

**HEALTH & EXERCISE SCIENCE DEPARTMENT  
TEACHING TRACK  
4 YEAR SEQUENCE**

YEAR 1					
Fall Semester 1			Spring Semester 2		
Units	Course	Goal	Units	Course	Goal
1	First Year Seminar	LL- Writing Course 1	1	WRI 102 Academic Writing (If waived, open elective)	LL
1	HES 180 Motor Dev. & Elem Movement	TP	1	HES 182 Lifespan Wellness Activities	M
1	BIO 171	LL- Nat. Sci (1)	1	Social Science/Historical Perspectives (From List)	LL-Soc Sci (2) Hist. Persp
1	HES 172 Foundations of Health & Exercise Science	M- PE	1	HES 160 Current Health & Wellness Issues	LL –Soc./ Cultural Persp
4			4		
YEAR 2					
Fall Semester 3			Spring Semester 4		
Units	Course	Goal	Units	Course	Goal
1	HES 203 Anatomy & Physiology	PE	1	HES 204 Anatomy & Kinesiology	M-PE
1	HES 282 Sports Concepts & Skills	PE	1	HES 292 Intro to Elem. HE/PE methods	TP
1	ELE 201 or Equivalent	LL-Soc Sci Behavioral	1	Arts/Humanities (From List)	LL-A/H Worldviews(1)
1	HES 250 Nutrition & Metabolism	HE	1	HES 260: School Health Health Content Course-	HE
4			4	HES 099 – Emergency Care	
YEAR 3					
Fall Semester 5			Spring Semester 6		
Units	Course	Goal	Units	Course	Goal
1	HES 304 – Adapted kinetics	TP	1	HES 311 Applied Physiology	M-PE
1	SHES 371 – Outdoor Education	PE	1	HES 303 Assessment & Eval. In HPE	PE
1	Arts & Humanities – From List	LL-A/H (2) LVPA	1	HES 460 Comp. Sch Hlth	HE
1	Elective: HES 211 – Strength & Conditions	E	1	Quantitative Reasoning or Natural Science	LL
1	Quantitative Reasoning	LL	0		
5			4		
YEAR 4					
Fall Semester 7			Spring Semester 8		
Units	Course	Goal	Units	Course	Goal
1	Arts & Humanities (From List)	LL-A/H (3) LV/WV	2	HES 490 Student Tchg	TP
1	HES 390 HPE Methods Methods of Secondary HE/PE	TP	1	HES 498 Seminar in HPE (Writing/Speaking III Capstone):	TP
1	Elective:	E			
1	Elective	E			
4			3		

**KEY:**    Blue – Academic Major (M)       - 7  
               Red – Teacher Pre. (TP)           - 8  
               Green -Liberal Learning (LL)       -10  
               Black – Health Education            4  
               Electives- (E)                           - 3

## Required Courses

<b>Courses Offered ONLY in Fall semester</b>	<b>Courses Offered ONLY in Spring semester</b>	<b>Courses Offered both Semesters</b>
<b>BIO 171</b> <b>ELE 201</b> <b>HES 180</b> <b>HES 282</b> <b>HES 304</b> <b>HES 371</b> <b>HES 390</b>	<b>HES 182</b> <b>HES 292</b> <b>HES 260</b> <b>HES 303</b> <b>HES 460</b>	<b>HES 160</b> <b>HES 172</b> <b>HES 203</b> <b>HES 204</b> <b>HES 311</b> <b>HES 350</b> <b>HES 490</b> <b>HES 498</b>

## Elective courses

<b>Courses Offered ONLY in Fall semester (may be offered every other year)</b>	<b>Courses Offered ONLY in Spring semester (may be offered every other year)</b>	<b>Courses Offered both Semesters</b>
<b>HES 335 – Driver’s Ed</b> <b>HES 356 – Sex Ed</b>	<b>HES 307 - Coaching</b> <b>HES 353 - Drugs</b> <b>HES 372 – Injury Care &amp; Prev</b>	<b>HES 351 – Stress Management</b>

**\*\* demand for elective courses will dictate how often courses are offered.**