

Curriculum Guide for AA to BSED Health And Physical Education at WCU

Freshman/First Year

| 1st Semester* | | | | | 2nd Semester | | | | |
|----------------------------|-----------------------|---------|--------------|----------------|----------------------------|------------------------|---------|--------------|----------------|
| Fall | | | | | Spring | | | | |
| CC Course | WCU Course Equivalent | LS Cat. | Credit Hours | Required/Notes | CC Course | WCU Course Equivalent | LS Cat. | Credit Hours | Required/Notes |
| ENG 111 | ENGL 101 | C1 | 3 | | ENG 112 | ENG 202 | C1 | 3 | |
| Math | Math | C2 | 3 | | COM 231 | COMM 201 | C3 | 3 | Preferred |
| Natural Science | Natural Science | C5 | 4 | | Humanities/Fine Arts | Fine & Performing Arts | P5 | 3 | |
| Social/Behavioral Sciences | Social Science | P1 | 3 | | Social/Behavioral Sciences | Social Sciences | P1 | 3 | |
| Humanities/Fine Arts | Humanities | P4 | 3 | | History | History | P3 | 3 | Preferred |
| ACA 122 | Elective | | 1 | | | | | | |
| Total Credit Hours | | | | | Total Credit Hours | | | | |
| 17 | | | | | 15 | | | | |

*This assumes placement into college level courses. This is only meant to be a guide. Please see your academic advisor to develop your individual plan. Recommend to transfer at first year to stay on target. Otherwise, plan for more time.

Sophomore/Second Year

| 3rd Semester | | | | | 4th Semester | | | | |
|-------------------------------------|-----------------------|---------|--------------|----------------|--------------------|-----------------------|---------|--------------|----------------|
| Fall | | | | | Spring | | | | |
| CC Course | WCU Course Equivalent | LS Cat. | Credit Hours | Required/Notes | CC Course | WCU Course Equivalent | LS Cat. | Credit Hours | Required/Notes |
| Natural Science | Natural Science | C5 | 4 | | | HPE 225 | | 4 | |
| EDU 216/Other Elective | EDCI 201 | | 3 | | | HPE 256 | | 3 | |
| Social Science (Global Perspective) | World Cultures | P6 | 3 | | | HPE 255 | | 3 | |
| HEA 110/PED 110/Other Elective | Wellness | C4 | 3 | | | HPE 235 | | 3 | |
| | HPE 223 | | 4 | | | HPE 253 | | 3 | |
| | HPE 212 | | 2 | | | | | | |
| Total Credit Hours | | | | | Total Credit Hours | | | | |
| 18 | | | | | 19 | | | | |

Suggested Course Sequence to transfer from NCCCS

Junior/Third Year (at WCU)

| 5th Semester | | Fall | | 6th Semester | | Spring | |
|--------------------|------------------------------|--------------|-------|--------------------|-------------------------|--------------|-------|
| WCU Course | Course Title | Credit Hours | Notes | WCU Course | Course Title | Credit Hours | Notes |
| HPE 355 | Fitness Concepts | 3 | | HPE 354/364 | Lifetime Sports/Phys | 2 | |
| HPE 312 | Health Pedagogy | 3 | | HPE 360 | Sexual health | 3 | |
| HPE 345 | Children's Movement | 3 | | HPE 358 | Healthfull Living | 3 | |
| HPE346 | Education Dance & Gymnastics | 2 | | HPE 311 | Eval. & Assess. in HPE | 3 | |
| HPE 325 | Risky Behaviors | 3 | | HPE 305 | Adventure Based PE | 3 | |
| PSY 323 | Psy. Appl. Lrning & Teaching | 3 | | HPE 350 | Current Health Problems | 3 | |
| Total Credit Hours | | 17 | | Total Credit Hours | | 16 | |

Senior/Fourth Year

| 7th Semester | | Fall | | 8th Semester | | Spring | |
|--------------------|------------------------|--------------|-------|--------------------|------------------------------------|--------------|-------|
| WCU Course | Course Title | Credit Hours | Notes | WCU Course | Course Title | Credit Hours | Notes |
| HPE 343 | Classroom Management | 3 | | HPE 489 | HPE Internship II: K-8 | 9 | |
| HPE 425 | Curriculum development | 3 | | HPE 496 | Healthful Living Teacher as Leader | 3 | |
| HPE 488 | HPE Internship I | 3 | | | | | |
| HPE 424 | Adapted Movement | 3 | | | | | |
| Psy 339 | Designing Classrooms | 3 | | | | | |
| Total Credit Hours | | 15 | | Total Credit Hours | | 15 | |

Total Credit Hours 131

First Aid & CPR Certification, 50 hours Professional Involvement, 2.75 GPA, Praxis I and admission to the Teacher Education Program also required.

Reminder: 30 hours of 300-400 level courses must be taken at WCU.

Program Website: hpebsed.wcu.edu