

UNIVERSITY D.E.L.L. REQUIREMENTS (31 Credits)

Core (12 Credits)		CR	SEM	GR
COMM 101	Argumentation and Advocacy	3	_____	_____
ENGL 123W	College Writing Workshop	3	_____	_____
<i>Integrative Seminars</i>				
_____	First-Year OR Transfer Seminar	3	_____	_____
_____	Senior-Year Seminar	3	_____	_____
Fine Arts & Humanities* (6 Credits)				
_____	Fine Arts & Humanities El.	3	_____	_____
_____	Fine Arts & Humanities El.	3	_____	_____
Language & Intercultural Competence* (3 Credits)				
_____	Language & Intercultural El.	3	_____	_____
Quantitative Reasoning* (3 Credits)				
_____	Quantitative Reasoning El.	3	_____	_____
Scientific Literacy* (4 Credits)				
_____	Scientific Literacy El.	4	_____	_____
Social Science Literacy* (3 Credits)				
_____	Social Science Literacy El.	3	_____	_____
GENERAL ELECTIVES** (12-16 Credits)				
GS 104	College Success Strategies	1	_____	_____
_____	_____	—	_____	_____
_____	_____	—	_____	_____
_____	_____	—	_____	_____
_____	_____	—	_____	_____
_____	_____	—	_____	_____
_____	_____	—	_____	_____

MAJOR REQUIREMENTS^a (74 Credits)

Core Courses (13 Credits)		CR	SEM	GR
EDUC 110	Human Diversity in Amer. Schools	3	_____	_____
HPE 258	Found of Health and Phys Ed	3	_____	_____
HPE 310	PK-5 PE Curr, Meth & Assess	4	_____	_____
SPED 220	Intro to Exceptionalities	3	_____	_____
Required Major Courses (43 Credits)				
BIOL 224	Human Anatomy & Physiology I	4	_____	_____
BIOL 225	Human Anatomy & Physiology II	4	_____	_____
EXPH 325	Physiology of Exercise	3	_____	_____
EXPH 380	Kinesiology	3	_____	_____
HPE 102	21st Century Wellness	2	_____	_____
HPE 120	Teaching Individual Sports, Outdoor Pursuits and Dance	3	_____	_____
HPE 121	Teaching Team Sports and Fitness Education	3	_____	_____
HPE 259	School Health Content	2	_____	_____
HPE 303W	Motor Development	3	_____	_____
HPE 304	Sport, Exercise, & Perf Psyc	3	_____	_____
HPE 320	6-12 Phys Ed Methods Prac.	4	_____	_____
HPE 335	Comprehensive School Health Practicum	4	_____	_____
HPE 363	Health and Physical Education for Exceptional Populations	2	_____	_____
PBHL 270	Nutrition	3	_____	_____
Professional Courses (18 Credits)				
EDUC 351	Reading in the Content Areas	3	_____	_____
EDUC 362	Classroom and Behavior Mgmt	3	_____	_____
HPE 468	Student Teaching in Health and Physical Education PK-12	12	_____	_____

NOTES

*Refer to the class schedule for lists of courses that satisfy University requirements.

**Courses that do not satisfy a major or DELL requirement. Can include coursework for a minor.

^aA minimum grade of C- is required for courses in the program except for the field experience courses and student teaching, where a minimum grade of a B- is required.

Total credits required for graduation: 120 Credits

- For graduation with Honors, see Undergraduate Catalog.

- Courses marked Shared (**SH**) will cover general education requirements, but will not earn a second amount of credits for the completed course.

Health and Physical Education Major (Bachelor of Science)

Sample Four-Year Plan

While not all students will take all the courses in the same sequence, the guide below can be used in combination with the online graduation progress report as a pathway to degree completion. See the Academic Regulations in the University of Lynchburg Undergraduate Catalog for all academic degree requirements. Students should consult their major advisor for more specific guidance.

Semester 1	Credits	Semester 2	Credits
HPE 258	3	SPED 220	3
HPE 120	2	HPE 102	2
College Success Strategies (GS 104)	1	COMM 101	3
ENGL 123W	3	Fine Arts & Humanities	3
First-Year Seminar	3	Elective	3
Lang. and Intercultural Comp. (EDUC 110)	3	Elective	3
Semester Credits:	15	Semester Credits:	17
Semester 3	Credits	Semester 4	Credits
BIOL 224	4	BIOL 225	4
HPE 304	3	HPE 121	2
PBHL 270	3	HPE 259	2
Elective	3	HPE 310	4
Elective	3	EDUC 351	3
		Elective	1
Semester Credits:	16	Semester Credits:	16
Semester 5	Credits	Semester 6	Credits
EXPH 325	3	HPE 335	4
HPE 303W	3	HPE 363	2
Fine Arts & Humanities	3	EDUC 362	3
Elective	3	Quantitative Reasoning	3
Elective	3	Elective	3
Semester Credits:	15	Semester Credits:	15
Semester 7	Credits	Semester 8	Credits
EXPH 380	3	HPE 468	12
HPE 320	4		
Senior-Year Seminar	3		
Social Scientific Literacy	3		
Elective	3		
Semester Credits:	16	Semester Credits:	12

Minimum Credits Required to Graduate: 120

Courses in **Bold** must be taken in sequence in order for the student to be on track for admission to the EPP and be aligned for licensure upon completion of their degree. **HPE 102** is required by the HPE major and any student that is interested in HPE should be placed in that course their freshman year.