

Lock Haven University
Health & Physical Education Department
Bachelor of Science
Health and Physical Education Coaching Concentration (120 SH)

Intellectual Foundation	9 sh
Written Communication (WC)	3 sh
ENGL100: Composition	
WC Competency 1 (HPED450)	WC
WC Competency 2 (HPED452)	WC
Oral Communication	3 sh
◆HPED115: Teaching Invasion Sports I	3
Mathematical and Computational Thinking (MCT)	3 sh
MATH: Level 101 or higher	3
Critical Thinking (CT)	
CT Competency 1 (HPED450)	CT
CT Competency 2 (HPED452)	CT

Knowledge and Inquiry	21 sh
Natural Science Inquiry (NS)	6 sh
◆HLTH122: Essentials of Anatomy and Physiology	3
Natural Science GE	
Historical, Behavioral, and Social Science Inquiry	6 sh
Philosophical, Literary, and Aesthetic Inquiry (PLA)	9 sh
Philosophy OR Literature	
Visual OR Performing Arts	
Additional PLA course	

Personal and Social Responsibility	12 sh
Global Awareness and Citizenship (GAC)	9 sh
<i>One course must meet the historical foundation competency</i>	
HIST 101/102: World History 1 or II	3
Wellness (WEL)	3 sh
HPED140: Wellness for Life	3
Experiential Learning (EL) (2 units)	
EL Competency 1 (HPED450)	EL
EL Competency 2 (HPED452)	EL

General Education	42 sh
Electives	11 sh
Total General Education & Electives	53 sh

First Year Student Seminar	2 sh
◆HPED102: Foundations of Physical Education	2

Major and Cognate Courses	35 sh
#HPED125: Teaching Invasion Sports 2	3
◆HPED130: Teaching Net Sports	3
Swimming/Lifeguard Training (Select 1)	1
◆HPED134: Swimming/Emergency Water Safety	
#HPED222: Lifeguard Instructor	
#HPED225: Swimming/Lifeguard Training	
◆HPED234: Water Safety Instructor	
◆HPED210: Teaching Rhythmic Activities & Dance	2
#HPED255: Teaching Fitness in K12 Schools *	3
#HPED213: Methods of Teaching Elementary PE *	3
#HLTH204: Foundations of Schl & Comm Hlth Ed	3
#HPED214: Teaching Lifetime Activities	2
#HLTH245: Essentials of Movement *	3
◆HPED302: Motor Learning for Physical Education *	3
◆HLTH334 Teaching Nutrition *	3
◆HLTH320: Drug Education OR *	3
◆HLTH336: Teaching Drug Education *	
#HLTH341: Teaching Human Sexuality *	3

Required Professional Core	30 sh
◆HPED160: Coaching Methods & Applications	3
#HPED162: Principles of Coaching	3
SPRT305: Psychology of Coaching *	3
SPRT323: Sport and Society *	3
#ENGL360: Technical Writing *	3
RECR200: Personal Training & Aerobic Leadership * OR	3
RECR302: Supervision of Strength Training *	
HPED450: HPE Professional Field Experience 1 *	6
HPED452: HPE Professional Field Experience 2 *	6
<i>Current CPR/First Aid certification is required for graduation</i>	
Major, Cognate, and Professional Total Credits	67 sh

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

**Projected Schedule and Requirements for Health and Physical Education
BS in Coaching Concentration Requirements
Effective Fall Semester 2020 or Later**

FRESHMAN YEAR

Fall 1		Spring 2	
HPED102: Foundations of Physical Educ. Seminar	2	HPED214: Teaching Lifetime Activities	2
HPED115: Teaching Invasion Sports I OC	3	General Ed: PLA – Visual & Performing Art	3
General Ed: ENGL100: Composition	3	RECR200/302: Choose Aerobic OR Strength Course	3
PSYC103: Adolescent Psychology	3	ENGL110: Introduction to Literature	3
General Ed: WEL – HPED140: Wellness for Life	3	General Ed: HBSS	3
		HLTH204: Foundations of School & Community Hlth Ed	3
Total	14	Total	17

SOPHOMORE YEAR

Fall 3		Spring 4	
HPED130: Teaching Net Sports	3	HLTH245: Essentials of Movement	3
HLTH122: Essentials of A & P (lab) NS	3	HPED125: Teaching Invasion Sports II	3
General Ed: Global Awareness & Citizenship (GAC)	3	HPED160: Coaching Methods & Applications	3
Elective	3	General Ed: GAC-H World History 1 or II	3
General Ed: PLA	3	General Ed: Math 101 or higher	3
HPED134 or 225 or 234 or 222 (select 1) EWS, LGT, WSI, LGI	1	Elective	1
Total	15	Total	16

JUNIOR YEAR

Fall 5		Spring 6	
HPED302: Motor Learning Applied to Phys. Edu.	3	HPED213: Methods of Teaching Elementary Physical Ed	3
HPED162: Principles of Coaching	3	HLTH320: Drug Education OR HLTH 336: Tchng Drug Ed	3
SPRT305: Psychology of Coaching	3	SPRT323: Sport and Society	3
General Ed: Global Awareness and Citizenship (GAC)	3	HLTH341: Teaching Human Sexuality	3
HPED210: Teaching Rhythmic Activities & Dance	3	HPED255: Teaching Fitness in K12 Schools	3
		Elective	1
Total	15	Total	16

SENIOR YEAR

Fall 7		Spring 8	
HLTH334: Teaching Nutrition	3	HPED450: HPE Field Experience 1	6
ENGL360: Technical Writing	3	HPED452: HPE Field Experience 2	6
General Ed: Natural Science	3		
Elective	3		
Elective	3		
Total	15	Total	12