



University of Lynchburg

Bachelor of Arts in Educational Studies - Health and Physical Education

2023-2024 Catalog Year

UNIVERSITY DELL REQUIREMENTS (42 Credits)

Core (12 Credits)

		SEM	GR
COMM 101	Oral Argumentation & Advocacy	_____	_____
ENGL 123W	College Writing Workshop	_____	_____

Integrative Seminars

		NMBR		
DELL 100-level	First-Year Seminar ^A	_____	_____	_____
DELL 400-level	Senior-Year Seminar	_____	_____	_____

Artistic & Creative Thinking* (3 Credits)

Ethics or Civic Engagement* (3 Credits)

Historical Interpretation* (3 Credits)

Language & Intercultural Competence** (6 Credits)

Literary Analysis* (3 Credits)

Living Well* (2 Credits)

Quantitative Reasoning* (3 Credits)

Scientific Literacy (4 Credits)

Social Science Literacy* (3 Credits)

GENERAL ELECTIVES*** (16-19 Credits)

MAJOR REQUIREMENTS (66 Credits)

Education Core (12 Credits)

		SEM	GR
EDUC 110	Human Diversity in American Schools	_____	_____
HPE 258	Found of Health and Physical Education	_____	_____
HPE 304W	Sport, Exercise, & Performance Psyc	_____	_____
SPED 220	Introduction to Exceptionalities	_____	_____

HPE Courses (22 Credits)

HPE 116	Teaching of Team Sports	_____	_____
HPE 118	Teaching of Individual Sports & Dance	_____	_____
HPE 119L	Teaching of Outdoor Pursuits and Fitness Education	_____	_____
HPE 259	School Health Content	_____	_____
HPE 303W	Motor Development	_____	_____
HPE 310	PK-5 Physical Educ Methods Practicum	_____	_____
HPE 361	Measurement of Performance in Health and Physical Education	_____	_____
HPE 363	Health and Physical Education for Exceptional Populations	_____	_____
LVWL 100	21st Century Wellness	_____	_____

Professional Courses (12 Credits)

BIOL 224	Human Anatomy & Physiology I	_____	_____
BIOL 225	Human Anatomy & Physiology II	_____	_____
EDUC 351	Reading in the Content Areas	_____	_____
EXPH 325	Physiology of Exercise	_____	_____
EXPH 380	Kinesiology	_____	_____
HP 270	Nutrition	_____	_____
HP 300	Drugs and Behavior Management	_____	_____
HP 405W	Contemporary Health Issues	_____	_____

Internship (6 Credits)

HPE 415	Internship in Health and Physical Educ	_____	_____
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NOTES

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

**Must take two sequential courses.

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

Total credits required for graduation: 124 Credits

For graduation with Honors, see Undergraduate Catalog

Educational Studies - Health and Physical Education Emphasis (Bachelor of Art)

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	EDUC 110	3
HPE 118	2	Living Well (LVWL 100)	2
College Success Strategies (G S 104)	1	COMM 101	3
ENGL 123W	3	Scientific Literacy	4
First-Year Seminar	3	Language & Intercultural Competence II	3
Language & Intercultural Competence I	3		
Semester Credits:	15	Semester Credits:	15
Semester 3	Credits	Semester 4	Credits
BIOL 224	4	BIOL 225	4
HPE 119L	2	HPE 116	2
HP 270	3	HPE 259	2
SPED 220	3	Historical Interpretation	3
Elective	3	Elective	3
		Elective	3
Semester Credits:	15	Semester Credits:	17
Semester 5	Credits	Semester 6	Credits
EXPH 325	3	HPE 304W	3
HPE 303W	3	HPE 310	4
EDUC 351	3	Artistic & Creative Thinking	3
Literary Analysis	3	Ethics or Civic Engagement	3
Elective	3	Quantitative Reasoning	3
Semester Credits:	15	Semester Credits:	16
Semester 7	Credits	Semester 8	Credits
EXPH 380	3	HPE 363	2
HPE 415	3	HPE 415	3
HPE 361	3	Senior-Year Seminar	3
HP 405W	3	Elective	3
Social Scientific Literacy	3	Elective	3
		Elective	3
Semester Credits:	16	Semester Credits:	17

Minimum Credits Required to Graduate: 124