## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH AND PHYSICAL EDUCATION 2013-2014

## Enter Fall 2013 - Graduate Spring 2017

## Minimum Credits to Graduate: 121

**UNIVERSITY REQUIREMENTS**

**University Requirements**

\_\_\_\_\_ ENGL110 Critical Reading & Writing\* (3 credits)

\_\_\_\_\_ Multicultural Course (3 credits) EDUC419 fulfills this requirement

\_\_\_\_\_ First Year Experience (FYE) (1-4 credits) BHAN155\* fulfills this requirement

\_\_\_\_\_ Discovery Learning Experience (DLE) (3 credits) EDUC400 fulfills this requirement

**University Breadth Requirements** \* (students must take breadth courses from four different subject areas)

Go to [www.academiccatalog.udel.edu](http://www.academiccatalog.udel.edu) for a complete list of breadth courses and restrictions:

\_\_\_\_\_ Creative Arts and Humanities\* (3 credits)

\_\_\_\_\_ History and Cultural Change\* (3 credits)

\_\_\_\_\_ HDFS201 or PSYC100 Social & Behavioral Sciences\* (3 credits)

\_\_\_\_\_ NTDT200 Math, Natural Science and Technology\*(3 credits)

**MAJOR REQUIREMENTS** (100 credits)

\_\_\_\_\_ BHAN121 Water Safety Instruction\* (2)

\_\_\_\_\_ BHAN140 Fundamental Skills Analysis\* (3)

\_\_\_\_\_ BHAN141 Adventure Challenge & Outdoor Rec\* (1)

\_\_\_\_\_ BHAN145 Introduction to Physical Education\* (3)

\_\_\_\_\_ BHAN155 Personal Health Management: Approach

For a Lifetime\* (3)

\_\_\_\_\_ BHAN230 Group Facilitation Skills in HPE\* (3)

\_\_\_\_\_ BHAN231 Teaching Mental & Community Health\* (3)

\_\_\_\_\_ BHAN241 Teaching Individual Sports\* (3)

\_\_\_\_\_ BHAN245 Teaching Team Sports\* (3)

\_\_\_\_\_ BHAN251 Skills & Tech: Rhythms & Dance\* (1)

\_\_\_\_\_ BHAN315 Methods & Materials in Drug Ed\* (3)

\_\_\_\_\_ BHAN319 Health Related Fitness\* (3)

\_\_\_\_\_ BHAN324 Measurement and Evaluation\* (3)

\_\_\_\_\_ BHAN325 Instructional Strategies for Human\*

Sexuality\* (3)

\_\_\_\_\_ BHAN333 Health Theory and Program Planning\* (3)

\_\_\_\_\_ BHAN342/ 343 Intro/Adapted Physical Education\* (3)

\_\_\_\_\_ BHAN345 Tactical Approach to Sports\* (3)

\_\_\_\_\_ BHAN414 Methods/Materials: Health Education\* (3)

\_\_\_\_\_ BHAN416 Methods/Materials: Physical

Education\* (3)

\_\_\_\_\_ BHAN465 Seminar: Health & Physical Education\* (2)

\_\_\_\_\_ BISCXXX Biology course with Lab\* (4)

\_\_\_\_\_ EDUC400 021Student Teaching – Elementary (5)

\_\_\_\_\_ EDUC400 026 Student Teaching – Secondary (5)

\_\_\_\_\_ EDUC413 Adolescent Devpmt & Educ, Psych\* (4)

\_\_\_\_\_ EDUC414 Teaching Exceptional Adolescents\* (3)

\_\_\_\_\_ EDUC419 Diversity in Secondary Education\* (3)

\_\_\_\_\_ EDUC420 Reading in Content\* (1)

\_\_\_\_\_ HDFS201 Lifespan Development\* (3) or

PSYC100 General Psychology\* (3)

\_\_\_\_\_ KAAP210 Emergency Mgmt. of Injuries & Illness\* (3)

\_\_\_\_\_ KAAP220 Anatomy and Physiology\* (3)

\_\_\_\_\_ KAAP301 Motor Development\* (4)

\_\_\_\_\_ KAAP425 Biomechanics of Human Movement\* (4)

\_\_\_\_\_ KAAP433 Applied Physiology of Activity\*(4)

\_\_\_\_\_ MATH113 or higher\* (3)

\_\_\_\_\_ NTDT200 Nutrition Concepts\* (3)

**ELECTIVES -**  in addition to required courses completed, sufficient elective credits must be taken to meet the

minimum credits required for the degree (120).

Upper Division Clearance Requirements: Minimum GPA in the major - 2.75; minimum cumulative GPA - 2.5

Praxis passing scores of: Reading 175, Writing 173 and Mathematics 174

Please refer to the course catalog [hhttp://academiccatalog.udel.edu/Pub\_ShowCatalogPage.aspx?CATKEY=CATKEY\_1347&ACYEAR=2013-2014](http://academiccatalog.udel.edu/Pub_ShowCatalogPage.aspx?CATKEY=CATKEY_1347&ACYEAR=2012-2013&DSPL=Published) for a complete listing of program requirements.

\* Grade of C- or better required

## University of Delaware Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH AND PHYSICAL EDUCATION 2013-2014

## Enter Fall 2013 - Graduate Spring 2017 / Minimum Credits to Graduate = 121

Suggested Sequence

Consult with your advisor for possible alternative sequencing

FALL SEMESTER SPRING SEMESTER

**FRESHMAN YEAR**

\_\_\_\_ **BHAN145** Intro to Physical Education (Fall only) 3

\_\_\_\_ **BHAN155** Personal Health Management:

Approach for a Lifetime 3

\_\_\_\_ **KAAP210** Emergency Mgmt of Injuries & Illness 3

\_\_\_\_ **KAAP220** Anatomy and Physiology 3

\_\_\_\_ **HDFS201 or PSYC100** - Breadth 3

15

\_\_\_\_ **BHAN140** Fundamental Skills Analysis (Spring only) 3

\_\_\_\_ **BHAN141** Adventure Chall & Outdoor Rec (Spring only) 1

\_\_\_\_ **BHAN230** Grp Fac Skills in Hlth & Phys Ed (Spring only) 3

\_\_\_\_ **ENGL110** Critical Reading and Writing 3

\_\_\_\_ **Math 113** or higher 3

\_\_\_\_ Breadth or Elective 3

16

**SOPHOMORE YEAR**

\_\_\_\_ **BISC w/Lab** 4

\_\_\_\_ **BHAN319** Health Related Fitness (Fall only) 3

\_\_\_\_ **BHAN333** Health Theory & Program Planning (Fall only) 3

\_\_\_\_ **EDUC419** Diversity in Secondary Ed (Multicultural) 3

\_\_\_\_ **KAAP301** Motor Development (Fall only) 4

17

\_\_\_\_ **NTDT200** Nutritional Concepts 3

\_\_\_\_ **BHAN315** Methods & Materials in Drug Ed (Spring only; 3

PR BHAN155 and BHAN230)

\_\_\_\_ **BHAN342/343** Intro/Adapted Phys Ed(343 PR KAAP220 & 301) 3

\_\_\_\_ **BHAN345** Tact Appr to Sports (Spring only; PR BHAN140) 3

\_\_\_\_ **EDUC413** Adolescent Devpmnt & Ed Psych 4

16

**JUNIOR YEAR**

\_\_\_\_ **BHAN231** Tchng Mental & Community Health (Fall only; 3

PR BHAN155)

\_\_\_\_ **BHAN241**Teaching Individual Sports (Fall only) 3

\_\_\_\_ **BHAN325** Instructional Strategies for

Human Sexuality (Fall only; PR BHAN315) 3

\_\_\_\_ **KAAP433** App Physiology of Activity (Fall only; PR KAAP220) 4

\_\_\_\_ Breadth or Elective 3

16

\_\_\_\_ **BHAN121** Water Safety Instruction (Spring only) 2

\_\_\_\_ **BHAN245** Teaching Team Sports (Spring only) 3

\_\_\_\_ **BHAN251** Skills & Technique: Rhythms & Dance 1

\_\_\_\_ **BHAN324** Msrmnt & Eval (Spring only;PR 3 cr math) 3

\_\_\_\_ **EDUC414** Teaching Exceptional Adolescents 3

\_\_\_\_ **KAAP425** Biomech. Hum Mvmnt (Spring only; PR KAAP220) 4

16

**SENIOR YEAR\*\***

\_\_\_\_ **BHAN414** Methods/Materials: Health Ed (Fall only) 3

\_\_\_\_ **BHAN416** Methods/Materials: Elem Phys Ed (Fall only) 3

\_\_\_\_ **EDUC420** Reading in Content (Fall only) 1

\_\_\_\_ Breadth or Elective 3

\_\_\_\_ Breadth or Elective 3

13

\_\_\_\_ **EDUC400-021** Student Teaching – Elementary (Spring only) 5

\_\_\_\_ **EDUC400-026** Student Teaching – Secondary (Spring only) 5

\_\_\_\_ **BHAN465** Seminar in Health and Phys Ed 2

12

\_\_\_\_ Total of 121 credits minimum required for graduation

**\*\*BREADTH OR ELECTIVE (from above) MUST INCLUDE:** (for a listing of courses - [www.academiccatalog.udel.edu](http://www.academiccatalog.udel.edu))

\_\_\_\_ Creative Arts and Humanities Breadth\* (3) \_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_ History and Cultural Change Breadth\* (3)\_\_\_\_\_\_\_\_\_\_\_\_

­­

- - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - - -

The following graduation requirements are satisfied by courses in the curriculum: FYE (BHAN155), DLE (EDUC400), Multicultural (EDUC419) and University Breadth Requirements for Social & Behavioral Sciences (HDFS201 and PSYC100) and Math, Natural Science and Technology (NTDT200). C- or better required if used to satisfy Breadth Requirement or as indicated above.

PR - Pre-requisite; CR - Co-requisite

\* Grade of C- or better required

\*\* Senior year classes require Upper Division clearance - please see course catalog for complete information