



This roadmap is a recommended semester-by-semester plan of study for this major. However, courses and milestones designated as critical (in boldface and shaded areas) must be completed in the semester listed to ensure a timely graduation.

Course Subject and Title	Credit Hours	Upper Division	Min. Grade	Important Notes
Semester One: [16 Credit Hours]				
HED 11570 Personal Health	3		C	
PEP 15010 Introduction to Physical Education, Fitness and Sport	3		C	
PEP 15020 Fundamental Movement, Gymnastics and Dance	3		C	
US 10097 Destination Kent State: FYE	1			Not required of transfer students with 25 credits
Kent Core Requirement	6			See Kent Core Summary on page 3
Semester Two: [15 Credit Hours]				
Requirement: successful completion of Praxis I Reading (score 174), Writing (score 172) and Mathematics (score 174)				
CULT 29535 Education in a Democratic Society	3		C	
PEP 15015 Development and Analysis of Net Games	3		C	Offered in spring only
COMM 15000 Introduction to Human Communication	3			Fulfills Kent Core Additional
Kent Core Requirement	6			See Kent Core Summary on page 3
Semester Three: [18 Credit Hours]				
PEP 15011 Development and Analysis of Invasion Games	3		C	
PEP 15016 Development and Analysis of Target Games and Fielding Games	3		C	Offered in fall only
HED 11590 Community Health Education	3		C	
ITEC 19525 Educational Technology	3		C	
PEP 25026 Overview of Outdoor Pursuits and Adventure Education	3		C	Offered in fall only
PSYC 11762 General Psychology	3			Fulfills Kent Core Social Sciences and domestic diversity requirement
Semester Four: [15 Credit Hours]				
EPSY 29525 Educational Psychology	3		C	
HED 20000 Health Education for Early Childhood	3		C	
PEP 25068 Measurement and Evaluation in Fitness and Sport	3		C	
Kent Core Requirement	6			See Kent Core Summary on page 3
Semester Five: [18 Credit Hours]				
Requirements: minimum 2.75 GPA; admission to advanced study.				
ATTR 25057 Human Anatomy and Physiology I <i>or</i> EXSC 25057 Human Anatomy and Physiology I	3		C	
HED 21030 Introduction to Health Education	3		C	
HED 21050 Health Education Theories	3		C	
PEP 25033 Lifespan Motor Development	3		C	
SPED 23000 Introduction to Exceptionalities	3		C	Fulfills domestic diversity requirement
Kent Core Requirement	3			See Kent Core Summary on page 3



Critical requirements are boldface in shaded areas

Course Subject and Title	Credit Hours	Upper Division	Min. Grade	Important Notes
Semester Six: [18 Credit Hours]				
Requirement: apply and be accepted for Advanced Study. 2.75 minimum cumulative GPA required				
PEP 25025 Teaching in Physical Education	3		C	Offered in spring only
HED 32530 Drug Use and Misuse	3	■	C	
HED 32544 Human Sexuality	3	■	C	
HED 42041 Health Counseling	3	■	C	
HED 44543 Administration of School Health Programs	3	■	C	
PEP 35084 Analysis of Motor Skills	3	■	C	
Semester Seven: [17 Credit Hours]				
Requirement: apply for student teaching				
HED 32542 Methods and Applications of Health Education	5	■	C	Fulfills writing-intensive course requirement: see note on page 3
CI 47330 Reading and Writing in Adolescence/ Adulthood	3	■	C	
PEP/SPAD 25059 Sport in Society <i>or</i> PEP /SPAD 35065 History and Philosophy of Sport and Physical Activity	3		C	PEP 25059 fulfills domestic diversity course requirement; PEP 35065 fulfills writing-intensive course requirement; see note on page 3
PEP 35010 Psychological Dimensions of Motor Behavior	3	■	C	Fulfills writing-intensive course requirement; see note on page 3
Kent Core Requirement	3			See Kent Core Summary on page 3
Semester Eight: [15 Credit Hours]				
PEP 45058 Secondary School Physical Education Methods	3	■	C	Offered in spring only; must be taken together
PEP 45059 Secondary School Physical Education Content	3	■	C	
HED 34050 Program Planning and Evaluation in Health	3	■	C	
HED 44544 Sexuality Education Programs	3	■	C	
HED 44550 Drug Abuse and Violence Education Programs	3	■	C	
Semester Nine: [15 Credit Hours]				
PEP 45051 Elementary School Physical Education Methods	3	■	C	Offered in fall only; must be taken together
PEP 45053 Elementary School Physical Education Content	3	■	C	
NUTR 23511 Science of Human Nutrition	3		C	Fulfills Kent Core Basic Sciences
PEP 45037 Adapted Physical Education	3	■	C	
Kent Core Requirement	3			See Kent Core Summary on page 3
Semester Ten: [15 Credit Hours]				
EDUC 49525 Inquiry into Professional Practice in Health and Physical Education	3	■	C	
EDUC 49526 Student Teaching in Health/Physical Education	12	■	S	

Graduation Requirements Summary

Minimum Total Hours	Minimum Upper-Division Hours	Minimum Kent Core Hours	Diversity Course Global / Domestic	Writing-Intensive	Minimum Major GPA	Minimum Overall GPA
162	39	36	Kent Core / SPED 23000/ PEP 25059	PEP 35010 or PEP 35065 or HED 32542	2.75	2.75



Kent Core Summary

Kent Core Categories	Important Notes	Remaining Credit Hours
Additional (6 credit hours) <i>Must be selected from two Kent Core categories</i>	3 credit hours are fulfilled in this major with COMM 15000; may fulfill diversity requirement	3
Basic Sciences (6-7 credit hours) <i>Must include one laboratory</i>	3 credit hours are fulfilled in this major with NUTR 23511	3-4
Composition (6-8 credit hours) <i>ENG 11002, 11011, 21011; HONR 10197, 10297</i>	Enrollment based on placement test; a grade of C is required in both courses	6-8
Humanities and Fine Arts (9 credit hours) <i>Minimum one course from humanities in Arts and Sciences category and minimum one course from fine arts category</i>	May fulfill diversity requirement	9
Mathematics and Critical Reasoning (3-5 credit hours)	Enrollment based on placement test	3-5
Social Sciences (6 credit hours) <i>Must be selected from two curricular areas</i>	3 credit hours are fulfilled in this major with PSYC 11762; may fulfill diversity requirement	3

The Physical Education–Health and Physical Education program (pre-K-to-grade-12 licensure) is designed to be completed in five years and allows students to satisfy a maximum 12 credit hours of program requirements with graduate courses.

Students in Health and Physical Education need to provide evidence of certification in First Aid, CPR and a minimum equivalence to intermediate competency in Red Cross swimming.

Note: A minimum C grade must be earned in either PEP 35010 or PEP 35065 in order to fulfill the writing-intensive requirement.

Kent Core

Students must complete a minimum 36 credit hours of the Kent Core. Certain courses required in programs and in student’s major field may also fulfill the Kent Core. Honors equivalents shall satisfy the Kent Core. None of the courses on the Kent Core list may be taken with a pass/fail grade. Visit www.kent.edu/catalog/kent-core for course list.

Diversity Course Requirement

Students must complete a two-course diversity requirement, consisting of one with a domestic (U.S.) focus and one with a global focus. One course must come from the Kent Core. The second course may be taken as a second Kent Core, within a major or minor, or as a general elective; or, with dean’s approval, by completing one semester of study in another country. Visit www.kent.edu/catalog/diversity for course list.

Writing-Intensive Course Requirement

Students must complete a one-course writing-intensive requirement in their major and earn minimum C (2.00) grade. Visit www.kent.edu/catalog/wic for course list.

Upper-Division Requirement

Students must complete a minimum 39 upper-division (numbered 30000 to 49999) credit hours of coursework. Programs in the College of Arts and Sciences require a minimum of 42 hours of upper-division coursework.

