

**Physical Education Major
Without Certification**
Updated 11-1-06

Courses are listed in the earliest recommended year of study. In most cases the courses can be taken in a later semester. See the notes below for recommendations related to the individual courses.

	Fall Semester	Spring Semester
Freshman Year	PHED190 Foundations	PHED180 Health
Sophomore Year	PHED110 Physical Fitness PHED131 Swimming PHED211 Team Sports	PHED210 Individual Sports PHED212 Rhythmic Activities PHED220 Physical Fitness Concepts PHED325 Athletic Training & First Aid
Junior Year	PHED315 Kinesiology* PHED421 Org. & Adm.	PHED423 Physiology of Exercise* PHED430 Adapted Physical Education PHED316, 317, 318, 319 Coaching Theory
Senior Year	PHED450 Problems	

PHED190 should be taken in the freshman year. This should be the first course in the program.

* Choose between PHED315 and PHED423. If student would like to take both courses, take PHED 315 prior to PHED423.

PHED211 and PHED210 should be taken prior to PHED430.

Choose one of the four coaching courses offered.

PHED316 offered in spring of even years

PHED317 offered in fall of even years

PHED318 offered in fall of odd years

PHED319 offered in spring of even years

Department of Physical Education
Course Offering

Offered every semester

110	Physical Fitness	180	Personal & Community Health
111	Weight Training	190	Foundations of Physical Education
122	Beginning Golf	220	Physical Fitness Concepts
123	Beginning Tennis	325	Athletic Training & First Aid
131	Swimming	420	Independent Study
134	Archery	450	Problems in Physical Education
137	Lifeguarding		

Offered in the fall semester only

101	Fundamentals of Basketball	364	TEDP - Elementary Physical Education
102	Fundamentals of Volleyball	421	Organization & Administration
211	Team Sports	425	Tests & Measurements
315	Kinesiology		

Offered in the spring semester only

134	Archery	374	TEDP - Curr. & Methods of High School
136	Badminton	379	TEDP - Health Ed. Curr. & Instruction
210	Individual Sports	423	Physiology of Exercise
212	Rhythmic Activities	430	Adapted Physical Education
250	School Health Concepts		

Sequence for coaching courses

	Coaching of Volleyball &	
316	Softball	spring of even years
317	Coaching of Football	fall of even years
318	Coaching of Basketball	fall of odd years
319	Coaching of Baseball & Track	spring of even years