

Health and Physical Education		
A. Essential Skills		9 Semester Hours
	English 111 and 112	6 hours
	Math 111 or 113	3 hours
B. Institutional Requirements		4 Semester Hours
	Select one of the following:	3 hours
	❖ Religion/Philosophy 111, 112, 122	
	❖ Humanities 121, 122	
	Information Systems 101	1 hour
C. Humanities/Fine Arts		6 Semester Hours
	Select one of the following:	3 hours
	❖ English 121, 122, 123, 127, 128	
	Select from the following:	3 hours
	❖ English 121, 122, 123, 127, 128	
	❖ Humanities 121, 122, 157	
	❖ Music 123	
	❖ Art 123	
	❖ Theatre 123	
D. Science, Mathematics, and Technology		11 Semester Hours
	Any two laboratory courses from the following:	8 hours
	❖ Biology 121	
	❖ Chemistry 121	
	❖ Physical Science 100	
	Math 201	3 hours
E. Social Sciences		12 Semester Hours
	History 101 or 102 and 105 or 106	6 hours
	Political Science 111	3 hours
	Education 221	3 hours
F. Program of Study Requirements		18 Semester Hours
	Biology 123, 124	8 hours
	Physical Education 220	3 hours
	Health Education 115	3 hours
	Education 111	3 hours
	Any P.E. activity not already taken	1 hour
G. Physical Education		4 Semester Hours
	Area I: PED101 Wellness	1 hour
	Area II: Fitness and Conditioning	1 hour
	Area III: Team Sports	1 hour
	Area IV: Individual Sports	1 hour
Core Curriculum Requirements		64 Semester Hours