

Student: \_\_\_\_\_

Advisor: \_\_\_\_\_

Student ID: \_\_\_\_\_

Requirement: \_\_\_\_\_

Date Prepared: \_\_\_\_\_

Expected Date of Graduation: \_\_\_\_\_

**ABOUT THE BACHELOR OF SCIENCE: HEALTH AND PHYSICAL EDUCATION- YOUTH HEALTH AND PHYSICAL ACTIVITY STUDIES:**

This major is designed for students seeking to work with children in youth health and physical activity settings. Students will complete an internship in a youth movement and/or youth health setting at the end of the program.

**STEP 1:**

**Major Requirements:**

Course	Semester	Credits	Grade
<b>BASIC AND SOCIAL SCIENCE COGNATE</b>			
URI 101		1	
BIO 101*/103		3/1	
KIN 122		3	
KIN 300		3	
KIN 370		3	
PSY 113*		3	
KIN 381		3	
<b>TEACHING COGNATE</b>			
COM 100*		3	
EDC 280		1	
EDC 312		3	
EDC 102		3	
EDC 368		3	
WRT 104 or 106*		3	
<b>PHYSICAL EDUCATION COGNATE</b>			
EDC 220		3	
EDC 230		3	
EDC 300/302		3/1	
EDC 310		3	
EDC 314/315		3/1	

Course	Semester	Credits	Grade
<b>HEALTH COGNATE</b>			
KIN 123*		3	
HDF 357		3	
EDC/HLT 401		3	
NFS 207*		3	
NUR 150		3	
EDC 307/308		3/1	
PSY 460 or PSY/BPS 436		3	
<b>ADAPTED PHYSICAL &amp; HEALTH EDUCATION COGNATE</b>			
EDC 410		3	
EDC 440		3	
EDC 402 or EDC 588		3	

<b>STUDENT INTERNSHIP</b>			
Students in HPE are required to have a cumulative GPA of 2.50 or higher prior to the internship (EDC 483).			
EDC 485		3	
EDC 483		12	

**FREE ELECTIVES** - Use free electives as needed to total 120 credits.

Course	Credits	Course	Credits

\* May be used as a general education course. Mark GE if used as a gen ed (credits cannot count twice).

Student: \_\_\_\_\_ Advisor: \_\_\_\_\_

**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.
			<b>Total Gen Ed credits</b>	<b>40</b>

**STEP 3:**

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

Requirements that may be used as gen eds: BIO 101, COM 100, KIN 123, NFS 207, PSY 113, WRT 106.

**SEE OPPOSITE SIDE FOR PROGRAM REQUIREMENTS**

**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.

## BACHELOR OF SCIENCE

### HPE: YOUTH HEALTH AND PHYSICAL ACTIVITY STUDIES

Fall	Spring	Summer	Milestones
<b>Year One</b>			
URI 101 (1) Plan for Acad. Success NFS 207 (3) General Nutrition PSY 113 (3) General Psychology KIN 123 (3) Foundations of Health EDC 102 (3) Intro to Amer. Ed (C3) (B4)  (13 credits total)	KIN 122* (3) Human Anat & Phys COM 100 (3) Comm. Fundamentals WRT 104 (3) Write to Inform & Explain <u>OR</u> WRT 106 (3) Intro to Research Writing EDC 280 (1) Prgm Prep - Math Gen Ed  (13 credits total)	depending on what student needs	Overall GPA 2.50 Meet with Academic Advisor Complete URI 101
<b>Year Two</b>			
EDC 220 (3) Lifetime Phys Activities EDC 368 (3) Assessment Gen Ed Gen Ed Gen Ed  (15 credits total)	BIO 101/103 (3/1) Biology I/Lab I EDC 307/308 (3/1) Health Methods/Exp. EDC 312 (3) Psych of Learning (A2) (B4) EDC 230 (3) Individual Sports Activities Gen Ed  (17 credits total)		Overall GPA 2.50 Attend SoE Admission Session (Fall)   Meet with Academic Advisor
<b>Year Three</b>			
EDC 314/315 (3/1) Sec Method/Exp. EDC/HLT 401 (3) Issues in Health Ed EDC 410 (3) Adapted Phys Ed NUR 150 (3) Human Sexuality EDC 310 (3) Human Motor Develop-PE  (16 credits total)	EDC 300/302 (3/1) PE ELE Teach Method/Exp. EDC 440 (3) Adapted Aquatics HDF 357 (3) Family & Community Health PSY 460 (3) Substance-Troubled Person <u>OR</u> PSY/BPS 436 (3) Psychotropic Drugs & Ther. KIN 381 (3) Exer Behavior & Psychosocial  (16 credits total)	EDC 588 (if not planning on taking EDC 402)   (3 credits total)	Overall GPA 2.50   Meet with Academic Advisor
<b>Year Four</b>			
EDC 402** (3) Special Needs KIN 300 (3) Physiology of Exercise KIN 370 (3) Kinesiology Gen Ed Gen Ed (15 credits total)	EDC 485 (3) Seminar in Teaching EDC 483 (12) Youth Health & Physical Activity Internship  (15 credits total)		Overall GPA 2.5 Meet with Academic Advisor   Comp. Intent to Graduate by Oct 1

\* KIN122 is required but students can take both BIO220/221 and BIO222/223 as a replacement for KIN122

\*\* If EDC 588 hasn't been taken

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.