

4-Year Plan of Study: 121 credits (Updated June 2025)

YEAR 1			
Fall	Credits	Spring	Credits
KNES 292, Physical Education Teacher Education as A Profession (F)	3	KNES 294, Physical Education Elementary Content Knowledge and Performance (S)	3
BIOL 191/191L, Intro. Biology for Health Prof. (Core 7)	4	PSYC 101, Introduction to Psychology (Core 6)	3
KNES 238, Physical Fitness, Programming & Assess. (F)	3	EDUC 202, Historical/Contemp Perspectives in Educ. (Core 10)	3
ENG 102, Writing of Liberal Education (Core 2)	3	Core 1	3
MATH 115, College Algebra (Core 3)	3	Core 7/8	3
Total:	16	Total:	15
YEAR 2			
Fall	Credits	Spring	Credits
KNES 240, Pedagogy in Field/Court Skills and Strategy (F)	3	KNES 242, Pedagogy in Striking, Fielding and Target Skills and Strategy (S)	3
KNES 249, Pedagogy in Track & Field Skills and Strategy, And Adventure Education 9F)	3	KNES 244, Pedagogy in Creative Movement and Gymnastics Skills and Strategies (S)	3
BIOL221/221L, Human Anatomy & Physiology	4	KNES 246, Pedagogy of Net/Wall Skills & Strategies (S)	3
PSYC 201, Educational Psychology	3	BIOL 222/222L, Human Anatomy & Physiology II	4
EDUC 203, Teaching and Learning in a Diverse Society (Core 13)	3	KNES 317, Motor Behavior in Physical Education (S)	3
Total:	16	Total:	16
YEAR 3			
Fall	Credits	Spring	Credits
KNES 311, Biomechanics	3	KNES 324, Teaching Physical Education in Elementary School	3
KNES 315, Care and Prevention of Athletic Injuries	3	ELED 324, Integrating Literacy in K-12 Content Areas	3
SCED 304, Education, Ethics and Change (Core 14)	3	KNES 313, Physiology of Exercise	3
Core 9	3	Core (4, 5, 11, or 12)	3
Core (4, 5, 11, or 12)	3	Core (4, 5, 11, or 12)	3
Total:	15	Total:	15
YEAR 4 (PROFESSIONAL YEAR)			
Fall	Credits	Spring	Credits
KNES 325, Teaching Physical Education in Secondary School	3	KNES 492, Elementary Internship	6
KNES 423, Adapted Physical Education	3	KNES 493, Secondary Internship	6
REED 365, Literacy in Content Areas Prek-12	3	KNES 480, Seminar in Teaching Physical Education	1
KNES 310, Assessment in Physical Education (F)	3		
Core (4, 5, 11, or 12)	3		
Total:	15	Total:	13