THE UNIVERSITY OF RHODE ISLAND
FEINSTEIN COLLEGE OF EDUCATION

BACHELOR OF SCIENCE

HEALTH AND PHYSICAL EDUCATION

FALL 2026-SPRING 2027
120 credits
Plan code: EP_HPE_BS

Student: _____ Advisor: _____

Student ID: _____ Requirement: _____

Date Prepared: _____ Expected Date of Graduation: _____

ABOUT THE BACHELOR OF SCIENCE: PHYSICAL HEALTH EDUCATION:

This major is designed for students seeking teacher certification in physical education and/or health education and/or adapted physical education at the elementary and secondary levels. Completion of the approved certification program fulfills the requirements for teacher certification in Rhode Island and the majority of other states.

Course	Title	Credits	Grade
Students need to complete the following requirements prior to beginning the Professional Course Sequence in fall of Year 3: 2.75 GPA (2.5 for conditional admission), 24 credits, and completion of basic competencies of reading, writing, and math (EDC 280, 281, 282 or minimum SAT/ACT/Praxis I CORE scores).			
EDC 280	Teacher Prog Prep - Math	1	
EDC 281	Teacher Prog Prep - Reading	1	
EDC 282	Teacher Prog Prep - Writing	1	
Years 1 & 2			
EDC 102 (B4, C3)	Introduction to American Education	3	
KIN 122	Human Anatomy and Physiology	4	
EDC 220	Lifetime Fitness Activities for Children	3	
EDC 230	Individual and Team Sports	3	
EDC 312 (A2, B4)	The Psychology of Learning	3	
EDC 250	Supervised Preprofessional Field Experience	1	
Year Three - fall semester			
EDC 310	Principles of Human Motor Development for Phys Edu	3	
EDC 368	Assessment in Physical Education and Health	3	
Year Three - spring semester			
EDC 300	Methods of Teaching Phys Edu in Elementary Schools	3	
EDC 302	Supervised Experience-Physical Education-Elem School	1	
EDC 401	Current Issues in Health Education	3	
EDC 410	Adapted Physical Education	3	
EDC 402 or EDC 588	The Education of Special Needs Students OR Disability Sports	3	
Year Four - fall semester			
EDC 307	Methods of School Health Instruction	3	
EDC 308	Supervised Experience in Health Education	3	
EDC 314	Methods of Teaching Phys Edu in Secondary Schools	3	
EDC 315	Supervised Experience - Phys Edu in Secondary School	3	
EDC 440	Adapted Aquatics	3	
Year Four - spring semester			
EDC 485 (D1)	Seminar in Teaching	3	
EDC 484	Practical Teaching Residency II	12	

Professional elective credits approved by HPE advisor. Options can include, but are not limited to, courses in the following departments: EDC, BIO, HDF, KIN, PSY, NUT, NUR (Minimum of 15 credits) (see page 3 for courses)

Course	Credits	Grade

GENERAL EDUCATION REQUIREMENTS

FALL 2026-SPRING 2027
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GENERAL EDUCATION GUIDELINES: General education is 40 credits. Each of the 12 outcomes (A1-D1) must be met by at least 3 credits. A single course may meet more than one general education outcome, but cannot be double counted towards the 40-credit total. At least one course must be a Grand Challenge (G). No more than 12 credits can have the same course code (note: HPR courses may have more than 12 credits). General education courses may also be used to meet requirements of the major or minor when appropriate.

STEP 2:

General Education Credit Count				
At least 40 credits, no more than 12 credits with the same course code.				
Course	**Cr.**		**Course**	**Cr.**
			Total Gen Ed credits	**40**

STEP 3:

General Education Outcome Audit	
	Course
KNOWLEDGE	
A1. STEM	
A2. Social & Behavioral Sciences	
A3. Humanities	
A4. Arts & Design	
COMPETENCIES	
B1. Write effectively	
B2. Communicate effectively	
B3. Mathematical, statistical, or computational strategies	
B4. Information literacy	
RESPONSIBILITIES	
C1. Civic knowledge & responsibilities	
C2. Global responsibilities	
C3. Diversity and Inclusion	
INTEGRATE & APPLY	
D1. Ability to synthesize	
GRAND CHALLENGE	
G. Check that at least one course of your 40 credits is an approved "G" course	

Requirements that may be used as gen eds: EDC 102, EDC 312, EDC 485. Other Gen Ed courses that students typically take include EDC 103G, EDC 150G, BIO 101 or BIO 110, BIO 103, COM 100, KIN 123, NUR 150, NUT 207, PSY 113, and WRT 104 or 106

NOTE: This worksheet sheet is a snapshot of your entire curriculum. You must work with your advisor each term to discuss requirements to keep you on course for timely progress to complete this major. Official requirements for graduation are listed in the University Catalog.

HPE Professional Elective Recommendations

HPE majors must take at least 15 hours of professional elective credits. These credits must be approved by the student's HPE advisor. Options can include, but are not limited to, courses in Nutrition, Nursing, Psychology, Kinesiology, Human Development and Family Science, and Education. The following courses are confirmed options for the professional elective credits, as compiled by HPE faculty.

NUT

- NUT 207 General Nutrition
- NUT212G Public Health Nutrition
- NUT 276G Food, Nutrition, and People
- NUT 360 Nutrition in Exercise and Sport
- NUT 394 Nutrition in the life Cycle I

NUR

- NUR 150 Human Sexuality

PSY

- PSY 113 General Psychology
- PSY 335 The Psychology of Social Behavior
- PSY 381 Physiological Psychology
- PSY 412 Health Promotion
- PSY 436 Psychotropic Drugs and Therapy
- PSY 460 The Substance-Troubled Person
- PSY 471 Applied Behavioral Analysis and Remediation

KIN

- KIN123 Living Well: the applied science of health
- KIN300 Physiology of Exercise
- KIN 370 Kinesiology
- KIN 375G Exercise is Medicine
- KIN381 Exercise Behavior and Psychological Outcomes
- KIN 482 Psycho-Social Aspects of Sport and Performance

HDF

- HDF 150 Human Sexuality
- HDF 200 Life Span Development I
- HDF 201 Life Span Development II
- HDF 208 Health and Wellness of the Young Child
- HDF 310 Middle Childhood and Adolescent Development
- HDF 357 Family and Community Health

EDC

- EDC 328 Home, School and Community Partnerships
- EDC 330 Introduction to Multilingual Learner Education
- EDC 407 Physical Activity as Therapy
- EDC 411 Assessment for Adapted Physical Education
- EDC 415 Adolescents and Classroom Management
- EDC 452 Individual Differences

BACHELOR OF SCIENCE

HEALTH AND PHYSICAL EDUCATION

Fall	Spring	Summer	Milestones
Year One			
URI 101 (1) Plan for Acad. Success EDC 102 (3) Intro to Amer. Ed (C3)(B4) Gen Ed Gen Ed Gen Ed	EDC 230 (3) Individual & Team Sports Gen Ed Gen Ed Gen Ed Professional Elective		Overall GPA 2.75 Meet with Academic Advisor Complete URI 101 **Evidence of basic competencies**
Year Two			
EDC 220 (3) Lifetime Fitness Activities KIN 122 (4) Human Anat & Phys Gen Ed Gen Ed Gen Ed	EDC 250 (1) Supervised Prof Field Exp EDC 312 (3) Psych of Learning (A2) (B4) Gen Ed Gen Ed Professional Elective		Overall GPA 2.75 Meet with Academic Advisor
Year Three			
EDC 310 (3) Human Motor Develop PE EDC 368 (3) Assessment Professional Elective	EDC 300/302 (3/1) PE ELE Teach EDC/HLT 401 (3) Issues in Health Ed EDC 402* (3) Special Needs EDC 410 (3) Adapted Phys Ed	EDC 588 (if not planning on taking EDC 402)	Overall GPA 2.75 Meet with Academic Advisor
Year Four			
EDC 307/308 (3/3) Health Methods/ Exp. EDC 314/315 (3/3) Sec Method/Exp. EDC 440 (3) Adapted Aquatics Professional Elective Professional Elective	EDC 484 (12) Prac Teaching Residency II EDC 485 (3) Seminar in Teaching Ed		Overall GPA 2.75 Meet with Academic Advisor Comp. Intent to Graduate by Oct 15

Note: This plan is not intended to be prescriptive. Credits in transfer, as well as summer or j-term coursework, may result in deviations from the above recommendations.