

# Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE MAJOR: HEALTH AND PHYSICAL EDUCATION 2010-2011

(Graduate: 2014)

Minimum Credits to Graduate: 120

### UNIVERSITY REQUIREMENTS#

- \_\_\_\_\_ ENGL110 Critical Reading & Writing\* (3)
- + \_\_\_\_\_ EDUC419 Multicultural Course \* (3)
- + \_\_\_\_\_ First Year Experience (FYE) (1-4)
- \_\_\_\_\_ HESC155\* fulfills this requirement
- + \_\_\_\_\_ Discovery Learning Experience (DLE) (3)
- \_\_\_\_\_ EDUC400 fulfills this requirement

### University Breadth Requirements (\* ≥ C- required)

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 and Behavioral Sciences\* (3)
- \_\_\_\_\_ PSYC100/HDFS201 fulfills this requirement
- + \_\_\_\_\_ BISCwLAB Math, Natural Science and Technology\*
- \_\_\_\_\_ (3) BISCwLAB (4) fulfills this requirement

### BHAN BREADTH REQUIREMENTS#

**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)

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>_____ EDUC400 Student Teaching – Elementary (5)</li> <li>_____ EDUC400 Student Teaching – Secondary (5)</li> <li>_____ EDUC413 Adolescent Devpmt. &amp; Educational Psych (4)</li> <li>_____ EDUC414 Teaching Exceptional Adolescents (3)</li> <li>_____ EDUC419 Diversity in Secondary Education (3)</li> <li>_____ EDUC420 Reading in Content (1)</li> <li>_____ HESC121 Water Safety Instruction (2)</li> <li>_____ HESC140 Fundamental Skills Analysis (3)</li> <li>_____ HESC141 Adventure Challenge and Outdoor Rec (1)</li> <li>_____ HESC145 Introduction to Physical Education (3)</li> <li>_____ HESC155 Personal Health Management: Approach<br/>For a Lifetime (3)</li> <li>_____ HESC210 Emergency Mgmt. of Injuries &amp; Illness (3)</li> <li>_____ HESC220 Anatomy and Physiology (3)</li> <li>_____ HESC230 Group Facilitation Skills in HPE (3)</li> <li>_____ HESC231 Teaching Mental and Community Health (3)</li> <li>_____ HESC241 Teaching Individual Sports (3)</li> <li>_____ HESC245 Teaching Team Sports (3)</li> </ul> | <ul style="list-style-type: none"> <li>_____ HESC251 Skills and Technique: Rhythms and<br/>Dance (1)</li> <li>_____ HESC301 Motor Development (3)</li> <li>_____ HESC315 Methods &amp; Materials in Drug Education (3)</li> <li>_____ HESC319 Health Related Fitness (3)</li> <li>_____ HESC324 Measurement and Evaluation (3)</li> <li>_____ HESC325 Instructional Strategies for Human<br/>Sexuality (3)</li> <li>_____ HESC333 Health Theory and Program Planning (3)</li> <li>_____ HESC342/343 Intro/Adapted Physical Education (3)</li> <li>_____ HESC345 Tactical Approach to Sports (3)</li> <li>_____ HESC414 Methods/Materials: Health Education (3)</li> <li>_____ HESC415 Methods/Materials: Elementary/Secondary<br/>Physical Education (3)</li> <li>_____ HESC425 Biomechanics of Human Movement (4)</li> <li>_____ HESC431 Physiology of Activity Lab (1)</li> <li>_____ HESC433 Applied Physiology of Activity (3)</li> <li>_____ HESC465 Seminar in Health &amp; Physical Education (2)</li> </ul> |
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### ELECTIVES (credits sufficient to reach 120 total after all requirements are met)( ≥D- required)

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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; \*\* ≥D- required

+ Required courses in the curriculum fulfill these breadth requirements.

# Department of Behavioral Health and Nutrition

## BACHELOR OF SCIENCE MAJOR: HEALTH AND PHYSICAL EDUCATION 2010-2011

(Graduate: 2014)

### Suggested Progression of Courses for Planning Purposes

FALL SEMESTER

SPRING SEMESTER

#### FRESHMAN YEAR

<table style="width: 100%; border-collapse: collapse;"> <tr><td>_____ HESC145 Introduction to Physical Education (F)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC155 Personal Health Management: Approach for a Lifetime (F)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC210 Emergency Mgmt of Injuries &amp; Illness</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC220 Anatomy and Physiology</td><td style="text-align: right;">3</td></tr> <tr><td>_____ Breadth – HDFS201 or PSYC100</td><td style="text-align: right;">3</td></tr> <tr><td style="border-top: 1px solid black;"></td><td style="text-align: right; border-top: 1px solid black;">15</td></tr> </table>	_____ HESC145 Introduction to Physical Education (F)	3	_____ HESC155 Personal Health Management: Approach for a Lifetime (F)	3	_____ HESC210 Emergency Mgmt of Injuries & Illness	3	_____ HESC220 Anatomy and Physiology	3	_____ Breadth – HDFS201 or PSYC100	3		15	<table style="width: 100%; border-collapse: collapse;"> <tr><td>_____ HESC140 Fundamental Skills Analysis (S)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC141 Adventure Challenge &amp; Outdoor Rec</td><td style="text-align: right;">1</td></tr> <tr><td>_____ HESC230 Group Facilitation Skills in HPE (S)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ NTDT200 Nutritional Concepts</td><td style="text-align: right;">3</td></tr> <tr><td>_____ ENGL110 Critical Reading and Writing</td><td style="text-align: right;">3</td></tr> <tr><td>_____ Math</td><td style="text-align: right;">3</td></tr> <tr><td style="border-top: 1px solid black;"></td><td style="text-align: right; border-top: 1px solid black;">16</td></tr> </table>	_____ HESC140 Fundamental Skills Analysis (S)	3	_____ HESC141 Adventure Challenge & Outdoor Rec	1	_____ HESC230 Group Facilitation Skills in HPE (S)	3	_____ NTDT200 Nutritional Concepts	3	_____ ENGL110 Critical Reading and Writing	3	_____ Math	3		16
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#### SOPHOMORE YEAR

<table style="width: 100%; border-collapse: collapse;"> <tr><td>_____ EDUC419 Diversity in Secondary Ed (M/C)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC301 Motor Development (F)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC319 Health Related Fitness</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC333 Health Theory and Program Planning</td><td style="text-align: right;">3</td></tr> <tr><td>_____ BISC w/Lab</td><td style="text-align: right;">4</td></tr> <tr><td style="border-top: 1px solid black;"></td><td style="text-align: right; border-top: 1px solid black;">16</td></tr> </table>	_____ EDUC419 Diversity in Secondary Ed (M/C)	3	_____ HESC301 Motor Development (F)	3	_____ HESC319 Health Related Fitness	3	_____ HESC333 Health Theory and Program Planning	3	_____ BISC w/Lab	4		16	<table style="width: 100%; border-collapse: collapse;"> <tr><td>_____ EDUC413 Adolescent Development and Educational Psychology</td><td style="text-align: right;">4</td></tr> <tr><td>_____ HESC315 Methods &amp; Materials in Drug Ed (S)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC342/343 Intro/Adapted Phys Ed (S)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC345 Tactical Approach to Sports (S)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ Breadth/Multicultural/Elective *</td><td style="text-align: right;">3</td></tr> <tr><td style="border-top: 1px solid black;"></td><td style="text-align: right; border-top: 1px solid black;">16</td></tr> </table>	_____ EDUC413 Adolescent Development and Educational Psychology	4	_____ HESC315 Methods & Materials in Drug Ed (S)	3	_____ HESC342/343 Intro/Adapted Phys Ed (S)	3	_____ HESC345 Tactical Approach to Sports (S)	3	_____ Breadth/Multicultural/Elective *	3		16
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#### JUNIOR YEAR

<table style="width: 100%; border-collapse: collapse;"> <tr><td>_____ HESC231 Tchng Mental &amp; Community Health (F)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC241 Teaching Individual Sports (F)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC325 Instructional Strategies for Human Sexuality (F)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC433 Applied Physiology of Activity (F)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC431 Physiology of Activity Lab (F)</td><td style="text-align: right;">1</td></tr> <tr><td>_____ Breadth/Multicultural/Elective *</td><td style="text-align: right;">3</td></tr> <tr><td style="border-top: 1px solid black;"></td><td style="text-align: right; border-top: 1px solid black;">16</td></tr> </table>	_____ HESC231 Tchng Mental & Community Health (F)	3	_____ HESC241 Teaching Individual Sports (F)	3	_____ HESC325 Instructional Strategies for Human Sexuality (F)	3	_____ HESC433 Applied Physiology of Activity (F)	3	_____ HESC431 Physiology of Activity Lab (F)	1	_____ Breadth/Multicultural/Elective *	3		16	<table style="width: 100%; border-collapse: collapse;"> <tr><td>_____ EDUC414 Teaching Exceptional Adolescents</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC121 Water Safety Instruction (S)</td><td style="text-align: right;">2</td></tr> <tr><td>_____ HESC251 Skills and Technique: Rhythms and and Dance (S)</td><td style="text-align: right;">1</td></tr> <tr><td>_____ HESC245 Teaching Team Sports (S)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC324 Measurement and Evaluation (S)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC425 Biomechanics of Human Mvmnt (S)</td><td style="text-align: right;">4</td></tr> <tr><td style="border-top: 1px solid black;"></td><td style="text-align: right; border-top: 1px solid black;">16</td></tr> </table>	_____ EDUC414 Teaching Exceptional Adolescents	3	_____ HESC121 Water Safety Instruction (S)	2	_____ HESC251 Skills and Technique: Rhythms and and Dance (S)	1	_____ HESC245 Teaching Team Sports (S)	3	_____ HESC324 Measurement and Evaluation (S)	3	_____ HESC425 Biomechanics of Human Mvmnt (S)	4		16
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#### SENIOR YEAR

<table style="width: 100%; border-collapse: collapse;"> <tr><td>_____ EDUC420 Reading in Content (F)</td><td style="text-align: right;">1</td></tr> <tr><td>_____ HESC414 Methods/Materials: Health Ed (F)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ HESC415 Methods/Materials: Elem Phys Ed (F)</td><td style="text-align: right;">3</td></tr> <tr><td>_____ Breadth/Multicultural/Elective *</td><td style="text-align: right;">3</td></tr> <tr><td>_____ Breadth/Multicultural/Elective *</td><td style="text-align: right;">3</td></tr> <tr><td style="border-top: 1px solid black;"></td><td style="text-align: right; border-top: 1px solid black;">13</td></tr> </table>	_____ EDUC420 Reading in Content (F)	1	_____ HESC414 Methods/Materials: Health Ed (F)	3	_____ HESC415 Methods/Materials: Elem Phys Ed (F)	3	_____ Breadth/Multicultural/Elective *	3	_____ Breadth/Multicultural/Elective *	3		13	<table style="width: 100%; border-collapse: collapse;"> <tr><td>_____ EDUC400 Student Teaching – Elementary</td><td style="text-align: right;">5</td></tr> <tr><td>_____ EDUC400 Student Teaching – Secondary</td><td style="text-align: right;">5</td></tr> <tr><td>_____ HESC465 Seminar in Health and Phys Ed</td><td style="text-align: right;">2</td></tr> <tr><td style="border-top: 1px solid black;"></td><td style="text-align: right; border-top: 1px solid black;">12</td></tr> </table>	_____ EDUC400 Student Teaching – Elementary	5	_____ EDUC400 Student Teaching – Secondary	5	_____ HESC465 Seminar in Health and Phys Ed	2		12
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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