



PROGRAM: Physical Education: Health & Physical Activity Promotion (BS.PED.HAP)

This plan is an example of how you can earn your degree in four years.
You may work with your advisor to customize the plan to fit your circumstances.

2020-21

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
FYS PED 1015 Intro to Teaching Health & Physical Education	3	INT 1053 Soundings II	.5		
ENG 1061 English Comp	3	PED 2420 Foundations of Teaching Health & Physical Education	3		
INT 1051 Soundings I	1	PSY 3265 Child & Ad Devel (Gen Ed SB) <i>or</i> PSY 1050 Human Growth & Develop <i>or</i> PSY 2110 Ed Psych	3		
PED 1610 Concepts in Fit & Skill	1	DAN 2020 Teach Dance & Rhythms	2		
PED 2260 Gymnastics, Stunts and Tumbling	2	PED 2010 Begin swim (w/swim test)	1		
WV Gen Ed	3	ENG 1070 Effective Speaking	3		
AU Gen Ed	3	AU Gen Ed	3		
		<i>Quantitative Reasoning Exam</i>			

NOTES:

Total credits after Year One (THINK 30): 31.5

2021-22

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
ENG 2260 Touchstones	3	WI PED 2410 Curriculum and Instruction in Physical Education	3		
BIO 2011 Anatomy and Physiology I (Gen Ed SM)	4	BIO 2012 Anatomy and Physiology II (Gen Ed SM)	4		
CI PED 2710 Tech for Health and PE	3	AHS 2150 Designs for Fitness (Gen Ed SM)	3		
PED 2320 Motor Learning with lab	3	OER 1211 Adventure Education I	2		
SB Gen Ed	3	WV Gen Ed	3		
<i>Information Literacy Exam</i>					

NOTES: Explore minors in Coaching, Adventure Recreation, Health, or other department offering

Total credits after Year Two (THINK 60): 62.5

2022-23

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
INT 3054 Jr. Soundings	.5	HED 4052 Health & Physical Activity Promotion II	3		
HED 3051 Health & Physical Activity Promotion I	3	PED 3110 Adapted Physical Ed	3		
PED 3320 Net & Racquet Sports	3	PED 3135 Teach Indiv Sport Skills	3		
PED 2160 Emergency Care & Safety (w/ CPR AED card)	3	Elective	3		
Elective	3	Elective	3		
Elective	3	<i>submit Application for Degree</i>			

NOTES:

Total credits after Year Three (THINK 90): **93**

2023-24

FALL	cr.	SPRING	cr.	J.TERM & SUMMER	cr.
PED 3320 Teach Team Sport Skills	3	HED 4810 - Internship in Health and Physical Activity Promotion	3-12		
PED 4030 Organization and Admin	1	Elective	1		
WI AHS 3150 Physiology of Exercise	4				
Elective: Suggested SL/CE: Practice in Exercise Leadership	3				
Elective	3				

NOTES: *Need at least 120 cr. to graduate*

Total credits after Year Four (THINK 120): **120**

We strongly encourage you to:

- **Get involved on campus:** Join the Physical Education and Health Education Major's Club. Serve as an SOS. Apply to be a CA. Be a tutor. Play intramurals. Participate in the Student Athletic Advising Committee, the Spartan newspaper, a theater production, Green Campus Initiative, the Athletic Band, etc.
- **Expand your academic program:** Pursue health education courses or a school health education major. Complete a minor in coaching. Take a foreign language. Study abroad for a semester or a year. Visit the Academic Support Center. Meet with your academic advisor at least once every semester.
- **Explore career options:** Join SHAPE VT, our field's professional organization. Visit the Career Services Center early and often. Attend the Career & Grad School Fair. Substitute teach or coach at a local school. Do research with a professor. Investigate graduate school options. Attend a PE HE conference. Prepare to take your licensing exams (Core Praxis, Praxis II.)

- **Serve the community:** Take a Civic Engagement course. Join the Mentoring Program. Assist with the Vermont Special Olympics. Volunteer off-campus for a community organization (e.g. Habitat for Humanity, Meals on Wheels, the Boys & Girls Club, etc.).