

Northwestern State University: Department of Health and Human Performance
Health & Physical Education, K-12 (378) – Fall 2024

Degree Program Name: Bachelor of Science (B.S.) in Health & Physical Education K-12

Degree Program Description: The mission of the BS in Health & Physical Education program in the Gallaspy College of Education and Human Development is to prepare innovative, contemporary leaders prepared for a variety of career opportunities in K-12 health, physical education, and coaching. Classes are provided both online and face-to-face. For more information, please go to <https://hhp.nsula.edu/> or contact Dr. Tara Tietjen-Smith, Department Head, at tietjensmitht@nsula.edu

YEAR 1: 31 semester hours

Semester 1		
ENGL 1010: Composition and Rhetoric I	3	
MATH 1020: College Algebra or MATH 1035: Contemporary Mathematics	3	
Choose 1 History course from: HIST 2010, HIST 2020	3	
HP 2000: Introduction to Health & Human Perf	3	
FA 1040: Exploring the Arts	3	
UNIV 1000: The University Experience	1	
TOTAL	16	

Semester 2		
ENGL 1020: Composition and Rhetoric II	3	
MATH 1060: Finite Mathematics or MATH 1090: Trigonometry	3	
SCI 1010: Basic Concepts of Physical Science or CHEM 1070: Fund of Chemistry for Allied Health Maj	3	
EPSY 2020: Introduction to Child & Adolescent Psych	3	
HED 1090: Personal and Community Health	3	
TOTAL	15	

YEAR 2: 32 semester hours

Semester 3		
BIOL 3310: Human Anatomy & Physiology I or BIOL 2250: A&P I Nursing/Allied Health	3	
BIOL 3311: Human Anatomy & Physiology I Lab or BIOL 2251: A&P I Nursing/Allied Health Lab	1	
ENGL 2110: Introduction to Literature	3	
EDUC 2020: Foundations of Multicultural Education	3	
COMM 2500: Interpersonal Communication or COMM 1010: Oral Communication	3	
HED 1010: First Aid & CPR	3	
TOTAL	16	

Semester 4		
BIOL 3320: Human Anatomy & Physiology II or BIOL 2260: A&P II Nursing/Allied Health	3	
BIOL 3321: Human Anatomy & Physiology II Lab or BIOL 2261: A&P II Nursing/Allied Health Lab	1	
HP 4000: Introduction to Adapted Physical Educ	3	
HP 2630: Motor Learning	3	
HED 4000: Health & Exercise Psychology	3	
HED 3100: Nutrition and Optimal Performance	3	
TOTAL	16	

YEAR 3: 33 semester hours

Semester 5		
HP 3550: Applied Kinesiology	3	
HP 4500: Foundations of HPE Coaching	3	
HED 4880: Methods & Materials of K-12 Health Ed	3	
HP 4960: Methods & Materials of K-12 Physical Ed	3	
EDUC 3140: Instructional Planning	3	
TOTAL	15	

Semester 6		
HP 3560: Exercise Physiology	3	
HED 4600: Drug and Alcohol Education	3	
HP 4170: Exercise Testing & Prescription	3	
HED 2010: Prevention & Care of Athletic Injuries	3	
RDG 4050: Dyslexia, Literacy, & Science of Reading	3	
EPSY 3000: Classroom Assessment	3	
TOTAL	18	

YEAR 4: 24 semester hours

Semester 7		
Social Science Elective*	3	
HED 4500: Sexuality Education	3	
EDUC 4921** Residency I	6	
TOTAL	12	

Semester 8		
SPED 3460: Intro to Individuals with Disabilities	3	
EDUC 3210 or 3220: Learning Env & Classroom Mgt	3	
EDUC 4922** Residency II	6	
TOTAL	12	

PROGRAM TOTAL: 120 semester hours

Revised 9/16/2024

Admission to Teacher Candidacy required for enrollment in courses in Bold.

** Must be taken concurrently

*Select from the following: ANTH 1510; ECON 2000; GEOG 1010; PHIL 1010; PSCI 2010