ABOUT THE MAJOR
The mission of Health and Physical Education is to develop exemplary practitioners. The emphasis of the program is on building skills for teaching student learners in K-12 health and physical education programs. The program focuses on the promotion of lifetime health, wellness, and physical activity.

ABOUT THIS MAP
This program map is intended ONLY as a guide for students to plan their course of study. It does NOT replace any information in the Undergraduate Catalog, which is the official guide for completing degree requirements. Use this map to help plan and guide your experience at UWG, including academic, co-curricular, and discovery opportunities. Everyone’s experience is different and activities in this map are suggestions. Always consult with your advisors whenever possible for new opportunities and updates.

WHERE CAN YOU GO WITH THIS DEGREE?
- Athletic Coach
- Athletic Trainer
- Dance Instructor
- Fitness Instructor
- Occupational Therapist
- Physical Education Teacher
- Physical Therapist
- Senior Fitness Instructor
- Sports Dietitian
- Sport Journalist

63 CORE CREDIT HOURS
60 MAJOR CREDIT HOURS
0 ELECTIVE CREDIT HOURS

ADD A CERTIFICATE
- Health and Society
- Health Communication
- Initial Non-Degree Certification Early Childhood Education
- Secondary Education, Pedagogy-Only

Visit westga.edu/program-maps for the latest version of this major map.

HONORS COLLEGE
Consider joining if you have an Overall GPA of 3.2 and earned 15 college credit hours!
### YEAR 1

#### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1: ENGL 1101</td>
<td>English Composition I</td>
<td>3</td>
</tr>
<tr>
<td>M: MATH 1001</td>
<td>Quantitative Skills &amp; Reasoning</td>
<td>3</td>
</tr>
<tr>
<td>I2: XIDS 2002</td>
<td>First-Year Seminar</td>
<td>2</td>
</tr>
<tr>
<td>T1: SCIENCE + LAB</td>
<td>Introduction to Sports, Coaching, Fitness, and Recreation</td>
<td>4</td>
</tr>
<tr>
<td>F: EDUC COURSE</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Complete ENGL 1101 with C or better
- Complete Area F course with C or better
- Earn 15 or more credit hours
- Complete ENGL 1102 and their Area F courses with a C or better
- Maintain a 2.5 or better GPA for online admission to Teacher Education.
- Complete two Area F courses with a C or better.

#### TERM 2: SPRING

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>C2: ENGL 1102</td>
<td>English Composition II</td>
<td>3</td>
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<tr>
<td>F: PHED 2100</td>
<td>Intro to Sports, Coaching, Fitness, and Recreation</td>
<td>1</td>
</tr>
<tr>
<td>PWLA ACTIVITY COURSE</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>F: EDUC COURSE</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>T2: NON-LAB SCIENCE</td>
<td></td>
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</tr>
</tbody>
</table>

**MILESTONES:**
- Complete ENGL 1102 C or Better
- Complete Non-Lab Science & earn 15 or more credit hours
- Complete Area F course with C or Better

#### TERM 1: FALL

**Courses:**
- English Composition II
- Quantitative Skills & Reasoning
- First-Year Seminar
- Introduction to Sports, Coaching, Fitness, and Recreation
- English Composition I
- English Composition II
- Functional Anatomy
- Intro to Teaching Health & Physical Ed
- Positive Youth Development in Sport
- First Aid & CPR for Ed majors
- PHED 2605
- PHED 2628
- PHED 2629

**MILESTONES:**
- Earn 15 or more credit hours
- Complete Area F course with C or better
- 2.5 or better GPA for on-time Teacher Education Admission After This Semester
- Complete Area M Math
- Complete ENGL 1101 with C or Better
- Admit to Teacher Education 2.5 or better GPA for on-time Teacher Education Admission After This Semester

### YEAR 2

#### TERM 2: SPRING

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>F: PHED 2602</td>
<td>Intro to Teaching Health &amp; Physical Ed</td>
<td>2</td>
</tr>
<tr>
<td>F: PHED 2605</td>
<td>Functional Anatomy</td>
<td>3</td>
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<tr>
<td>F: PHED 2628</td>
<td>First Aid &amp; CPR for Ed majors</td>
<td>1</td>
</tr>
<tr>
<td>I1: ORAL COMMUNICATIONS</td>
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</tr>
<tr>
<td>S2: SOCIAL SCIENCE</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>T3: MATH, SCIENCE, &amp; TECHNOLOGY</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Complete Area F course with C or better
- Complete Area F courses with C or better

### TAKE CARE OF YOURSELF

- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Create your profile on Handshake.
- Consider applying for an on-campus job.

### TAKE CARE OF YOURSELF

- Complete the GEES Exam.
- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Create your profile on Handshake.
- Consider applying for an on-campus job.

### TAKE CARE OF YOURSELF

- Complete two Area F courses with a C or better.
- Earn 15 or more credit hours
- Complete Area M Math
- Complete ENGL 1101 with C or Better
- Admit to Teacher Education 2.5 or better GPA for on-time Teacher Education Admission After This Semester

### PAVE YOUR PATH

- Take a leadership role in the P.E. Majors Club.
- Gain summer work experience (e.g. summer camps, coaching).
- Apply to be a substitute teacher.

### PAVE YOUR PATH

- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students’ stories of their experiences.

### PAVE YOUR PATH

- Complete an internship in your field.
- Consider a summer or part-time job.
- Ask your department about networking opportunities with alumni.

### PAVE YOUR PATH

- Take a fitness class, climb the rock wall, or join an intramural team.
- Consider whether counseling is right for you. Take a mental health screening.

### PAVE YOUR PATH

- Draft your resume and attend a resume blitz.
- Learn about how to network on social media and update your Handshake profile.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.
YEAR 3

FALL: FOUNDATIONS

CEPD 4101  
Educational Psychology  
3 CREDIT HOURS

PHED 3503  
Skills/Strategies in Net and Wall Games  
2 CREDIT HOURS

PHED 3501  
Skills & Strategies in Strength & Conditioning  
2 CREDIT HOURS

PHED 3725  
Human Movement Studies  
3 CREDIT HOURS

PHED 3670  
Instructional Strategies of Health & Physical Ed  
3 CREDIT HOURS

PHED 4501  
Contemporary Health Issues  
3 CREDIT HOURS

MILESTONES:  
• COMPLETE COURSES WITH C OR BETTER  
• MAINTAIN 2.5 OR BETTER GPA

SPRING: ELEMENTARY

PHED 3500  
Ed Games, Gymnastics, and Dance  
2 CREDIT HOURS

PHED 3671  
Physical Education in Elementary Schools  
3 CREDIT HOURS

PHED 4630  
Foundations and Principles of Coaching  
3 CREDIT HOURS

PHED 4603  
Advanced Concept Personal Training  
3 CREDIT HOURS

PHED 3720  
Adapted Physical Ed Field Experience  
1 CREDIT HOUR

SPED 3715  
The Inclusive Classroom  
3 CREDIT HOURS

MILESTONES:  
• COMPLETE COURSES WITH C OR BETTER  
• SUCCESSFULLY COMPLETE PRACTICUM COURSE  
• MAINTAIN 2.5 OR BETTER GPA

YEAR 4

FALL: SECONDARY

PHED 3502  
Skills and Strategies in Target & Outdoor Activities  
2 CREDIT HOURS

PHED 3504  
Skills & Strategies in Invasion Games  
2 CREDIT HOURS

PHED 3710  
Assessing Performance in Health & Physical Ed  
3 CREDIT HOURS

PHED 3675  
Phys Ed in Middle/Sec Schools  
3 CREDIT HOURS

PHED 4502  
School Health Education  
3 CREDIT HOURS

PHED 3730  
Current Issues in Health & Physical Ed  
3 CREDIT HOURS

MILESTONES:  
• COMPLETE COURSES WITH C OR BETTER  
• SUCCESSFULLY COMPLETE PRACTICUM COURSE  
• MAINTAIN 2.5 OR BETTER GPA

SPRING: INTERNSHIP

PHED 4686  
Teaching Internship  
8 CREDIT HOURS

PHED 4689  
Teaching Internship Seminar  
3 CREDIT HOURS

PHED 3401  
Integrating Technology into Health & Physical Ed.  
2 CREDIT HOURS

MILESTONES:  
• COMPLETE COURSES WITH C OR BETTER  
• SUCCESSFULLY COMPLETE PRACTICUM COURSE

PAVE YOUR PATH

Draft your resume and attend a resume blitz.  
Learn about how to network on social media and update your Handshake profile.  
Draft your personal statement.  
Visit the graduate school to find out about graduate programs and admission requirements.

16 FALL CREDIT HOURS + 13 SPRING CREDIT HOURS  
= 29 CREDIT HOURS

PAVE YOUR PATH

Take a leadership role in the P.E. Majors Club.  
Gain summer work experience (e.g. summer camps, coaching).  
Apply to be a substitute teacher.

16 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS  
= 31 CREDIT HOURS

PAVE YOUR PATH

Take a fitness class, climb the rock wall, or join an intramural team.  
Consider whether counseling is right for you: take a mental health screening.

PAVE YOUR PATH

Apply for admission to Teacher Education with your CDE Advisor. Submit your Field Experience Application. Take the Georgia Educators Ethics Exam.  
Maintain a 2.7 or better GPA.  
Moving forward in the program requires the successful completion of your Classroom Teaching Experience and all coursework.

PAVE YOUR PATH

Apply to be a substitute teacher.  
Gain summer work experience (e.g. summer camps, coaching).  
Consider a summer or part-time job.  
Complete an internship in your field.

Apply for graduate programs.  
Attend business fairs and career fairs at UWG and across the state.  
Attend an interview workshop.  
Apply for graduate programs.