



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

Critical	Course Subject and Title	Credit Hours	Upper Div.	Min. Grade	Major GPA	Type	Term Taken
Semester One [16 Credits]							
!	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: First Year Experience ¹	1					
	Kent Core Requirement	3					
	Kent Core Requirement	3					
Semester Two [16 Credits]							
Requirement: successful completion of Praxis I Reading (score 156), Writing (score 162) and Mathematics (score 150)							
!	CULT 29535 Education in a Democratic Society	3		C	■		
!	PEP 15015 Development and Analysis of Net Games	3		C	■		
!	PEB Electives ²	1		C	■		
	COMM 15000 Introduction to Human Communication	3		C		KAD	
	PEP 25026 Overview of Outdoor Pursuits and Adventure Education	3		C	■		
	Kent Core Requirement	3					
Semester Three [15 Credits]							
!	PEP 15011 Development and Analysis of Invasion Games	3		C	■		
!	PEP 15016 Development and Analysis of Target and Field Games	3		C	■		
	HED 20000 Teaching Health to Young Learners	3		C	■		
	HED 21030 Introduction to Health Education	3		C	■		
	ITEC 19525 Educational Technology	3		C	■		
Semester Four [17 Credits]							
!	EPSY 29525 Educational Psychology	3		C	■		
	PSYC 11762 General Psychology	3		C		DD/KSS	
	PEB Electives ²	2		C	■		
	Kent Core Requirement	3					
	Kent Core Requirement	3					
	Kent Core Requirement	3					
Semester Five [18 Credits]							
Requirement: minimum 2.750 cumulative GPA by end of term; minimum 2.750 major GPA							
!	ATTR 25057 Human Anatomy and Physiology I ³ or EXSC 25057 Human Anatomy and Physiology I ³	3		C	■	KBS	
	HED 21050 Health Education Theories	3		C	■		
	PEP 25033 Lifespan Motor Development	3		C	■		
	SPED 23000 Introduction to Exceptionalities	3		C	■	DD	
	Kent Core Requirement	3					
	Kent Core Requirement	3					
Semester Six [15 Credits]							
Requirement: apply online for Advanced Study before the second Friday of the term; 2.750 minimum cumulative GPA; minimum 2.750 major GPA							
!	PEP 25025 Teaching in Physical Education	3		C	■		
	HED 32530 Drug Use and Misuse	3	■	C	■		
	HED 32544 Human Sexuality	3	■	C	■		
	HED 44543 Administration of School Health Programs	3	■	C	■		
	PEP 35084 Motor Skill Analysis	3	■	C	■		
Semester Seven [14 Credits]							
Requirement: apply for student teaching; minimum 2.750 major GPA; minimum 2.750 cumulative GPA							
!	HED 32542 Methods and Applications of Health Education ⁴	5	■	C	■	WIC	
	HED 42041 Health Coaching	3	■	C	■		
	PEP 35020 Fitness Education	3	■	C	■		
	SPAD 35065 History and Philosophy of Sport and Physical Activity ⁴	3	■	C	■	WIC	
Semester Eight [15 Credits]							
Requirement: minimum 2.750 cumulative GPA; minimum 2.750 major GPA							
!	PEP 45058 Secondary School Physical Education Methods	3	■	C	■		
!	PEP 45059 Secondary School Physical Education Content	3	■	C	■		
	HED 34050 Program Planning and Evaluation in Health Education	3	■	C	■		
	HED 44544 Sexuality Education Programs	3	■	C	■		
	HED 44550 Drug Abuse and Violence Education Programs	3	■	C	■		
Semester Nine [15 Credits]							
Requirement: minimum 2.750 cumulative GPA; minimum 2.750 major GPA							
!	PEP 45051 Elementary School Physical Education Methods	3	■	C	■		
!	PEP 45053 Elementary School Physical Education Content	3	■	C	■		
	CI 47330 Reading and Writing in Adolescence/Adulthood	3	■	C	■		
	NUTR 23511 Science of Human Nutrition	3		C	■	KBS	
	PEP 45037 Adapted Physical Education	3	■	C	■		



Critical	Course Subject and Title	Credit Hours	Upper Div.	Min. Grade	Major GPA	Type	Term Taken
Semester Ten [16 Credits]							
Requirement: minimum 2.750 cumulative GPA; minimum 2.750 major GPA							
!	EDUC 49526 Student Teaching in Health and Physical Education	10	■	S	■	ELR	
!	PEP 49525 Inquiry into Professional Practice in Physical Education	3	■	C	■		
!	HED 49525 Inquiry Seminar into Professional Practice	3	■	C	■		

Graduation Requirements Summary

Minimum Total Hours	Minimum Upper-Division Hours	Minimum Kent Core Hours	Minimum	
			Major GPA	Overall GPA
157	39	36	2..750	2.750

1. US 10097 is not required of transfer students with 25 credits or students age 21+ at time of admission.

2. PEB Electives (3 credit hours)

Choose three courses from the following:

PEB 10020 Develop and Conditioning (1)	PEB 11667 Boot Camp I (1)
PEB 10036 Fitness Walking (1)	PEB 11673 Intermediate Yoga (1)
PEB 10306 Jogging (1)	PEB 11674 Intermediate Pilates (1)
PEB 10403 Beginning Ballroom (1)	PEB 11675 Zumba Toning (1)
PEB 10413 Latin Dance (1)	PEB 12324 Weight Training (1)
PEB 11426 Varsity Sport Training and Conditioning (1)	PEB 12325 Women's Weight Training (1)
PEB 11604 Beginning Karate (1)	PEB 12424 Exercise/Weight Control (1)
PEB 11633 Ju-Jitsu (1)	PEB 12425 Nautilus Exercises (1)
PEB 11634 Self Defense (1)	PEB 13003 Dance Exercise (1)
PEB 11663 Beginning Yoga (1)	PEB 13010 Judo-Ajudo (1)
PEB 11664 Pilates (1)	PEB 13016 Cycling (1)
PEB 11665 Zumba (1)	PEB 13040 Cardio Kickboxing (1)
PEB 11666 Beginning Spinning (1)	

3. A minimum C (2.000) grade must be earned in either SPAD 35065 or HED 32542 to fulfill writing-intensive requirement.

4. Students who have successfully completed BSCI 11010 Anatomy and Physiology in Allied Health I with a C (2.000) grade or better may use that course in place of ATTR/EXSC 25057 Human Anatomy and Physiology I.

Special Major Notes:

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 level 5 competency in Red Cross swimming.

Licensure Requirement (not required for graduation):

Candidates seeking Ohio licensure are required to pass specific assessments in order to apply for licensure. See Ohio Department of Education-Educator Preparation website for more information on assessments specific to licensure type.

University Requirements Summary

Type	Categories	Course(s) Satisfying Category	Remaining Requirements
KCM	Kent Core I. Composition Enrollment based on placement test	a grade of C is required in both courses visit www.kent.edu/catalog/kent-core	6
KMC	Kent Core II. Mathematics and Critical Reasoning Enrollment based on placement test	visit www.kent.edu/catalog/kent-core	3
KHU	Kent Core III. Humanities Minimum one course from humanities in Arts and Sciences; may fulfill diversity requirement	visit www.kent.edu/catalog/kent-core	3
KFA	Kent Core IV. Fine Arts Minimum one course from the fine arts; may fulfill diversity requirement	visit www.kent.edu/catalog/kent-core	3
KFH	Kent Core V. Humanities or Fine Arts One additional course from either the humanities or fine arts category, may fulfill diversity requirement.	visit www.kent.edu/catalog/kent-core	3
KSS	Kent Core VI. Social Sciences Must be selected from two curricular areas; may fulfill diversity requirement	PSYC 11762	3
KBS	Kent Core VII. Basic Sciences Must include one laboratory	NUTR 23511; ATTR 25057 or EXSC 25057	fulfilled
KAD	Kent Core VIII. Additional May fulfill diversity requirement	COMM 15000	3
DD	Domestic Diversity Course Requirement Either domestic or global diversity must be from Kent Core	PSYC 11762	fulfilled
DG	Global Diversity Course Requirement Either domestic or global diversity must be from Kent Core	visit www.kent.edu/catalog/diversity	one course
ELR	Experiential Learning Requirement Either course or non-course experience approved by the appropriate faculty member	EDUC 49526	fulfilled
WIC	Writing-Intensive Course Requirement Minimum C (2.000) grade	HED 32542, SPAD 35065	fulfilled