

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 150 Sports Concepts & Skills	PE	1	HES 151 Lifespan Wellness Activities	M
1	BIO 171 (Natural Science)	LL- Nat. Sci (1)	1	HES 152: Fitness Principles	M-PE
1	HES 172 Foundations of Health & Exercise Science (or 160)	M- PE	1	HES 160 Current Health & Wellness Issues (or 172) (3)	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	Historical Perspectives Include a Civic Responsibility	LL-SS/HP Hist. Persp (2)
1	HES 240 Motor Dev. & Elem Movement	TP	1	HES 280 Intro to Elem. HE/PE methods	TP
1	ELE 201- Child and Adolescent Dvlp (Behavior, Social, Cultural)	LL-SS/HP Behavioral (4)	1	HES 270 Assessment & Eval. In HPE	PE
1	Arts & Humanities – (Literary, Visual, Performing Arts)	LL-A/H (5) LVPA	1	HES 260: School Health Health Content Course-	HE
4			4	HES 099 – Emergency Care/HIB	
YEAR 3					
Fall Semester 5			Spring Semester 6		
Units	Course	Goal	Units	Course	Goal
1	HES 340 – Adapted Kinetics	TP	1	HES 250 Nutrition & Metabolism	HE
1	HES 371 – Dance & Non-Traditional Activities	PE	1	Arts/Humanities - (World Views Ways of Knowing) Include a Civic Responsibility	LL-A/H Worldviews (6)
1	HES 380 HPE Methods Methods of Secondary HE/PE	TP	1	HES 360 Comp. School Health	HE
1	HES 211 Applied Physiology	M-PE	1	Quantitative Reasoning (7)	LL
5			4		
YEAR 4					
Fall Semester 7			Spring Semester 8		
Units	Course	Goal	Units	Course	Goal
1	Arts & Humanities or NS /QR	LL-A/H (8) LV/WV	2	HES 490 Student Teaching	TP
1	HES 480: PK-12 Pre-Student Teaching: Field Experience May be taken in fall or spring 100 hours; + hours for elementary PE, secondary PE or secondary HE)	TP	1	HES 498 Seminar in HPE (Writing/Speaking III Capstone):	TP
1	Elective:	E	1	Elective:	E
1	Elective:	E	1		
4			4		

KEY: **Blue – Academic Major (M)** - 4
 Red – Teacher Pre. (TP) -12
 Green -Liberal Learning (LL) -9
 Black – Health Education 4
 Electives- (E) - 3