

WESTERN MICHIGAN UNIVERSITY
College of Education – Office of Admissions and Advising
Physical Education Major (PESJ) *with* Elementary Education Minor

NAME: _____ SS#: _____ CATALOG: _____

(PREREQUISITES)	COURSE	CR.HRS.	GRADE	SUB/TRAN
	REQUIRED COGNATES:			
	BIOS 1120/BIOS 1100 - Principles of Biology	4		
(BIOS 1120)	BIOS 2110- Human Anatomy	4		
(BIOS 1120; BIOS 2110 recommended)	BIOS 2400 - Human Physiology	4		
	HPER 1110 - Healthy Living	2		
	PROFESSIONAL THEORY COURSES: 17 HOURS			(Courses cannot count for both major and minor)
“C” grade or better required	HPER 1500 – Foundations of HPER	3		
(HPER 1500; All cognate courses)	Required Teaching Assistantship: (Apply at HPER Office) C/NC			Semester Completed:
	HPER 3810 or 1810 – First Aid Instructor or First Aid	2		
(BIOS 2110)	HPER 2950 – Biomechanical Analysis	3		
(BIOS 2400)	HPER 2980 – Exercise Physiology	3		
(HPER 1500)	HPER 3150 – Measurement and Evaluation	3		
(HPER 1500; 56+ credit hours)	*HPER 4500 – Cultural Dynamics of HPER	3		
	COACH. THEORY/TECHNIQUES COURSES: 9 HRS.			(Courses cannot count for both major and minor)
	HPER 2350 – Theory of Coaching	2		
<i>Choose One:</i>	HPER 2360 - 2367 – Officiating Series	1		
(HPER 2350) <i>Choose One:</i>	HPER 3370 - 3379 – Coach/Advanced Techniques Series	2		
(HPER 3810 or 1810; BIOS 2110)	HEPR 3800 – Foundations of Sports Injuries	2		
(Approved Application)	HEPR 4000 – Field Experience/Internship HPER	2		
	PROFESSIONAL CONTENT COURSES: 13 HOURS			(Courses cannot count for both major and minor)
	HPER 1040 – Non-traditional Physical Activities	1		
	HPER 1060 – Recreational Dance	1		
	HPER 1070 – Weight Training	1		
	HPER 1080 – Tumbling	1		
<i>Choose One:</i>	HPER 1120 OR 1130 – Tennis or Indoor Rac. Sports	1		
<i>Choose One:</i>	HPER 1200 OR 1210 – Golf or Bowling	1		
<i>Choose One:</i>	HPER 2150 OR 2420 – Aerobic Condt. or Aerobic Dance	1		
<i>Choose Four:</i>	HPER 1300: Softball; 1310: Volleyball; 1320: Soccer;	1		
	1330: Basketball; 1340: Wrestling; 1350: Football;	1		
	1360: Track/Field	1		
		1		
(HPER 1500 swimming test)	PEGN - Aquatics	1		
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	REQUIRED PEDAGOGICAL SEQUENCE			(2.5 overall required in these courses)
(BIOS 112)	HPER 2400 – Motor Development and Learning	3		
(HPER 1500)	HPER 2430 – PE Methods: Early Elementary Move.	3		
(HPER 2430)	HPER 3460 – PE Methods: Special Populations	3		
(HPER 2400; 2950; 2980; 3150; 3460)	HPER 4470 – PE Methods: Instructional Design	3		
“C” grade or better required				
“C” grade or better required	HPER 4480 – PE Methods: Teach. Skills/Strategies	3		

*This course satisfies the baccalaureate writing requirement

All students who intend to complete the Physical Education: Teacher/Coach major will be designated as pre-physical education. The following criteria must be met prior to application at the HPER Department (fourth floor of the Student Recreation Center): 1) Completion of 35 hours of University course work. 2) Completion of HPER 1500 with a grade of “C” or better. 3) Satisfactory completion of BIOS 1120.

ADVISOR
1/05

DATE

STUDENT SIGNATURE

SAMPLE