL WELLNESS EDUCATION

## Recommended Four-Year Plan

Course	Title	Hours
<b>First Year</b>		
<b>Fall</b>		
PE 107	Aquatic Fundamentals <sup>1</sup>	3
PE 191	Foundations of School Wellness	3
ENGL 102	Critical Writing <sup>1</sup>	3
MATH 117	Quantitative Reasoning	3
SUBJ 139	Foundations of Academic Discovery <sup>2</sup>	3
ESAP 101	FYRST Seminar *	1
<b>Hours</b>		<b>16</b>
<b>Spring</b>		
PE 152	Principles of School Wellness I <sup>1</sup>	3
PE 227	Introduction to Adapted Physical Activity	3
ENGL 104	Critical Reading <sup>1</sup>	3
STAT 152	Elementary Statistics I	3
Select one of the following:		3
COMM 200	Civil Discourse: Theory & Practice	
PHIL 110	Ethics and Civil Discourse	
POLS 235	Civil Discourse and Democracy	
<b>Hours</b>		<b>15</b>
<b>Second Year</b>		
<b>Fall</b>		
PE 202	Technology for Wellness	3
PE 383	Motor Development and Learning	3
PE 268	Contemporary Topics in Health	3
CDEV 248	Human Development and Education	3
Creative & Aesthetic Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Humanities Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Minor Coursework		0-3
<b>Hours</b>		<b>18-21</b>
<b>Spring</b>		
Apply to Teacher Candidacy (48 credit hours)		
PE 243	Educational Movement in Health & Wellness	3
PE 258	Social & Emotional Wellness	3
PE 360	Anatomical and Physiological Basis of Physical Activity/Lab	3
SCI 101	Science of Life	3

Social Science Inquiry ( <a href="https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/">https://catalog.sru.edu/undergraduate/rock-studies/rock-studies-program/</a> )		3
Minor Coursework		0-3
<b>Hours</b>		<b>15-18</b>
<b>Third Year</b>		
<b>Fall</b>		
Accepted to Teacher Candidacy		
PE 310	Elementary School Wellness Skills and Fitness Activities	3
PE 328	School Nutrition and Wellness	3
PE 253	Principles of School Wellness II	3
PE 241	Outdoor Pursuits	3
SEFE 326	ELL Strategies and Practice	3
SCI 102	Understanding the Physical World	3
<b>Hours</b>		<b>18</b>
<b>Spring</b>		
PE 311	Middle School Wellness Skills and Fitness Activities	3
PE 312	Secondary School Wellness Skills and Fitness Activities	3
PE 452	Elementary Strategies for School Wellness	6
SEFE 342	Educational Psychology for Diverse Learners	3
Minor Coursework		0-3
<b>Hours</b>		<b>15-18</b>
<b>Fourth Year</b>		
<b>Fall</b>		
PE 462	Secondary Strategies in School Wellness	6
PE 472	School Wellness Assessment and Promotion	3
PE 473	Professionalism, Advocacy and Leadership in Physical Activity	3
Minor Coursework		0-3
<b>Hours</b>		<b>12-15</b>
<b>Spring</b>		
PE 455	Student Teaching - Physical Education	12
<b>Hours</b>		<b>12</b>
<b>Total Hours**</b>		<b>121-133</b>

<sup>1</sup> Course requires a grade of C or better

<sup>2</sup> Course offered in multiple subjects; cannot take course in first major subject

\* Students are encouraged to take ESAP 101 as a Free Elective.

! Either through elective courses, or on their own, students are required to obtain CPR/First Aid Instructor Certification prior to graduation.

\*\* This document is meant to serve as a guide. Some planners may show more than 120 credits because faculty have created flexibility in choosing courses. However, only 120 credits are required to obtain a degree. Please consult with your academic adviser and refer to your curriculum guide prior to registering for courses. This plan should be reviewed, and verified, by you and your academic adviser at least once each academic year.

Major Code: 1158

Concentration Code: SWED

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