

Lock Haven University
Health & Physical Education Department
Bachelor of Science
Coaching Track Requirements

Intellectual Foundation	9 sh
Written Communication (WC)	3 sh
ENGL100: Composition	
WC Competency 1	
WC Competency 2	
Oral Communication	3 sh
HPED115: Teaching Invasion Sports I	
Mathematical and Computational Thinking (MCT)	3 sh
	3
Critical Thinking (CT)	
CT Competency 1	
CT Competency 2	

Knowledge and Inquiry	21 sh
Natural Science Inquiry (NS)	6 sh
HLTH122: Essentials of Anatomy and Physiology	
Historical, Behavioral, and Social Science Inquiry	6 sh
Philosophical, Literary, and Aesthetic Inquiry (PLA)	9 sh
Philosophy OR Literature	
Visual OR Performing Arts	
Additional PLA course	

Personal and Social Responsibility	12 sh
Global Awareness and Citizenship (GAC)	9 sh
(One course must meet the historical foundation competency)	
Recommended	
HPED145: Globalization and Cultural Differences in Sports	
Wellness (WEL)	3 sh
HPED140: Wellness for Life	
Experiential Learning (EL) (2 units)	
EL Competency 1	
EL Competency 2	

Electives	20 sh
	62 sh

First Year Student Seminar	2 sh
HPED102: Foundations of Physical Education (F).	2

Major and Cognate Courses	25sh
HPED125: Teaching Invasion Sports 2 (S)	3
HPED130: Teaching Net Sports (F)	3
Swimming/Lifeguard Training (Select 1)	1
HPED134: Swimming/Emergency Water Safety	
HPED222: Lifeguard Instructor	
HPED225: Swimming/Lifeguard Training	
HPED234: Water Safety Instructor	
HPED160: Coaching Methods and Applications	3
HPED162: Principles of Coaching	3
#HPED210: Teaching Rhythmic Activities and Dance	2
HPED213: Elementary Physical Education Activities (S)	3
HPED214: Teaching Lifetime Activities (S)	2
#HPED302: Motor Learning for Physical Education (F)	3
#HPED352: Kinesiology (F)	3

Required Sport Core	31 sh
#RECR200: Personal Training and Aerobic Leadership	3
#RECR205: Nutrition for Wellness OR	3
HLTH334: Teaching Nutrition	
#SPRT305: Psychology of Coaching	3
#HLTH320: Drug Education OR	3
HLTH336: Teaching Drug Education	
#SPRT323: Sport and Society	3
#HPED: Techniques of Coaching (Select 4 credits)	4
#HPED450: P.E. Professional Field Experience	12

	58 sh
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#: BOG Advanced Course work
(F): Course offered in fall only
(S): Course offered in spring only

**Projected Schedule and Requirements for Health and Physical Education
Coaching Track Requirements
Effective Fall Semester 2019 or Later**

FRESHMAN YEAR

Fall 1		Spring 2	
HPED102 Foundations of Physical Educ. Seminar	2	HPED214 Teaching Lifetime Activities	2
HPED115 Teaching Invasion Sports I OC	3	HPED162 Principles of Coaching	3
Education Elective: HBS	3	RECR200 Personal Training & Aerobic Leadership	3
General Ed Elective: ENGL100	3	ENGL110 Introduction to Literature	3
General Ed Elective: Math	3	General Ed Elective: GAC	3
Total	14	Total	14

SOPHOMORE YEAR

Fall 3		Spring 4	
HPED130 Teaching Net Sports	3	HPED352 Kinesiology	3
HPED210 Teaching Rhythmic Activities and Dance	2	HPED125 Teaching Invasion Sports II	3
HLTH122 Essentials of A & P (lab) NS	3	HPED--- Techniques of Coaching Course	1
SPRT305 Psychology of Coaching	3	HPED160 Coaching Methods	3
General Ed Elective: PLA	3	General Ed Elective: HBS	3
General Ed Elective: GAC	3	General Ed Elective: PLA	3
Total	17	Total	16

JUNIOR YEAR

Fall 5		Spring 6	
HPED302 Motor Learning Applied to Phys. Edu.	3	HPED213 Teaching Elem. Phys. Edu. Activities	3
HPED134 or 225 or 234 or 222		HLTH320 Drug Education	3
(select 1) EWS, LGT, WSI, LGI	1	SPRT323 Sport and Society	3
General Ed Elective: GAC	3	HPED--- Techniques of Coaching	1
General Ed Elective: NS	3	Elective	3
HPED140 Wellness for Life WEL	3	Elective	3
Elective	3		
Total	16	Total	16

SENIOR YEAR

Fall 7		Spring 8	
HLTH334 Teaching Nutrition or		HPED450 Field Experience EL	12
RECR205 Nutrition for Wellness	3		
General Ed Elective: PLA	3		
Elective	3		
Elective	3		
Elective	3		
Total	15	Total	12