



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 guide require special attention.

Course Subject and Title	Credit Hours	Min. Grade	Major GPA	Important Notes
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Semester One: [16 Credit Hours]

RC 1000	3			First Year Writing
UCO 1200	3			First Year Seminar
BIO, CHE or PHY	4	C	Yes	Begins Gen Ed 8 sh Science Inquiry Perspective
Gen Ed Experience	3			Integrative Learning Experience
HPE 2110	3	C	Yes	Pro-Block I; Must Complete Before Taking Pro-Block II Courses Permission of Instructor Required

Semester Two: [17 Credit Hours]

Gen Ed Experience	3			Completes Integrative Learning Experience
BIO, CHE or PHY	4	C	Yes	Completes Gen Ed 8 sh Science Inquiry Perspective
Gen Ed Quantitative Literacy	4			
Gen Ed Experience	3			Integrative Learning Experience
HPE 2120	3	C	Yes	Pro-Block I; Must Complete Before Taking Pro-Block II Courses Permission of Instructor Required

Semester Three : [17 Credit Hours]

RC 2001	3			Sophomore Writing
Gen Ed Experience	3			Liberal Studies Experience
Gen Ed Experience	3			Liberal Studies Experience
Gen Ed Experience	3			Liberal Studies Experience
HPE 2130	3	C	Yes	Pro-Block I; Must Complete Before Taking Pro-Block II Courses Permission of Instructor Required
C I 2300	2	C	Yes	Required for Admission to Teacher Education

Semester Four: [18 Credit Hours]

Gen Ed Experience	3			Completes Liberal Studies Experience
HPE 3210	3	C	Yes	Pro-Block II; Must Complete Before Taking Pro-Block III Courses
HPE 3220	3	C	Yes	Pro-Block II; Must Complete Before Taking Pro-Block III Courses
HPE 3230	3	C	Yes	Pro-Block II; Must Complete Before Taking Pro-Block III Courses
HPE 3240	3	C	Yes	Pro-Block II; Must Complete Before Taking Pro-Block III Courses
PSY 3010	3	C	Yes	May be taken prior to or after Admission to Teacher Education



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Semester Five: [17 Credit Hours]

HPE 4310	3	C	Yes	Pro-Block III; Must Complete Before Taking Pro-Block IV Courses Writing in the Discipline, ACT Service Learning
HPE 4320	3	C	Yes	Pro-Block III; Must Complete Before Taking Pro-Block IV Courses Completes 2 sh Gen Ed Wellness Literacy
HPE 4330	3	C	Yes	Pro-Block III; Must Complete Before Taking Pro-Block IV Courses
HPE 4340	3	C	Yes	Pro-Block III; Must Complete Before Taking Pro-Block IV Courses
HPE 4350	3	C	Yes	Pro-Block III; Must Complete Before Taking Pro-Block IV Courses
FDN 2400	2	C	Yes	Required for Admission to Teacher Education

Semester Six: [15 Credit Hours]

HPE 4410	3	C	Yes	Pro-Block IV; Must Complete Before Taking CI 4900
HPE 4420	3	C	Yes	Pro-Block IV; Must Complete Before Taking CI 4900
C I 3400	3	C	Yes	Can only be taken after Admission to Teacher Education
Second Academic Concentration	3			Second Academic Concentration required for this Major
Second Academic Concentration	3			Second Academic Concentration required for this Major

Semester Seven: [17 Credit Hours]

HPE 4430	3	C	Yes	Pro-Block IV; Must Complete Before Taking CI 4900
HPE 4440	3	C	Yes	Pro-Block IV; Must Complete Before Taking CI 4900
SPE 3300	3	C	Yes	Can only be taken after Admission to Teacher Education
Second Academic Concentration	3			Second Academic Concentration required for this Major
Second Academic Concentration	3			Second Academic Concentration required for this Major
Free Elective	2			

Semester Eight: [12 Credit Hours]

C I 4900	12	S	Yes	CAPSTONE
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General Requirements Summary				
Minimum Total Hours	Gen Ed. Hours	Writing	Minimum	
			Major GPA	Overall GPA
125-128	44	RC 1000 and RC 2001	2.00	2.50

General Education Program Model - 44 Semester Hours Total		
Program Categories	Hours	Important Notes – <i>Be sure to check for Gen Ed courses required in major</i>
First Year Seminar	3	Can be taken first or second semester of freshman year; Effective Fall 2012, waived for transfer students bringing in 30 or more hours)
Wellness Literacy	2	Satisfied by HPE 4320
Quantitative Literacy	4	Effective Fall 2014, HPE 3230 serves as 1 sh substitution for transfer students with only 3 sh of quantitative literacy
First Year Writing	3	Can be taken first or second semester of freshman year
Sophomore Writing	3	
Science Inquiry	8	BIO, CHE or PHY Recommended
Experiences:	21	
Integrative Learning Experience	9	Select one theme, & complete courses from at least two different disciplines
Liberal Studies Experience	12	Complete courses from at least three different disciplines
Designations	FA, LS, HS, SS	Complete at least 3 sh in each designator within the ILE and LSE.

Additional Notes:

- *Valid CPR & Emergency Care card must be presented to Student Services Center, 102 Edwin Duncan Hall, prior to graduation.*
- *Praxis II Scores must be submitted to the College of Education prior to graduation.*
- *Admission to Teacher Education is required for continuation in this program. Visit the Undergraduate Teacher Education Handbook at www.ced.appstate.edu for more information.*
- *18 s.h. in major and 9 s.h. in minor must be at ASU.*
- *50 s.h. must be earned from a Senior Institution and 25% of the degree hours must be in residency at ASU, with the final 30 s.h. in residence.*
- *As stated in the catalog, the final responsibility for meeting graduation requirements remains with the student.*
- *Info and application for International Student Teaching located at <http://rcoe.appstate.edu/students/forms-and-resources>*
- **Revised 5/4/16**

Health & Physical Education

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