



Department of Health, Physical and Secondary Education
Health and Physical Education, BS
Program of Study
2025-2026

Name:	Banner #:
Date:	Expected Program Graduation Date:
PIN #:	Advisor:

Course Number	Course Title	Credit Hours	Semester and Final Grade	Advisor's Signature
University College Core Curriculum: 39 Credits				
Transitional Studies - University Studies				
UNIV 101 and UNIV 102 Or UNIV 110 or UNIV 111	Freshman Seminar I (Required for all first-time students) Freshman Seminar II (Required for all first-time students) University Studies (Required of transfer student who have less than 30 transfer credits) University Studies Student Program	2		
Transitional Studies - Life Skills				
HEED 112	Health & Wellness	2		
Communication Skills - Written Communication				
ENGL 110	English Composition I	3		
Communication Skills - Oral Communication				
SPEE 200 Or BADM 215	Introduction to Speech Business Communications	3		
Information Literacy				
ENGL 120	English Composition II	3		
Reasoning Skills - Critical Thinking				
Select one (1) of the following: PHIL 110 PHIL 220	(Required of transfer students who have less than 60 transfer credits) Critical Thinking Introduction to Logic	3		
Reasoning Skills - Quantitative Reasoning				
Select one (1) of the following: MATH 123 MATH 126 MATH 128 MATH 129 MATH 130 MATH 131	College Algebra Quantitative Reasoning Quantitative Reasoning for Business Pre-calculus Mathematics I Pre-calculus Mathematics II Algebra and Trigonometry	3-4		

POLI 240 STAT 202	Introduction to Political Statistics Basic Probability and Statistics					
Scientific Literacy - Natural Sciences						
Select two (2) of the following:						
ASTR 101/101L ASTR 102/102L	Introduction to Astronomy I: The Solar System (Lecture & Lab) Introduction to Astronomy II: Stars, Galaxies, and Cosmology (Lecture & Lab)	8				
BIOL 111/111L BIOL 131/131L BIOL 150/150L BIOL 160/160L	General Biology I (Lecture & Lab) General Biology II (Lecture & Lab) Principles of Biology I (Lecture & Lab) Principles of Biology II (Lecture & Lab)					
CHEM 105/105L CHEM 106/106L CHEM 141/141L CHEM 161/161L	Introduction to Chemical Principles (Lecture & Lab) Introduction to Organic and Biochemistry (Lecture & Lab) General Chemistry I (Lecture & Lab) General Chemistry II (Lecture & Lab)					
ENEC 201/201L ENEC 202/202L NSCI 111/111L PHYS 115 PHYS 116 PHYS 125/125L PHYS 126/126L	Ecology I (Lecture & Lab) Nature and Environment (Lecture & Lab) Comprehensive Physical Science (Lecture & Lab) General Physics I General Physics II College Physics I (Lecture & Lab) College Physics II (Lecture & Lab)					
Scientific Literacy - Social Sciences						
Select one (1) of the following:						
ECON 212 CRJC 210 ECON 211 ECON 212 ENEC 270/POLI 270 GEOG 210 HIST 212 HIST 271 POLI 200 POLI 210 POLI 220 PSYC 210 SOC 210	Principles of Microeconomics Introduction to Criminology Principles of Macroeconomics Principles of Microeconomics Climate Change and Public Policy Principles of Geography The United States since 1865 Environmental History Introduction to Political Science Principles of American Government Principles of Public Administration General Psychology Principles of Sociology		3			
Humanities and Creative Arts						
Select one (1) of the following:						
ART 210 COMM 220 ENGL 220 ENGL 223 ENGL 240 ENGL 250 ENGL 253 HIST 210 HUMN 211 HUMN 212 HUMN 213 HUMN 215 MUSI 210 MUSI 225 MUSI 260 PHIL 210 RELI 215 THEA 203	Survey of Art Film and Video Appreciation African American Literature I African American Literature II Introduction to Literature Women in Literature Images of Women African American History Music, Art and Ideas I Music, Art and Ideas II Humanities: Pop Culture Connections Arts in Performance Music Appreciation History Jazz / American Culture African American Music Introduction to Philosophy Introduction to the Bible Introduction to Theatre			3		

Global Literacy				
Select one (1) of the following:				
ANTH 210	Introduction to Anthropology	3		
ART 150	Manga and Sequential Art in World Culture			
ART 215	Survey of Global Art			
BADM 210	Intro to Global Business Environment			
CHIN 110	Elementary Chinese I			
CHIN 120	Elementary Chinese II			
ENGL 211	World Literature I			
ENGL 212	World Literature II			
FREN 110	Elementary French I			
FREN 120	Elementary French II			
GEOG 220	World Regional Geography			
HIST 110	World History to 1600			
HIST 120	World History since 1600			
HIST 270	An Introduction to Africa			
PHIL 211	Introduction to World Religion			
POLI 230	Ethics and Global Affairs			
SOCI 150	Global Society			
SPAN 110	Elementary Spanish I			
SPAN 112	Spanish for the Professions I			
SPAN 120	Elementary Spanish II			
SPAN 122	Spanish for the Professions II			
SPAN 211	Intermediate Spanish I			
THEA 242	Contemporary World Drama			
YORU 110	Elementary Yoruba I			
YORU 120	Elementary Yoruba II			
Ethics and Civic Engagement				
Select one (1) of the following:				
EDUC 211	Laboratory Experiences in Area Schools (15 hrs. Practicum)	3		
BADM 220	Ethics in a Contemporary World			
CRJC 203	Criminal Justice Ethics			
ENEC 210	Introduction to Sustainability			
ENGL 225	Narrative Constructs of Race			
ENGL 232	Introduction to Film and Visual Literacy			
ENGL 233	Hip Hop: Poetry, Politics, and Pop Culture			
ETCE 101	Foundations of Ethics and Civic Engagement			
ETCE 102	Intermediate Ethics and Civic Engagement in Action			
ETCE 103	Advanced Ethics and Civic Engagement in Action			
ETCE 200	Ethics and Civic Engagement in Action			
GEOG 270	Environment and Experience			
HCM 200	Ethics for Health Professions			
HIST 211	The United States to 1865			
PHIL 120	Moral Principles and Contemporary Moral Issues			
PHIL 212	African-American Philosophy			
PHIL 250	Environmental Ethics			
PNUR 210	Introduction to Professional Nursing			
POLI 150	North Carolina Government and Politics			
SPTM 210	Ethics and Moral Reasoning in Sport			
SWRK 220	Introduction to Human Services			
Professional Education Courses: 33 Credit				
EDUC 210	Technology Applications for Teachers	3		
EDUC 310	Foundation of Education	3		
EDUC 330	Educational Psychology and Human Development (10 hrs. Practicum)	3		
EDUC 331	Instructional Design and Assessment (10 hrs. Practicum)	3		
READ 320	Teaching Reading in the Content Areas (10 hrs. Practicum)	3		
* Admission to Teacher Education is required to enroll in these courses. Praxis I (Core) passing score required to be admitted.				

* EDUC 455	Classroom Management & Principles of Secondary Teaching	3		
* EDUC 464	Methods and Materials in Health & Physical Education K-12 (40 hrs. Practicum)	3		
+ Admission to Clinical Experience is required to enroll in these courses.				
+ EDUC 480 Or EDUC 497	Student Teaching in K-12 School Settings Student Teaching in the Middle/Secondary School	11		
+ EDUC 490	Professional Education Seminar	1		
<p>Students must pass prerequisite courses with a grade of C or higher before enrolling in subsequent courses, and students must earn a grade of C or higher in all education major courses to qualify for graduation.</p> <p>+ Clinical Experience is to be completed during the last spring semester only.</p> <p style="text-align: center;">Students must pass Praxis II prior to being accepted into Clinical Experience.</p>				
Health Core Courses: 18 Credits				
HEED 300	Human Sexuality	3		
HEED 301	Drug Education	3		
HEED 310	Mental & Emotional Health	3		
HEED 320	Introduction to Health Education	3		
HEED 372	First Aid & Safety	3		
HEED 420	Nutrition	3		
Physical Education Core Courses: 30 Credits				
PEDU 205	Net/Wall & Field/Striking Games	1		
PEDU 215	Target & Invasion Games	1		
PEDU 211 Or PEDU 102	Rhythms and Movement Concepts for Physical Education Dance	1		
PEDU 311	History & Principles of Physical Education, Exercise Science, and Sport	3		
PEDU 321	Educational Games for Early Childhood Physical Education K-6	3		
PEDU 322	Physical Education in Middle Grades 6-9	3		
PEDU 360	Theory and Practice in Elementary Physical Education	3		
**PEDU 402	Motor Learning	3		
**PEDU 421	Measurement & Evaluation	3		
**PEDU 431	Adapted Physical Education (20 hrs. Practicum)	3		
**PEDU 450	Physiology of Exercise and Kinesiology	3		
**PEDU 460	Introduction to Personal Training	3		
<p>**Must be classified as a Junior or Senior to enroll in these courses. Students must pass prerequisite courses with a grade of C or higher before enrolling in subsequent courses, and students must earn a grade of C or higher in all major courses to qualify for graduation.</p>				
TOTAL # OF CREDITS		120		

(Advisor)

(Date)

(Chairperson)

(Date)

(Signature of Student)

(Date)

Preferred Courses –Student is responsible for reviewing curriculum guide below prior to registering. The courses below are laid out to ensure student’s stay on track with their degree program. Deviation from these courses might set you back.
 Note: Please check with your advisor before selecting courses not listed below.

Term	Year	Course Number	Course Title	Credits
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Term	Year	Course Number	Course Title	Credits
Term	Year	Course Number	Course Title	Credits
Term	Year	Course Number	Course Title	Credits

This Plan illustrates how students can meet degree course requirements in four years. Some courses listed below may be taken in an alternate order. Consider prerequisites, prior credit, course availability, and student needs in developing the individual plan. Courses fulfilling requirements are listed on the reverse. For information about prerequisites and other program requirements consult the appropriate Catalog Program of Study and an advisor.

Year 1									
Fall	Course	Cr	Pre-Req	Req	Spring	Course	Cr	Pre-Req	Req
	UNIV 101 - Freshman Seminar	1	N	1.1		UNIV 102 - Freshman Seminar II	1	N	1.1
	HEED 112 - Health and Wellness	2	N	1.2		SPEE 200 - Introduction to Speech	3	N	2.2
	ENGL 110 - English Composition	3	N	2.1		ENGL 120 - English Composition II	3	N	4
	PHIL 110 Or PHIL 220	3	N	3.1		Natural Science Selection (lecture and lab)	4	N	5.1
	Core Quantitative Reason (MATH)	3	N	3.2		Core Humn Creative Arts	3	N	6
	Global Literacy	3	N	7					
Total Credits		15			Total Credits		14		
Year 2									
Fall	Course	Cr	Pre-Req	Req	Spring	Course	Cr	Pre-Req	Req
	BIOL 150 and BIOL 150L	4	N	5.1		PEDU 205 - Net/Wall & Field/Striking Games	1	N	9.13
	Scientific Literacy - Social Sciences	3	N	5.2		PEDU 311 - History and Principles	3	N	9.13
	PEDU 321- Early Childhood PE K-6	3	N	9.13		PEDU 322 - PE in Middle Grades 6-9	3	N	9.13
	EDUC 210- Technology App for Teachers	3	N	9.1		HEED 300- Human Sexuality	3	N	9.12
	EDUC 211 - Lab Experiences in Area School	3	N	8		HEED 301 - Drug Education	3	N	9.12
						EDUC 310 - Foundations of Education	3	N	9.1
Total Credits		16			Total Credits		16		
Year 3									
Fall	Course	Cr	Pre-Req	Req	Spring	Course	Cr	Pre-Req	Req
	PEDU 215- Target & Invasion Games	1	N	9.13		PEDU 211 - Rhythms and Movement Concepts	1	N	9.13
	PEDU 450 - Physiology of Exerc and Kinesiology	3	N	9.13		PEDU 402 - Motor Learning	3	N	9.13
	PEDU 431 - Adapted Physical Education	3	N	9.13		HEED 320- Introduction to Health Education	3	Y	9.13
	HEED 372 - First Aid and Safety	3	N	9.12		HEED 310- Mental and Emotional Health	3	N	9.12
	EDUC 330 - Educ Psych & Measurement	3	N	9.1		PEDU 360 - Theories and Principles of PE	3	Y	9.12
	EDUC 331 - Instructional Design and Asses	3	N	9.1		READ 320 - Tch Read in Content Area	3	Y	9.1
Total Credits		16			Total Credits		16		
Year 4									
Fall	Course	Cr	Pre-Req	Req	Spring	Course	Cr	Pre-Req	Req
	PEDU 421 - Measurement & Evaluation	3	N	9.13		+ EDUC 480	11	Y	9.1
	PEDU 460 - Introduction to Personal Training	3	IP	9.13		+ EDUC 490 - Professional Educ Seminar	1	Y	9.1
	HEED 420- Nutrition	3	N	9.12					
	* EDUC 455 - Class. Manag. & Princ. of Sec. Tch	3	Y	9.1					
	* EDUC 464 - Meth/Mat in Phys Educ K-12	3	Y	9.1					
Total Credits		15			Total Credits		12		

Fayetteville State Four-Year Physical Education, BS Requirements/Notes

Pre. Prerequisite: Y (Yes) - Course/Requirement has prerequisite(s). N (No) - Course/Requirement has no prerequisite. C (Check) - Some courses satisfying requirement have prerequisites and/or courses have non-prerequisite restrictions. Check Catalog for details.

****IP (Instructor Approval) – Upper-level courses need to be approved by the instructor prior to being admitted into the course. These courses are reserved for students who have declared Health and Physical Education (or Sport Management) as their major and have completed 300 level and below courses.**

Note: * indicated courses (EDUC 455 and EDUC 464) that students must be admitted into Teacher Education prior to enrollment. Students will not be allowed admittance into the course until they have formally been accepted.

Students must pass Praxis II prior to being accepted into Clinical Experience.

+ Indicates courses that students must be first admitted into Clinical Experience before taking. Both EDUC 480 & EDUC 490 cannot be taken with any other courses and cannot take until all other courses in their program of study have been completed. EDUC 480 & EDUC 490 are only offered Spring semester.

- 1.1. Core Transitional UNIV. (UNIV 101 And UNIV 102) Or UNIV 110 Or UNIV 111. UNIV 101-UNIV 102 required for all first-time students; UNIV 110 required for transfer students with fewer than 30 transfer credits. Students do not earn credit if requirement is waived. UNIV 111 may be required based on academic performance.
- 1.2. Core Transitional Life. HEED 112.
- 2.1. Core Written Comm. ENGL 110.
- 2.2. Core Oral Comm. SPEE 200.
- 3.1. Core Critical Thinking. PHIL 110 Or PHIL 220. Not required for students with 60+ transfer credits. Students do not earn credit if requirement is waived.
- 3.2. Core Quantitative Reason. MATH 123 Or MATH 126 Or MATH 128 Or MATH 129 Or MATH 130 Or MATH 131. MATH 121 may be required based on profile scores. Some core courses require a one-hour lab.
4. Core Info Literacy. ENGL 120.
- 5.1. Core Natural Sci. BIOL 111/111L Or BIOL 1310/131L Or BIOL 150/150L Or BIOL 160/160L Or CHEM 105/105L Or CHEM 106/106L Or CHEM 141/141L Or CHEM 161/161L Or ENEC 201/201L Or ENEC 202/202L Or NSCI 111/111L Or NSCI 121/121L Or PHYS 125/125L Or PHYS 126/126L.
- 5.2. Core Social Sci. CRJC 210 Or ECON 211 Or ECON 212 Or ENEC 270 Or GEOG 210 Or HIST 212 Or HIST 271 Or POLI 200 Or POLI 210 Or POLI 220 Or POLI 270 Or PSYC 210 Or SOCI 210.
6. Core HUMN Creative Arts. ART 210 Or COMM 220 Or ENGL 220 Or ENGL 223 Or ENGL 240 Or ENGL 250 Or ENGL 253 Or HIST 210 Or HUMN 211 Or HUMN 212 Or HUMN 213 Or HUMN 215 Or MUSI 210 Or MUSI 225 Or MUSI 260 Or PHIL 210 Or RELI 215 Or THEA 203.
7. Core Global Literacy. ANTH 210 Or ART 150 Or ART 215 Or BADM 210 Or CHIN 110 Or CHIN 120 Or ENGL 211 Or ENGL 212 Or FREN 110 Or FREN 120 Or GEOG 220 Or GLBL 200 Or HIST 110 Or HIST 120 Or HIST 270 Or PHIL 211 Or POLI 230 Or SOCI 150 Or SPAN 110 Or SPAN 112 Or SPAN 120 Or SPAN 122 Or THEA 242 Or YORU 110 Or YORU 120. Not required for students with 30+ transfer credits from a foreign institution. Students do not earn credit if requirement is waived.
8. Core Ethics Civic Engage. EDUC 211.
- 9.1. Professional Education. EDUC 210 And EDUC 211 And EDUC 310 And EDUC 330 And EDUC 331 And EDUC 455 And EDUC 464 And (EDUC 480 Or EDUC 497) And EDUC 490 And READ 320.
- 9.12. Health Core. HEED 300 Or COHE 300 And HEED 310 And HEED 320 And HEED 372 And HEED 420 Or COHE 250.
- 9.13. Physical Education Core. PEDU 205 And PEDU 215 And PEDU 302 And PEDU 211 Or PEDU 102 And PEDU 311 And PEDU 321 And PEDU 322 And PEDU 360 And PEDU 421 And PEDU 431 And PEDU 450 And 460.