

SEMESTER 1

Course	Credits	Grade	✓
ENGL 101: Composition & Rhetoric I	3	C*	<input type="checkbox"/>
COMM 101: Fundamentals of Speech	3		<input type="checkbox"/>
H ED 200: Foundations of Health Education	2		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
UNIV 100: CU Foundations	1		<input type="checkbox"/>
	15		

SEMESTER 2

Course	Credits	Grade	✓
ENGL 102: Composition & Rhetoric II	3	C*	<input type="checkbox"/>
MATH 101: Quantitative Reasoning	3		<input type="checkbox"/>
P ED 242: Individual Sports in PE	3		<input type="checkbox"/>
P ED 239: Physical Education Pedagogy	3		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
	15		

SEMESTER 3

Course	Credits	Grade	✓
EDUC 210: Diversity, Culture, and Education in Society	3	C	<input type="checkbox"/>
EDSP 303: Introduction to Special Education	3	C	<input type="checkbox"/>
P ED 207: Anatomy and Physiology	3		<input type="checkbox"/>
P ED 241: Team Sports in PE	3		<input type="checkbox"/>
General Education Course	3-4		<input type="checkbox"/>
	15-16		

SEMESTER 4

Course	Credits	Grade	✓
EDUC 301: Educational Technology (EPAT)	3	C	<input type="checkbox"/>
EDUC 305: Psychology of Teaching & Learning (EPAT)	3	C	<input type="checkbox"/>
EXSS 202: Foundations of PE & Sport	3		<input type="checkbox"/>
H ED 303: Principles of Mental & Emotional Health	2		<input type="checkbox"/>
P ED 238: Lifetime Physical Education	3		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
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The Bachelor of Science in Education, Wellness PreK-Adult degree prepares

competent and dedicated teachers who are able to design, deliver, and assess health and physical education programs that meet needs of all students in the PreK-Adult schools. Candidates who complete this program will meet the requirements from the WV Department of Education and will be granted a West Virginia teaching license in the field.



MILESTONE COURSES

Courses marked as Milestone Courses are crucial for staying on track to complete your degree in four years. Take them in the recommended semester to stay on track! If you see a recommended minimum grade, this is the grade you need to earn to have the best chance for success in this degree! Grades marked with an asterisk are required to pass.



LANDMARKS

Points where you see a landmark icon on the four-year plan indicate you have reached a point of action outside regular coursework! See the Helpful Hints for information on each landmark.

HELPFUL HINTS

- Semester 3 Landmark—Students should take the Praxis Core no later than this semester. *Core Praxis prep course available—see your advisor.*
- Semester 3—EDUC 210 and EDSP 303 must be taken concurrently.
- Semester 4 Landmark—At this point, you have taken all the necessary coursework to apply to the Teacher Education Program. Note—candidates must have a 2.5 GPA to apply. Check out the [application process](#) online!
- Semester 4—EDUC 301 and EDUC 305

SEMESTER 5

Course	Credits	Grade	✓
EXSS 329: Motor Learning & Development	2		<input type="checkbox"/>
P ED 402: Curriculum & Instruction for Elementary PE	3		<input type="checkbox"/>
P ED 403: Curriculum & Instruction for Secondary PE	3	C	<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
General Education Course	3-4		<input type="checkbox"/>

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SEMESTER 6

Course	Credits	Grade	✓
*EDUC 306: Classroom Management & Instruction	3		<input type="checkbox"/>
*EDUC 418: Content Area Reading	3		<input type="checkbox"/>
EXSS 315: Kinesiology and Biomechanics	3		<input type="checkbox"/>
H ED 304: Principles of Nutrition and Weight Management	2		<input type="checkbox"/>
H ED 306: Principles of Human Sexuality	3		<input type="checkbox"/>
HS 201: Emergency Care	1		<input type="checkbox"/>
P ED 307: Assessment in Health & PE	3		<input type="checkbox"/>

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YEAR-LONG RESIDENCY

SEMESTER 7

Course	Credits	Grade	✓
*H ED 400: Methods and Materials in Health Education	3		<input type="checkbox"/>
*P ED 407: Adapted Physical Education	3		<input type="checkbox"/>
*EDUC 450: Clinical Experience Level IV	6		<input type="checkbox"/>

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SEMESTER 8

Course	Credits	Grade	✓
*EDUC 460: Student Teaching	6	C	<input type="checkbox"/>
*EDUC 460: Student Teaching	6	C	<input type="checkbox"/>

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ADVISING

When you choose to pursue this degree, you will be assigned two advisors: one who is an expert in the field of Wellness and one who is an expert in the field of Education. These advisors can help you with course selection, career planning, resume building, and help you with tracking your path to degree completion.

CAREERS

Physical Education Teacher
 Health Education Teacher
 Athletic Director
 Head Coach in a School Setting
 School Administrator (Requires additional education)

STUDENT ORGANIZATIONS

Human Performance Student Club

COMPLEMENTARY MINORS

Health Promotion

HELPFUL HINTS

- For the Natural Sciences General Education courses, Wellness Education students should take BIOL 101 and GEOG 200.
- Classes with field placements include: EDUC 210, EDUC 305, and EDUC 306.
- Courses marked with an asterisk (*) require admission to the Teacher Education Program.
- Semester 6 Landmark—Students should take PLT and Praxis II during this semester.
- Semesters 7 & 8—Year-Long Residency. The wellness program participates in a year-long residency model. This model enables teacher candidates to spend a year in the same classroom with the same students and cooperating teacher. This model has proven to deepen the professional relationships within the school as well provide teacher candidates with more practical experiences over longer periods of time. Our candidates report feeling more effective and confident during their first year of teaching.