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<table>
<thead>
<tr>
<th>Course Subject and Title</th>
<th>Credit Hours</th>
<th>Min. Grade</th>
<th>Major GPA</th>
<th>Important Notes</th>
</tr>
</thead>
</table>

**Semester One: [15 Credit Hours]**

- 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

**Semester Two: [15 Credit Hours]**

- 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 Approved Substitution: HED 1000 Personal and Family Health 2

**Semester Three: [17 Credit Hours]**

- ENG 2001 Introduction to Writing Across the Curriculum 3
- HED 2100 Introduction to Health Education (WID) 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

**Semester Four: [16 Credit Hours]**

- Science Inquiry 4
- HED 3120 Consumer Health Education 3
- PSY 3010 Psychology Applied to Teaching 3 C
- SAC 3
- General Education Perspective 3

**Semester Five: [14 Credit Hours]**
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<tbody>
<tr>
<td>CI 3400 Policies and Practices in Educational Assessment</td>
<td>2</td>
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<tr>
<td>HED/HPC 4710 Teaching Sex Education within a Family Context <strong>OR</strong></td>
<td>3</td>
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<tr>
<td>HED 4730 Teaching Stress Management and Emotional Health</td>
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<td>HED 3450 School Health Programs</td>
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<tr>
<td>SAC</td>
<td>3</td>
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<tr>
<td>General Education perspective</td>
<td>3</td>
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<td><strong>Semester Six: [14 Credit Hours]</strong></td>
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<tr>
<td>SPE 3300 Creating Inclusive Learning Communities</td>
<td>3</td>
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</tr>
<tr>
<td>HED 4730 Teaching Stress Management and Emotional Health <strong>OR</strong></td>
<td>3</td>
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<tr>
<td>HED/HPC 4710 (3) Teaching Sex Education within a Family Context</td>
<td>3</td>
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<td>HED 4650 Drug Education and Prevention</td>
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<td>RE 4630 Reading in the Content Area</td>
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<tr>
<td>Elective</td>
<td>3</td>
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<tr>
<td><strong>Junior Year—Summer Session (or following Senior Year): [3 Credit Hours]</strong></td>
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<tr>
<td>HED 3900 Internship</td>
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<td><strong>Semester Seven: [16 Credit Hours]</strong></td>
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<tr>
<td>HED/HP 3100 Advanced First Aid and CPR</td>
<td>3 C</td>
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<td>HED 3655 Methods and Materials in Health Education</td>
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<tr>
<td>BE/CI 4660 Approved Substitution: CI 3010 Classroom Management for Secondary Teachers</td>
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<td>HP 2200 Lifestyle Disease and Risk Reduction</td>
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<td>SAC</td>
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<td>Elective</td>
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<tr>
<td>CI 4900 Student Teaching (CAP)</td>
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### Semester Eight: [12 Credit Hours]

**General Requirements Summary**

<table>
<thead>
<tr>
<th>Minimum Total Hours</th>
<th>Gen Ed. Hours</th>
<th>Writing</th>
<th>Major GPA</th>
<th>Minimum Overall GPA</th>
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<tr>
<td>122</td>
<td>44</td>
<td>ENG 1000 and ENG 2001</td>
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<td>2.5</td>
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</table>

### General Education Program Model - 44 Semester Hours Total

<table>
<thead>
<tr>
<th>Program Categories</th>
<th>Hours</th>
<th>Important Notes – Be sure to check for Gen Ed courses required in your major</th>
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<tbody>
<tr>
<td>First Year Seminar</td>
<td>3</td>
<td>Can be taken first or second semester of freshman year</td>
</tr>
<tr>
<td>Wellness Literacy</td>
<td>2</td>
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<tr>
<td>Quantitative Literacy</td>
<td>4</td>
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<tr>
<td>First Year Writing</td>
<td>3</td>
<td>Can be taken first or second semester of freshman year</td>
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<tr>
<td>Sophomore Writing</td>
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<tr>
<td>Perspectives:</td>
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<tr>
<td>Aesthetic</td>
<td>6 or 9</td>
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</tr>
<tr>
<td>Historical &amp; Social</td>
<td>6 or 9</td>
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<tr>
<td>Local to Global</td>
<td>6 or 9</td>
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<tr>
<td>Science Inquiry</td>
<td>8</td>
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</tr>
</tbody>
</table>

### 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.