

MAJOR/ASSOCIATED COURSES FOR THE
BACHELOR OF SCIENCE DEGREE IN HUMAN PERFORMANCE
TRACK I, II AND III
BY LEVEL AND SEQUENCE

Freshman

First Semester

PE 111 (Team Sports I), 1 cr
PE 127 (Foundations I), 3 cr

Second Semester

PE 112 (Team Sports II), 1 cr
HED 233 (History and Principles of Health), 2 cr

Sophomore

First Semester

PE 211 (Individual/Dual Sports and Activities I), 1 cr
PE 233 (Foundations II), 3 cr
BIOL 245 (Human Anatomy and Physiology), 4 cr

Second Semester

PE 212 (Individual/Dual Sports and Activities II), 1 cr
PE 235 (Introduction to Adapted Physical Education), 3 cr
PE 324 (Advanced Swimming), 2 cr

Junior

First Semester

HED 333 (Emergency and Care of Injuries), 3 cr
PE 331 (Performance Practicum), 3 cr
PE 332 (Coaching & Officiating, etc., for Secondary Schools), 3 cr
PE 338 (Principles & Techniques for Outdoor & Leisure Activities), 3 cr
PE 378 (Individual Development and Motor Learning), 3 cr

Second Semester

PE 302 (Physical Fitness Programs for Elementary & Secondary Schools), 3 cr
PE 336 (Organization and Administration of Physical Education), 3 cr
PE 339 (Advanced Techniques, Skills, etc.), 3 cr, **if needed**
Upper Level PE Elective, 3 cr, **if needed**

Senior

First Semester

PE 399 (Physical Education Seminar), 2 cr
PE 437 (Kinesiology), 3 cr
Upper Level PE Elective, 3 cr, **if needed**

Second Semester

PE 435 (Tests and Measurements), 3 cr, **if needed**
PE 438 (Physiology of Exercise), 3 cr, **if needed**