

**Four-Year Academic Plan  
Health and Physical Education (2023-2024)**

1st Semester (15 hrs.)		Course Title	Term Offered	Prerequisites & Notes
1	GATE101	Gateway to University Life	Fall	Required for University Foundations
3	GPS #1		Fall, Spring	
3	ENG 110	University Writing & Research	Fall, Spring	Minimum grade of C- required
3	COMM101	Public Speaking	Fall, Spring	PSYC101 is a good alternative
1	ED 300	Teaching: The Profession	Fall, Spring	
3	HPE 201	Introduction to Health & Physical Education	Fall	
1	Elective			<i>An elective of one or more credits <b>MAY</b> be needed to maximize some financial aid/scholarships.</i>

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2nd Semester (16 hrs.)		Course Title	Term Offered	Prerequisites & Notes
3	GPS #2		Fall, Spring	
2	WELL101	Personal Fitness and Wellness	Fall, Spring	
2	Fine Arts		Fall, Spring	
4	BIO 120, 120Lab		Fall, Spring	Minimum grade of C- required; Bio 101 can substitute
3	ED 301	Foundations of Education	Fall, Spring	ED 300 or consent of professor
2	HPE 222	Teaching Team Sports	Spring	HPE 221 is a good alternative.

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3rd Semester (15 hrs.)		Course Title	Term Offered	Prerequisites & Notes
3	GPS #3		Fall, Spring	
3	Foreign Language 101		Fall, Spring	
3	PSYC101	General Psychology	Fall, Spring	Take COMM101 if PSYC101 has already been taken
3	ED 303	Educational Psychology	Fall, Spring	
2	HPE 220	Teaching Educational Gymnastics, Dance & Rhythms	Fall	
1	Elective		Fall, Spring	<i>An elective of one or more credits <b>MAY</b> be needed to maximize some financial aid/scholarships.</i>

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Note: Apply for official admission to the Teacher Education program fall of your sophomore year (this is needed in addition to declaring your major).

4th Semester (15 hrs.)		Course Title	Term Offered	Prerequisites & Notes
3	GPS #4		Fall, Spring	
3	Foreign Language 102		Fall, Spring	
3	MATH112+		Fall, Spring	Any math class numbered 112 or higher
3	ED 306 & ED 306F (0)	Curriculum & Instruction	Fall, Spring	ED 301, ED 303, & official admission to the Teacher Education program
2	HPE 221	Teaching Individual and Dual Sports	Spring	HPE 222 is a good alternative.
1	ED 304	Exploring Diversity	Fall, Spring	

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5th Semester (15 hrs.)		Course Title	Term Offered	Prerequisites & Notes
4	EXSC210, 210Lab	Human Structure & Function	Fall, Spring	BIO 101 or 120 (with at least a C-) is a prerequisite; <b>minimum grade of C- required</b>
3	HETH101	Personal and Community Health	Fall, Spring	
3	SRMT410	Adapted Sport & Physical Education	Fall	
3	ED 305	Introduction to Differentiated Instruction for all Learners	Fall, Spring	ED 303
2	EXSC205	Principles of Resistance Training	Fall, Spring	WELL101 is a prerequisite. EXSC230 is a good alternative.
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6th Semester (16 hrs.)		Course Title	Term Offered	Prerequisites & Notes
4	EXSC310, 310Lab	Exercise Physiology	Fall, Spring	EXSC 210
1	ED 326 & ED 326F (0)	Content Area Literacy	Spring	ED 306
3	HPE 320 & ED 320F (0)	Methods of Teaching Health	Spring	ED 306 is a prerequisite OR co-requisite.
3	HPE 380 & ED 380F (0)	Elementary Physical Education Methods	Spring	ED 306 is a prerequisite OR co-requisite.
2	EXSC230	Fitness Promotion & Assessment	Fall, Spring	WELL101 is a prerequisite OR co-requisite. EXSC205 is a good alternative
3	Elective(s)			
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7th Semester (13 hrs.)		Course Title	Term Offered	Prerequisites & Notes
3	Literature/Writing		Fall, Spring	200+ level ENGL course
3	EXSC255	Nutrition	Fall, Spring	
3	EXSC303	Motor Control and Motor Learning	Fall, Spring	
3	HPE 385 & ED 385F (0)	Middle and Secondary Physical Education Methods	Fall	ED 306 is a prerequisite OR co-requisite.
1	PE 145	CPR/AED Training	Fall	Current CPR/AED certification is needed for Student Teaching. Documentation of off-campus certification is acceptable, but an additional elective credit hour is needed.
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8th Semester (15 hrs.)		Course Title	Term Offered	Prerequisites & Notes
3	ED 400	Student Teaching Seminar	Fall, Spring	Completion of program requirements and permission of the School of Education.
4	ED 490a	HPE Student Teaching: Instructional Preparation	Fall, Spring	
4	ED 490b	HPE Student Teaching: Instructional Presentation	Fall, Spring	
4	ED 490c	HPE Student Teaching: Classroom Organization/Management	Fall, Spring	
0	ED 497 (0)	Exit Examination	Fall, Spring	
0	HPE 497 (0)	Exit Examination	Fall, Spring	

<b>15</b>	<b>Total Credit Hours Earned</b>
<b>120</b>	

**Graduation Requirements:**

- 1 Must earn a minimum of 120 credit hours, including 40 credit hours at 300+ level.**
- 2 Must maintain minimum cumulative and major GPA of 2.7. Classes in Bold require a minimum grade of a C- as part of the HPE major.**
- 3 Must complete the last 30 credit hours of degree at Wingate University.**
- 4 Must fulfill Lyceum requirement as outlined in Academic Catalog.**