

Implementation Date: Fall 2021

**Lock Haven University**  
**Health and Physical Education Department**  
**Bachelor of Science in Education**  
**HEALTH AND PHYSICAL EDUCATION K-12 TEACHER CERT. (125 SH)**  
 For Students entering LHU Fall 2021

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

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

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

<b>First Year Student Seminar</b>	<b>2sh</b>
HPED102 FOUNDATIONS OF P.E SEMINAR	2

<b>Major Area and Cognate Courses</b>	<b>42 sh</b>
◆HPED115 Teaching Invasion Sports 1	OC
#HPED125 Teaching Invasion Sports 2	3
◆HPED130 Teaching Net Sports	3
#HPED210 Teaching Rhythmic Activ. & Dance	3
#HPED213 Teaching Elementary Physical Ed.@	3
#HPED214 Teaching Lifetime Activities	2
#HLTH245 Essentials of Movement @	3
#HPED302 Motor Learning Applied to P.E. @	3
HLTH204 Foundations of School & Com. Hlt. Ed	3
◆HLTH214 Planning & Assessment in School Hlt	3
◆HLTH330 School Health Programs @	3
◆HLTH334 Teaching Nutrition & Con. Health@	3
#HLTH336 Teaching Drug Education@	3
#HLTH341 Teaching Human Sexuality@	3
Select one Swim Course based on Swim Assessment: HPED134 EWS, ♣HPED222 LGI, #HPED225 LGT, ◆HPED234	1
Select Coaching Course: #HPED160 Coaching Methods & Applications OR ◆HPED162 Principles of Coaching	3
<b>Cognate Courses</b>	<b>12</b>
MATH101 or higher	3
SPEC204 Cognitive Dev. of Diverse Learners	3
PSYC201 Educational Psychology@	3
ENGL360 Technical Writing@	3
<b>◆Professional Semester</b>	<b>15</b>
◆HPED310 Techniques / Strategies of Techn. PE@	3
◆HPED311 Teaching Health@	3
◆HPED312 Adapted Physical Education@	3
◆HPED314 Measurement for Eval. In HPE@	3
◆SPEC345 Literacy Instruct. for Students w/ Dis@	3
<b>#Student Teaching</b>	<b>12</b>
#HPED493 Elem. Student Teaching & Professional Practicum (IL, WC, EL, CT)@	6
#HPED494 Sec. Student Teaching & Professional Practicum (IL, WC, EL, CT)@	6
<b>Total Major and Cognate Courses</b>	<b>83 sh</b>

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

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**Lock Haven University**  
**Health & Physical Education Department**  
**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)  
K&I GE: Historical, Beh, & SS Inq. (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)**

ENGL360: Technical Writing (3)  
HPED210: Tchng Rhythmic Activ. & Dnc (3)  
GAC GE: (3)  
HLTH330: School Health Programs (2)  
HLTH334: Teaching Nutrition & Con Hlth (3)  
GE Natural Science (3)

Credit Total: 17

**Spring Junior (example)**

HPED213: Methods for Tchng Elem PE (3)  
HPED255: Teaching Fitness in K12 Schls (3)  
HPED302: Motor Learning App. to PE (3)  
HLTH336: Teachng Drug Education (3)  
HLTH341: Teaching Human Sexuality (3)

Credit Total: 15

**Fall Senior (example)**

HPED310: Techniques & Strat of Tch PE (3)  
HPED311: Teaching Health (3)  
HPED312: Adapted Physical Education (3)  
HPED314: Measurement and Eval for HPE (3)  
SPEC345: Literacy Skills for Studnts w/Dis (3)

Credit Total: 16

**Spring Senior (example)**

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

Credit Total: 12