

Physical Education

Program Type

Major

The Physical Education major offers general study in the field and specific preparation for a career in teaching.

Required Courses

Course Code	Title	Hours
SSD 180	Physical Wellness Dynamics	2
SSD 190	Safety and First Aid	2
SSD 260	Athletic Training	2
SSD 292	Methods of Outdoor Recreation	2
SSD 300	Personal and Community Health	3
	1 Coaching Course	2
SSD 320	Methods of Teaching Physical Education	3
SSD 325	Teaching School Health	2
SSD 330	Motor Learning and Kinesiology	3
SSD 335	History and Philosophy of P.E. and Sport	3
SSD 340	Adapted Physical Education	2
SSD 350	Measurement in Physical Education	2
SSD 370	Sport Psychology	3
SSD 410	Organization & Administration	3
SSD 454	Sport Law and Ethics	3
BIO 308	Human Anatomy and Physiology I	4
	Sub-Total Credits	41

Recommended Additional Courses

Course Code	Title	Hours
SSD 200	Water Safety Instructor	2
SSD 305	Nutrition	3
SSD 430	Biomechanics and Advanced Kinesiology	3
SSD 470	Advanced Sport Psychology	3
SSD 490	Exercise Physiology	4
	Total Credits	41