

# 2010 FALL HEALTH AND WELLNESS, K-12 Licensure rev. 10/19/09

Total hours: 149

Major	GENERAL EDUCATION (66 or 72* hours)
<b>100-level activity courses are 1 semester credit each (6 hours required)</b>	CISC 100 Computer as a Tool (or validation)
I. Safety, First Aid, and CPR (1 required): PHED 115	CISC 216 Computer as a Classroom Support System
II. Physical Fitness (2 required): PHED 184, 185, 186 or 187	CMNS 330 The Hebrew and Christian Traditions
III. Sport Skills (1 required): PHED 173, 176, 178, 179, 180, 181, 182, 120, 122, 124, 125 or 126	CMNS 380 The Political Traditions of the West
III. Aquatics: (1 required) PHED 161 or 165	ENGL 100 Introduction to College Writing*
V. Outdoor Leisure (1 required): PHED 190, 195 or 196	ENGL 110 Composition and Rhetoric
	ENGL 111 Composition, Research & Rhetoric
	HIST 101 or 102 The West and the World I <u>or</u> II
	HIST 201 or 102 U.S. History I <u>or</u> II
	MATH 099 Introductory Algebra*
<b>Health and Wellness Theory Courses:</b>	MATH 100 Intermediate Algebra*
	MATH 120s or higher (excluding MATH 137)
ATEP 333 Nutrition for Health and Performance	MATH 140 Elementary Statistics
PHED 251 Human Anatomy	OREN 105 Tusculum Experience (1 hr.)
PHED 252 Human Physiology	PHED 201 Foundations of PE & Wellness
PHED 260 Methods for School Health Teachers (3 hrs.)	PSYC 101 Essentials of Psychology
PHED 270 Adaptive Physical Education	PSYC 200 Developmental Psychology
PHED 342 Community Health	PSYC 305 Educational Psychology
PHED 360 C/M--Elementary PE, Hlth & Wellness (3 hrs.)	SOCI 101 Principles & Social Institutions
PHED 361 C/Methods—Secondary PE, Hlth & Wellness	
PHED 370 Measurement & Evaluation in PE, Hlth & Well.	<b>NATURAL SCIENCE:</b>
PHED 374 Motor Development	PHED 252 Human Physiology (in the major)
PHED 380 Kinesiology	
PHED 390 Physiology of Exercise	<b>CHOOSE ONE:</b>
PHED 396 Organization, Administration and Supervision of Physical Education, Health & Wellness	MUSC 101 Introduction to Western Music
	THEA 104 Introduction to Theatre
	VISA 110 Basic Concepts of the Visual Arts
	VISA 204 Ancient Through Renaissance Art
	VISA 208 Baroque Through Modern Art
<b>PROFESSIONAL EDUCATION</b>	
EDUC 200 History, Philosophy and Principles of Education	
EDUC 320 Classroom Discipline and Management	
HGLN 341 Learning Environments K-6	
OR	
EDUC 342 Learning Environments 7-12	
EDUC 452 Student Teaching Seminar (4 hrs)	
EDUC 457 Enhanced Student Teaching: K-12 (12 hrs)	
SPED 101 Survey of the Regular and Special Populations Within the School Environment	<b>*Not required if ACT/SAT scores merit</b>