### General Studies

#### Category I – Basic Skills (12 cr)
- MAT 110 or 110E or 111 or 111E or 112 or 116 or 147 or 165 or 167 (3/4/5)
- ENG 104 and 108 or 112 (6)
- COM 104 (3)

#### Category III – Social Sciences (9 cr)
- Minimum of 9 credits with at least one course from each of the following two groups:
  - 1) ECO 101 or 260 or 261 or GEO 100 or PSY 101 or SOC 110 or 120 (3)
  - 2) HIS 140 or 150 or PSC 101 (3)

#### Category II – Natural Sciences (8-10 cr)
- Minimum of 8 credits with lab from two of the following groups:
  1) BIO 101 or 105 (4)
  2) CHE 101(4) or 104(5) or 111(5) (4/5)
  3) ESC 111 (4)
  4) PHY 101(4) or 107(4) or 110(4) or 210(5) (4/5)
  5) PHY 104 (4)
  6) GEO 160 (4)

#### Category IV – Humanities (9 cr)
- One course from three of the following four groups:
  1) HIS 200 or 210 or 230 or HUM 203 or 204 or 205 (3)
  2) ENG 210 or 220 or PHL 210 or 230 or 231 or 232 or REL 250 or 251 or 252 (3)
  3) ART 100 or MUS 101 or THR 113 (3)
  4) Any 3-credit hour 100-level or higher foreign language course (3)

#### Category V – Physical Health (4-5 cr)
- PED 101 Fitness and Wellness (3)
- One approved physical activity course (1-2)

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### Sample Program

#### FRESHMAN YEAR – First Semester
- CED 131: Griffon Edge 1
- MAT 112: Finite Mathematics 3
- ENG 104: College Writing / Rhetoric 3
- PED 101: Fitness & Wellness 3
- General Studies/Social Science 3
- SEMESTER TOTAL (16)

- BIO 250: Anatomy & Physiology 5
- ECO 101 or GEO 100: Current Issues in the Economy OR World Geography 3
- ENG 210: Approaches to Literature 3
- PED 241: Concepts of Sport Activities 3
- PED 305 or PED 306: First Aid OR Sport Safety Training 3
- SEMESTER TOTAL (17)

#### FRESHMAN YEAR – Second Semester
- BIO 101: Principles of Biology 4
- COM 104: Oral Communication 3
- ENG 108: College Writing/Research 3
- PSC 101: American National Government 3
- PED 191: Foundation of Physical Education 3
- SEMESTER TOTAL (16)

#### SOPHOMORE YEAR – First Semester
- CHE 101 or ESC 111: Introduction to Chemistry or Physical Geology 4-5
- EDU 202: Introduction to Education 3
- PED 380: Rhythms & Creative Movement 3
- SEMESTER TOTAL (17-18)

#### SOPHOMORE YEAR – Second Semester
- EDU 225: Educational Psychology 3
- PED 311: Secondary Reading Techniques 3
- PED 393: Measurement in Physical Education 3
- PED 357: Sociocultural Aspects of Sport & Physical Activity 3
- PED 383: Adapted Physical Education 3
- PED 303: Kinesiology 3
- SEMESTER TOTAL (15)

#### JUNIOR YEAR – Summer Semester
- PED 481: Children's Lifetime Sports Academy 2

#### JUNIOR YEAR – First Semester
- EDU 225: Educational Psychology 3
- PED 392: Child Growth & Motor Development 3
- PED 352: Fitness & Sport Nutrition 3
- PED 1XX: Lifetime Activity Class 1
- EDU 303: Experience in Teaching II 2
- EDU 304: Applied Methods & Management 3
- PED 385: Athletic Training 3
- PED 420: Senior Seminar in Physical Education 1
- SEMESTER TOTAL (16)

#### JUNIOR YEAR – Second Semester
- EDU 311: Secondary Reading Techniques 3
- PED 393: Measurement in Physical Education 3
- PED 357: Sociocultural Aspects of Sport & Physical Activity 3
- PED 383: Adapted Physical Education 3
- PED 420: Senior Seminar in Physical Education 1
- SEMESTER TOTAL (12)

* **Coaching Minor:** Students must complete the following courses: PED 310, 480 and 3 of the following courses: PED 311, 312, 313, 314, 315, 316, 319

**This sample plan does not include any developmental coursework or minor courses.**

**UPDATED 3/26/20 EB**