## Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH AND PHYSICAL EDUCATION 2011-2012

## Enter Fall 2011 - Graduate Spring 2015

## Minimum Credits to Graduate: 120

**UNIVERSITY REQUIREMENTS#**  **BHAN BREADTH REQUIREMENTS#**

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

­­ + EDUC419 Multicultural Course (3)

­­ + First Year Experience (FYE) (1-4)

 BHAN155\* fulfills this requirement

­­ + Discovery Learning Experience (DLE) (3)

 EDUC400 fulfills this requirement

**University Breadth Requirements** \*

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

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_Creative Arts and Humanities\* (3)

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_History and Cultural Change\* (3)

­­ + PSYC100/HDFS201 Social & Behavioral Sciences\* (3)

 PSYC100/HDFS201 fulfills this requirement

­­ + BISCwLAB Math, Natural Science and Technology\*

 (3) BISCwLAB (4) fulfills this requirement

**Humanities and Communication Skills** (6)

(Must include courses from two different departments)

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**Social Sciences** (3)

­­ + PSYC100/HDFS201\* fulfill this requirement

**Natural/ Biological Sciences and Mathematics** (10)

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ MATH (3) \*

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_BISCwLAB (4)

\_\_\_\_\_ ­NTDT200 (3) \*

**Additional Breadth (3)**

\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 3 credits from any group above

**MAJOR REQUIREMENTS** (92 credits)

(≥C- required)

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

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

\_\_\_\_\_ BHAN141 Adventure Challenge and 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 & Technique: Rhythms & Dance (1)

\_\_\_\_\_ BHAN315 Methods & Materials in Drug Education (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: Elementary/Secondary

 Physical Education (3)

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

\_\_\_\_\_ 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)

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

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

\_\_\_\_\_ KAAP301 Motor Development (3)

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

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

**ELECTIVES** (credits sufficient to reach 120 total after all requirements are met)

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# Courses selected may satisfy requirements in both University and BHAN Breadth categories. Consult with your advisor or visit [www.udel.edu/bhan](http://www.udel.edu/bhan) for a listing of University Breadth and BHAN Breadth courses.

\* ≥ C- required

+ Required courses in the curriculum fulfill these breadth requirements.

## Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE: HEALTH AND PHYSICAL EDUCATION 2011-2012

## Enter Fall 2011 - Graduate Spring 2015

Suggested Progression of Courses for Planning Purposes

(See course catalog for prerequisites/corequisites)

 FALL SEMESTER SPRING SEMESTER

**FRESHMAN YEAR**

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

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

 Approach for a Lifetime (F) 3

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

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

\_\_\_\_ Breadth – HDFS201 or PSYC100 3

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

\_\_\_\_ BHAN141 Adventure Challenge & Outdoor Rec 1

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

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

\_\_\_\_ Math 3

\_\_\_\_ Breadth 3

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**SOPHOMORE YEAR**

\_\_\_\_ EDUC419 Diversity in Secondary Ed (M/C) 3

\_\_\_\_ KAAP301 Motor Development (F) 3

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

\_\_\_\_ BHAN333 Health Theory & Program Planning (F) 3

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

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\_\_\_\_ EDUC413 Adolescent Development and

 Educational Psychology 4

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

\_\_\_\_ BHAN342/343 Intro/Adapted Phys Ed (S) 3

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

\_\_\_\_ BHAN230 Group Facilitation in Hlth & Phys Ed (S) 3

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**JUNIOR YEAR**

\_\_\_\_ BHAN231 Tchng Mental & Community Health (F) 3

\_\_\_\_ BHAN241Teaching Individual Sports (F) 3

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

 Human Sexuality (F) 3

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

\_\_\_\_ Breadth/Multicultural/Elective (Humanities)\*\* 3

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

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

\_\_\_\_ BHAN251 Skills and Technique: Rhythms and

 and Dance (S) 1

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

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

\_\_\_\_ KAAP425 Biomechanics of Human Mvmnt (S) 4

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**SENIOR YEAR**

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

\_\_\_\_ BHAN414 Methods/Materials: Health Ed (F) 3

\_\_\_\_ BHAN416 Methods/Materials: Elem Phys Ed (F) 3

\_\_\_\_ Breadth/Multicultural/Elective (Humanities) \*\* 3

\_\_\_\_ Breadth/Multicultural/Elective \*\* 3

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\_\_\_\_ EDUC400-021 Student Teaching – Elementary 5

\_\_\_\_ EDUC400-026 Student Teaching – Secondary 5

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

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\*\* Breadth/Multicultural/Elective courses may be taken in any order but must fulfill all requirements – see other side for complete list of requirements

(F) Fall Only; (S) Spring Only