



This four year guide is a recommended semester-by semester plan of study for this major. All four year guides are meant as examples of how a degree can be completed in four years. Individual plans will be developed for each student in consultation with the academic advisor. Prior credit, course availability, and student needs must be considered in developing the individual plan.

Shaded areas of plan require special attention.

Course Subject and Title	Credit Hours	Min. Grade	Major GPA	Important Notes
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<b>Semester One: [15 Credit Hours]</b>
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UCO 1200 First Year Seminar	3			
ENG 1000 Expository Writing	3	C		
General Education Perspective	3			
General Education Perspective	3			
Second Academic Concentration (SAC)	3			

<b>Semester Two: [15 Credit Hours]</b>
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MAT 1010 Introduction to Mathematics (Quantitative Literacy)	4			
NUT 2202 Nutrition and Health (Wellness Literacy)	3			
General Education Perspective	3			
General Education Perspective	3			
FDN 3100 <span style="color: red;">Approved Substitution:</span> HED 1000 Personal and Family Health	2			

<b>Semester Three : [17 Credit Hours]</b>
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ENG 2001 Introduction to Writing Across the Curriculum	3			
HED 2100 Introduction to Health Education ( <b>WID</b> )	3	C		
CI 2300 Teaching and Learning in the Digital Age	2	C		
FDN 2400 Critical Perspectives in Teaching and Learning	2	C		
Science Inquiry	4			
General Education Perspective	3			

<b>Semester Four: [16 Credit Hours]</b>
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Science Inquiry	4			
HED 3120 Consumer Health Education	3			
PSY 3010 Psychology Applied to Teaching	3	C		
SAC	3			
General Education Perspective	3			

<b>Semester Five: [14 Credit Hours]</b>
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CI 3400 Policies and Practices in Educational Assessment	2	C		
HED/HPC 4710 Teaching Sex Education within a Family Context <b>OR</b> HED 4730 Teaching Stress Management and Emotional Health	3			
HED 3450 School Health Programs	3	C		
SAC	3			
General Education perspective	3			
<b>Semester Six: [14 Credit Hours]</b>				
SPE 3300 Creating Inclusive Learning Communities	3	C		
HED 4730 Teaching Stress Management and Emotional Health <b>OR</b> HED/HPC 4710 (3) Teaching Sex Education within a Family Context	3			
HED 4650 Drug Education and Prevention	3			
RE 4630 Reading in the Content Area	2	C		
Elective	3			
<b>Junior Year—Summer Session (or following Senior Year): [3 Credit Hours]</b>				
HED 3900 Internship	3	S		
<b>Semester Seven: [16 Credit Hours]</b>				
HED/HP 3100 Advanced First Aid and CPR	3	C		
HED 3655 Methods and Materials in Health Education	3	C		
BE/CI 4660 <b>Approved Substitution:</b> CI 3010 Classroom Management for Secondary Teachers	1	C		
HP 2200 Lifestyle Disease and Risk Reduction	3			
SAC	3			
Elective	3			



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<b>Semester Eight: [12 Credit Hours]</b>				
CI 4900 Student Teaching ( <b>CAP</b> )	12	S		

<b>General Requirements Summary</b>				
Minimum Total Hours	Gen Ed. Hours	Writing	Minimum	
			Major GPA	Overall GPA
122	44	ENG 1000 and ENG 2001	2.0	2.5

<b>General Education Program Model - 44 Semester Hours Total</b>		
Program Categories	Hours	Important Notes – <i>Be sure to check for Gen Ed courses required in your major</i>
First Year Seminar	3	Can be taken first or second semester of freshman year
Wellness Literacy	2	
Quantitative Literacy	4	
First Year Writing	3	Can be taken first or second semester of freshman year
Sophomore Writing	3	
Perspectives:	29	
Aesthetic	6 or 9	
Historical & Social	6 or 9	
Local to Global	6 or 9	
Science Inquiry	8	

**Additional Notes:**

- **Student should refer to the Major POS and the General Education POS for more information and prerequisites**
- Meet [PRAXIS I](#) requirement during FRESHMAN YEAR. See [first-year course guide](#).
- [Second academic concentration \(SAC\)](#) should be chosen as soon as possible to avoid sequencing problems (prerequisites, etc.) and ensure timely completion. Consult the [University Bulletin](#) for course prerequisites.
- Six to nine (6-9) SH of SAC can be double-counted between General Education and major.
- **STUDENTS MUST EARN A MINIMUM OF 122 SH FOR GRADUATION**