

Draft last revised 7-22-14

Recommended Electives	17 sh
HPED060 Wellness	3
HLTH202 Care and Prevention of Athletic Injuries	3
HLTH301 CPR and Emergency Care	3
PSYC201 Educational Psychology	3
PSYC235 Interpersonal Skills and Leadership	3
PSYC250 Social Psychology	3
RECR202 Outdoor Recreation Activities	3
RECR205 Nutrition for Wellness	3
RECR244 Recreation Leadership and Supervision	3
RECR301 Exercise Prescription	3
RECR325 Camp Counseling and Administration	3
SPRT323 Sport and Society	3
Advanced Activity Courses	1-2

**Projected Schedule and Requirements for Health and Physical Education
Aquatics Track
Effective Fall Semester 2016 or Later**

FRESHMAN YEAR

Fall 1		Spring 2	
HPED102 Foundations of Physical Ed. Seminar	2	HPED125 Invasion Sports II	3
HPED115 Invasion Sports I	3	General Ed Elective: World History 1 or 2	3
General Ed Elective: ENGL100	3	HPED350 Adv. Coaching Swimming/Diving	2
General Ed Elective: HBS	3	Or HPED351 Management of Aquatic Programs and Facilities	
General Ed Elective: Music, Art, or Theatre	3	General Ed Elective: Math	3
HPED225 Lifeguard Training	1	General Ed Elective: PLA	3
		Total	15
Total	15		

SOPHOMORE YEAR

Fall 3		Spring 4	
HLTH122 Essentials of Anatomy and Physiology	3	HPED214 Teaching Lifetime Activities	2
HPED130 Teaching Net Sports	3	HPED352 Kinesiology	2
HPED234 Water Safety Instructor	1	SPRT106 Intro to Sport Admin	3
HPED222 Lifeguard Instructor	1	HPED350 Adv. Coaching Swimming/Diving	2
Or HPED228/230 Synchro and Aquacise		Or HPED351 Management of Aquatic Programs and Fac	
Elective	3	General Ed Elective: HBS	3
General Ed Elective: PLA	3	General Ed Elective: GAC	3
Aquatics Track Suggested Electives	2		
		Total	15
Total	16		

Fall 5		Spring 6	
HPED210 Teaching Rhythmic Activities and Dance	1	HPED255 Teaching Fitness in K-12 Schools (gen ed)	3
HLTH353 Physiology of Exercise	3	HPED213 Methods for Teaching Elem. Phy. Edu. Act.	3
HPED302 Motor Learning	3	Aquatics Track Suggested Elective	3
HPED222 Lifeguard Instructor	1	Aquatics Track Suggested Elective	2
Or HPED228/230 Synchro and Aquacise		General Ed Elective: GAC	3
Aquatics Track Suggested Elective	3	Elective:	3
Aquatics Track Suggested Elective	1		
General Ed Elective: Natural Science	3		
		Total	17
Total	15		

JUNIOR YEAR
SENIOR YEAR

Fall 7		Spring 8	
SPRT305 Psychology of Coaching	3	HPED450 Field Experience	12
Aquatic Track Suggested Electives	3		
Elective	3		
Elective	3		
Total	16	Total	12