

SAMPLE PLAN FOR: HEALTH EDUCATION

FRESHMAN YEAR(beginning even year)

AH110 Writing the Self in Culture	3	AH120 Writing the World	3
ES125 Personal & Community Health	3	CA111 Fundamentals of Oral Comm	3
FS101 First Year Seminar	3	ED202 Instructional Technology	3
IT102 Document Production	1	ED221 Found of American Public Educ	3
IT103 Spreadsheet Skills	1	ES121 Foundations of HPE & Sport	3
IT104 Presentation Skills	1	ES234 Community 1 st Aid & CPR	<u>1</u>
PY110 Intro to Psychology	<u>3</u>		16
	15		

SOPHOMORE YEAR

AH220 Global Civilization	3	ED229 Educational Psychology	3
BI229 Human Anatomy & Physiology	4	(a)ES340 Nutrition	2
ED228 Educ of Exceptional Children	2	HE177 School Health Problems	3
PE222 Pre K-3 Field Placement	1	PY227 Adolescence & Adulthood	3
PE224 Health & PE for Pre K-3	3	Physical Science	<u>4</u>
PY225 Infancy & Childhood	<u>3</u>		15
	16		

Note: A student must be accepted into the teacher education program before taking 300 level education courses.

JUNIOR YEAR

ES355 Exercise Physiology	3	ED347 Reading in the Content Area	3
EN220 Topics in Literature	3	ED370 Teaching Secondary Students	3
(a)WE390 Intro to Wellness Programs	3	ES256 Measurement & Evaluation	3
Any Art Course OR MU110 Intro to Music	3	(a)ES330 Pharmacology	2
200-level Religion, except RL250	<u>3</u>	SO120 Life in Society	3
	15	Open Electives	<u>2</u>
			16

SENIOR YEAR

ES481 Org & Admin of HPE & Sport	3	ED468 Internship	12
HE375 Secondary School Health Field Pl	1	ED498 Internship Seminar	<u>2</u>
HE376 Secondary School Health	2		14
Physical Activity or ES130 Fitness for Life	1-2		
Open Electives	<u>5</u>		
	13-14		

Total Hours: 120

Note: (F) means the course is usually offered only in the fall semester and (S) means the course is usually only offered in the spring semester. When neither (F) or (S) is indicated the course is usually offered in both fall and spring semesters or once per year in either semester. (a) means the course is offered in alternate years.

Note: See college catalog for list of Physical Activity courses.