Program: Physical Education/Health
Major: Physical Education/Health
Degree: Bachelor of Science in Education (B.S.Ed.)

University of Central Oklahoma Undergraduate Catalog 2018-2019

Minimum Required Hours
Minimum Required Hours

University Core  (Total Listed 42-44)

Specific courses within the University Core are listed on pages 96-97.

• Courses from the major may apply to the areas marked in the University Core.

• Written and Oral Communication........................................... 9

Quantitative Reasoning/Scientific Method .................................. 10-11
Math ................................................................. 3
Life Science ......................................................... 4
Physical Science.................................................. 3-4

Critical Inquiry and Aesthetic Analysis ........................................ 6
Aesthetic Analysis.................................................. 3
Critical Inquiry.................................................... 3

Minimum Required Hours
Minimum Required Hours

Support Courses................................................................. 9

Support Courses
MCOM 1113 Fundamentals of Speech
ENG 1113 English Composition
ENG 1213 English Composition and Research

Major Requirements

Physical Education/Health .................................................. 49

Required Theory ............................................................... 41
HLTH 1112 Healthy Life Skills
HLTH 2113 Introduction to PK-12 Health
HLTH 2212 First Aid with Cardiopulmonary Resuscitation
HLTH 3103 Teaching PK-12 Health Concepts
HLTH 3223 Applied Anatomy
HLTH 3493 Physical Treatment of Athletic Injuries
PHED 2013 Introduction to Physical Education/Health
PHED 3023 Adapted Physical Education
PHED 3192 Instructional Techniques for Movement
PHED 3303 Physical Education in the Elementary School
PHED 3333 Mechanical Principles and Analysis of Movement
PHED 3503 Physiology of Exercise
PHED 3522 Fitness Applications for Physical Education
PHED 3533 Measurement and Evaluation of Health and Physical Education
PHED 4443 Motor Learning and Development

Required Activity ............................................................... 8
PHED 1402 Fitness Development and Assessment
PHED 1432 Techniques of Teaching Skills & Activities I
PHED 1462 Techniques of Teaching Skills & Activities II
PHED 2792 Rhythmic Movements for PK-12

Professional Education ..................................................... 28

PTE 1010 Introduction to Teacher Education
PTE 3023 Foundations of American Education/Clinical Exp
PTE 3163 Developmental Psychology
^PHED 4303 Methods of Teaching Physical Education in Secondary Schools
TESL 4222 Teaching ELL in Grades PreK-8 OR

American Historical and Political Analysis .................................. 6
American National Government ............................................ 3
American History ................................................................. 3

Cultural and Language Analysis ............................................ 3-4
Second Language ......................................................... 4
OR
Cultural Analysis ................................................................. 3

Social and Behavioral Analysis ............................................. 3

Life Skills ................................................................. 5

• Required Health Course ................................................... 2
• Elective Life Skills ......................................................... 3

Support Courses

Support Courses
TESL 4232 Teaching Secondary ELLs
^PTE 4172 Educational Assessment
^PTE 4533 Educational Psychology/Clinical Experience
^PTE 4811 Contemporary Issues
^PTE 4848 Internship/Student Teaching PK-12
^PTE 4853 Classroom Management and Instruction

^ Admission to Teacher Education required
#To be taken the same semester

Electives to bring total to............................................. 124

Minimum Graduation Requirements

1. Overall GPA in all college course work ................................ 2.50
2. Average in course work at UCO ........................................ 2.00
3. Courses in English Composition, Fundamentals of Speech, Professional Education, and area of specialization (major)....... “C”
4. Proficiency in foreign language ......................... Novice 4 level

For other regulations pertaining to graduation, see pages 68-69 of the 2018-2019 catalog.