

**Lock Haven University**  
**Health & Physical Education Department**  
**Bachelor of Science**

**Pre K-12 Health and Physical Education Teaching Certification (125.5 sh)**

For Students entering LHU Fall 2016

|  |             |
|--|-------------|
| <b>Intellectual Foundation</b>                       | <b>9 sh</b> |
| <b>Written Communication (WC)</b>                    | <b>3 sh</b> |
| ENGL100 Composition                                  |             |
| WC Competency 1                                      |             |
| WC Competency 2                                      | 3           |
|  |             |
| <b>Oral Communication (OC)</b>                       | <b>3 sh</b> |
|  |             |
| <b>Mathematical and Computational Thinking (MCT)</b> | <b>3 sh</b> |
| MATH101 or higher (C- or above)                      | 3           |
|  |             |
| <b>Critical Thinking (CT)</b>                        |             |
| CT Competency 1                                      |             |
| CT Competency 2                                      |             |

|   |              |
|---|--------------|
| <b>Knowledge and Inquiry</b>                                    | <b>21 sh</b> |
| <b>Natural Science Inquiry (NS)</b>                             | <b>6 sh</b>  |
| HLTH122 Essentials of A & P NS (lab)                            | 3            |
|   | 3            |
|   |              |
| <b>Historical, Behavioral, and Social Science Inquiry (HBS)</b> | <b>6 sh</b>  |
| PSYC102 Child Dev. OR PSYC103 Adolescent Dev.                   | 3            |
|   |              |
|   |              |
| <b>Philosophical, Literary, and Aesthetic Inquiry (PLA)</b>     | <b>9 sh</b>  |
| Literature  | 3            |
| Visual OR Performing Arts                                       | 3            |
|   | 3            |

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|---|--------------|
| <b>Personal and Social Responsibility</b>                   | <b>12 sh</b> |
| <b>Global Awareness and Citizenship (GAC)</b>               | <b>9 sh</b>  |
| (One course must meet the historical foundation competency) |              |
|   |              |
| SPEC202 Cultural & Linguistic Diversity in Ed.              | 3            |
|   |              |
| <b>Wellness (WEL)</b>                                       | <b>3 sh</b>  |
| HPED255 Teaching Fitness in K-12 School                     | 3            |
|   |              |
| <b>Experiential Learning (EL) (2 units)</b>                 |              |
|   |              |
|   |              |

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| <b>Major Courses (HPED/HLTH)</b>   | <b>83.5 sh</b> |
|  |                |
| <b>Theory Courses</b>  | <b>43 sh</b>   |
| ❖HPED102 Foundations of P.E. Seminar   | 2              |
| HPED115 Teaching Invasion Sports I   | 3              |
| HPED125 Teaching Invasion Sports II  | 3              |
| HPED130 Teaching Net Sports  | 3              |
| HPED210 Teaching Rhythmic Activities & Dance   | 1              |
| HPED213 Methods for Teaching Elem. P.E.  | 3              |
| HPED214 Teaching Lifetime Activities   | 2              |
| HPED302 Motor Learning for P.E.  | 3              |
| HPED352 Kinesiology  | 2              |
| HLTH204 Found. of School & Com. Health Ed.   | 3              |
| HLTH214 Planning & Assessment in School Health Programs  | 2              |
| *HLTH330 School Health Programs  | 2              |
| *HLTH334 Teaching Nutrition & Consumer Health  | 3              |
| *HLTH336 Teaching Drug Education   | 3              |
| *HLTH341 Teaching Human Sexuality  | 3              |
| *HLTH353 Physiology of Exercise  | 3              |
|  |                |
| Select one Swim Course based on Swim Assessment<br>HPED134 EWS, HPED222 LGI, HPED225 LGT,<br>HPED234 WSI | 1              |
|  |                |
| Select one Advanced Techniques Course (Refer to<br>HPED student handbook)                                | 1              |
|  |                |
| <b>Cognate Courses</b>   | <b>12</b>      |
| MATH101 or higher (2 <sup>nd</sup> math course) (C- or above)  | 3              |
| SPEC204 Cognitive Dev. of Diverse Learners   | 3              |
| SPEC345 Literacy Instruction for Students with Disabilities  | 3              |
| PSYC201 Educational Psychology (C or above)  | 3              |
|  |                |
| <b>Professional Semester (Block)</b>   | <b>16.5</b>    |
| *RECR305 Adventure Act. & Outdoor Pursuits   | .5             |
| *HPED310 Techniques & Strategies for Teaching P.E.   | 3              |
| *HPED311 Teaching Health   | 3              |
| *HPED312 Adapted Physical Education  | 3              |
| *HPED314 Measurement for Evaluation. in Health & P.E.  | 3              |
| *HPED400 Professional Development  | 1              |
| *HPED463 Organization & Admin. of HPE (IL, WE)   | 3              |
|  |                |
| <b>Student Teaching</b>  | <b>12</b>      |
| *HPED493 Elem Student Teaching. & Prof. Practicum<br>IL, WE (EL)   | 6              |
| *HPED494 Secondary Student Teaching & Prof.<br>Practicum IL, WE (EL)                                     | 6              |

❖HPED102: Foundations of Physical Education meets First Year Seminar requirement

\* Advanced Level Courses