

Lock Haven University
Health and Physical Education Department
Bachelor of Science in Education
Health and Physical Education K-12 Teacher Certification (120 SH)

Effective: LHU Fall 2020

Intellectual Foundation	9 sh
Written Communication	3 sh
ENGL100: Composition (3 sh)	3
WC Competency 1: HPED493	
WC Competency 2: HPED494	
Oral Communication	3 sh
◆HPED115 Teaching Invasion Sports 1	3
Mathematical and Computational Thinking	3sh
MATH101 or higher (C- or above)	3
Critical Thinking	
CT Competency 1: HPED493	
CT Competency 2 HPED494	

Knowledge and Inquiry	21 sh
Natural Science Inquiry (at least one lab)	6 sh
◆HLTH122 Essentials of Anatomy & Physiology NSL	3
Natural Science	3
Historical, Behavioral, and Social Science Inquiry	6 sh
PSYC102 Child Dev. OR PSYC103 Adolescent Dev.	3
Philosophical, Literary, and Aesthetic Inquiry	9 sh
Aesthetics:	3
Literature:	3
PLA:	3

Personal and Social Responsibility	12 sh
Global Awareness and Citizenship (at least one with GAC-Historical Foundation)	9 sh
GAC: SPEC202 Cultural & Linguistic Diversity in Ed	3
GAC-H: World History 1 or 2	3
GAC:	3
Wellness	3 sh
#HPED255 Teaching Fitness in K-12 Schools *	3
Experiential Learning	
EL Competency 1: HPED493	
EL Competency 2: HPED494	
General Education Courses	42

First Year Student Seminar	2sh
HPED102 Foundations of P.E Seminar	2

Major Area and Cognate Courses	39 sh
#HPED125 Teaching Invasion Sports 2	3
◆HPED130 Teaching Net Sports	3
◆HPED210 Teaching Rhythmic Activ. & Dance	2
#HPED213 Methods for Teaching Elem P.E. *	3
#HPED214 Teaching Lifetime Activities	2
◆HPED302 Motor Learning Applied to P.E. *	3
#HLTH204 Foundations of Schl & Com. Hlt, Ed	3
◆HLTH214 Planning & Assessment in School Hlt	2
#HLTH245 Essentials of Movement *	3
◆HLTH330 School Health Programs *	2
◆HLTH334 Teaching Nutrition & Cons. Hlth *	3
#HLTH336 Teaching Drug Education *	3
#HLTH341 Teaching Human Sexuality *	3
Select one based on Swim Assessment:	1
◆HPED134 EWS or #HPED222 LGI or #HPED225 LGT or ◆HPED234	
Select one Coaching Course:	3
#HPED160 Coaching Methods & Applications or ◆HPED162 Principles of Coaching	
Cognate Courses	9 sh
SPEC204 Cognitive Dev. of Diverse Learners	3
SPEC345 Literacy Instruct. for Students w/ Dis. *	3
PSYC201 Educational Psychology	3
◆Professional Semester	16 sh
◆HPED310 Tech. & Strat. for Teaching. PE *	3
◆HPED311 Teaching Health *	3
◆HPED312 Adapted Physical Education *	3
◆HPED314 Measurement for Eval. In HPE *	3
◆HPED400 Professional Development *	1
◆HPED463 Organization & Admin of HPER *	3
#Student Teaching	12 sh
#HPED493 Elem. Student Teaching & Professional Practicum (IL, WC, EL, CT) *	6
#HPED494 Sec. Student Teaching & Professional Practicum (IL, WC, EL, CT) *	6
Total Major and Cognate Courses	78 sh

(*): BOG Advanced Course work; (◆): Course offered in fall only; (#): Course offered in spring only

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HPE K-12 Teacher Certification
Suggested Course Sequence

Fall Freshman (example)

ENGL100: Composition (3)
 HPED102: Foundations of PE Sem. (2)
 HPED115: Teaching Invasion Sports 1 (3)
 HBSS GE: (3)
 PSYC102/103: Child Dev. or Ad. Dev. (3)

Credit Total: 14**Spring Freshman (example)**

HLTH204: Found. Of School/Com Hlth (3)
 HPED214: Teaching Lifetime Act. (2)
 MATH GE: Level 101 or higher (3)
 ENGL GE: Literature (3)
 SPEC 202: Cultural & Ling. Div in Ed (3)
 PLA GE: Visual or Performing Art (3)

Credit Total: 17**Fall Sophomore (example)**

HLTH122: Essentials of A&P (3)
 HPED130: Teaching Net Sports (3)
 HLTH214: Plan./Assess in Schl Hlth (2)
 PLA GE (3)
 GAC-H: World History 1 or II (3)
 HPED Coaching Course: HPED160 or 161 (3)

Credit Total: 17**Spring Sophomore(example)**

HPED125: Teaching Invasion Sports 2 (3)
 HLTH245: Essentials of Movement (3)
 MATH GE: Level 101 or higher (3)
 PSYC201: Educational Psychology (3)
 HPED Swimming Course (1)
 SPEC204: Cog. Dev. of Diverse Lnrs (3)

Credit Total: 16**Fall Junior (example)**

HPED302: Motor Learning App. to PE (3)
 HPED210: Tchng Rhythmic Activ. & Dnc (2)
 GAC GE: (3)
 HLTH330: School Health Programs (2)
 HLTH334: Teaching Nutrition & Con Hlth (3)
 GE Natural Science (3)

Credit Total: 16**Spring Junior (example)**

HPED213: Methods for Tchng Elem PE (3)
 HPED255: Teaching Fitness in K12 Schls (3)
 HLTH 336: Teachng Drug Education (3)
 HLTH341: Teaching Human Sexuality (3)
 SPEC345: Literacy Skills for Studnts w/Dis (3)

Credit Total: 15**Fall Senior (example)**

HPED310: Tech. & Strat of Teaching (3)
 HPED311: Teaching Health (3)
 HPED312: Adapted Physical Education (3)
 HPED314: Measurement and Eval for HPE (3)
 HPED400: Professional Development (1)
 HPED463: Organization & Admin. of HPE (3)

Credit Total: 16**Spring Senior (example)**

HPED493: Elementary Student Teaching (6)
 HPED494: Secondary Student Teaching (6)

Credit Total: 12