

**SUGGESTED COURSE SEQUENCE
ADAPTED PHYSICAL EDUCATION MAJOR (K-12)**

Courses counted for General Education (GE) credit indicated by *
 **Must enroll in section that meets multicultural experience
 +May not enroll for next level unless previous Teaching Lab passed

Courses required for Major indicated by **bold**
 128 Semester hours required for graduation
 VIA=Convocation credit (10 needed per semester)

FALL		JANUARY		SPRING	
FIRST YEAR: 30 Semester Hours + .5 VIA Credit					
ESS 103 Foundations of PE & SS	2	EDUC 111 Intro to Teaching**	3	ESS 111 First Aid	1
ESS 145 Motor Development	3			ESS 243 Principles of Fitness	2
ENG 110 or COMM 110* Written or Oral Communication	3			COMM 110 or ENG 110* Written or Oral Communication	3
IDIV 121 First Year Colloquium*	3			PE 101 Phys Education Activity*	.5
MATH (by placement)*	3			GE*	3
PE 100 Introduction to Wellness*	.5			GE*	3
VIA*	.25			VIA*	.25
14.75		Apply to Teacher Education	3		15.75
SECOND YEAR: 32.5 Semester Hours + .5 VIA Credit					
EDUC 206 Fnd Except Learners	3	GE*	3	EDUC 235 Educ Psychology	2
ESS 205 Teach Team Activities	3			EDUC 263 Learners w/ Mild Dis	3
ESS 250 Teaching Lab 1	1			ESS 206 Teach Indiv/Dual Activ	3
HIST 101/101 Dev Western Civ*	4			ESS 260 Teaching Lab 2+	1
PE 101 Phys Education Activity*	.5			GE*	3
GE*	3			GE*	3
VIA*	.25			VIA*	.25
Apply to Major (12/1 deadline)	14.75	Complete Praxis I	3		15.25
THIRD YEAR: 35 Semester Hours + .5 VIA Credit					
BIOL 204 Fund of Physiology*	3	ESS 275 Practicum in Phys Ed	3	EDUC 350 Assess/Imp Mild Interv	3
BIOL 204L Fund of Phys Lab	1	(Special Education Emphasis)		ESS 303 Teach Gym/Rhyth Activ	3
ESS 301 Teach Fund Move Activ	3			ESS 360 Teaching Lab 4+	1
ESS 350 Teaching Lab 3+	1			ESS 345 Biomechanics (Option)	3
GE*	3			or GE	3
GE*	3			ESS 363 Adapted Phys Activity	3
Electives	2			GE*	3
VIA*	.25			VIA*	.25
14.25			3		16.25
FOURTH YEAR: 30.5 Semester Hours + .25 VIA Credit					
ESS 325 Exercise Phys (Option) or Elective	3	ESS 485 Seminar in Adapted PE	3	EDUC 410 Teacher in Today's School	2
ESS 410 Admin of Health and Physical Activity Programs	3	(Offered even years)		EDUC 479 All Grade Student Teaching	13
ESS 440 Teach Methods of HPE	3				
PE 101 Phys Education Activity*	.5				
GE*	3				
VIA*	.25				
Complete Praxis II	12.75		3	Senior Comp Evaluation	15