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

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!

Visit WOLFWATCH for more information.

HAVE A QUESTION?
Check in with your advisor!
TERM 1: FALL

C1: ENGL 1101
English Composition I
3 CREDIT HOURS

M: MATH 1001
Quantitative Skills & Reasoning
3 CREDIT HOURS

I2: XIDS 2002
First-Year Seminar
2 CREDIT HOURS

T1: SCIENCE + LAB
4 CREDIT HOURS

F: EDUC COURSE
3 CREDIT HOURS

MILESTONES:
• COMPLETE ENGL 1101 WITH C OR BETTER
• COMPLETE CORE IMPACTS MATH
• COMPLETE LAB SCIENCE
• EARN 15 OR MORE CREDIT HOURS
• COMPLETE AREA F COURSE WITH C OR BETTER

TERM 2: SPRING

C2: ENGL 1102
English Composition II
3 CREDIT HOURS

F: PHED 2100
Intro to Sports, Coaching, Fitness, and Recreation
1 CREDIT HOUR

PWLA ACTIVITY COURSE
3 CREDIT HOURS

F: EDUC COURSE
3 CREDIT HOURS

S: SOCIAL SCIENCE
3 CREDIT HOURS

T2: NON-LAB SCIENCE
3 CREDIT HOURS

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

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

BROADEN YOUR PERSPECTIVES

• Visit the EMU Wellness Hub to find all the resources available to you!
• Visit Health Services.
• Get fit! Visit EMU to see all your options.
• Visit the Center for Economic Education and Financial Literacy.

CONNECT OFF-CAMPUS

• 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.

PAVE YOUR PATH

• Students who complete ENGL 1102 and their Area F courses with a C or better remain on track for admission to enter Teacher Education.
• Maintain a 2.5 or better GPA for online admission to Teacher Education.

TERM 2: SPRING

F: PHED 2300
Human Youth Development in Sport
3 CREDIT HOURS

A: HUMANITIES
3 CREDIT HOURS

P: CITIZENSHIP
3 CREDIT HOURS

PWLA 1600
2 CREDIT HOURS

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

TERM 2: SPRING

F: PHED 2602
Intro to Teaching Health & Physical Ed
2 CREDIT HOURS

F: PHED 2605
Functional Academy
3 CREDIT HOURS

F: PHED 2628
First Aid & CPR for Ed majors
1 CREDIT HOUR

I1: ORAL COMMUNICATIONS
3 CREDIT HOURS

S: SOCIAL SCIENCE
3 CREDIT HOURS

T3: STEM COURSE
3 CREDIT HOURS

MILESTONES:
• COMPLETE CORE IMPACTS
• COMPLETE TT COURSE WITH C OR BETTER
• COMPLETE AREA F COURSES WITH C OR BETTER

17 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 32 CREDIT HOURS

PAVE YOUR PATH

• Apply for admission to Teacher Education with your COE 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.

BROADEN YOUR PERSPECTIVES

• 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.

CONNECT OFF-CAMPUS

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

TAKE CARE OF YOURSELF

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

CONNECT OFF-CAMPUS

• 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.

TAKE CARE OF YOURSELF

• 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.
### FALL: FOUNDATIONS

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>CEPD 4101 Educational Psychology</td>
<td>3</td>
</tr>
<tr>
<td>PHED 3503 Skills/Strategies in Art and Wall Games</td>
<td>2</td>
</tr>
<tr>
<td>PHED 3501 Skills &amp; Strategies in Strength &amp; Conditioning</td>
<td>2</td>
</tr>
<tr>
<td>PHED 3725 Human Movement Studies</td>
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<tr>
<td>PHED 3670 Instructional Strategies of Health &amp; Physical Ed</td>
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</tr>
<tr>
<td>PHED 4501 Contemporary Health Issues</td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Complete courses with C or better
- Maintain 2.5 or better GPA

**PAVE YOUR PATH**

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

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### SPRING: ELEMENTARY

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>PHED 3500 Ed Games, Gymnastics, and Dance</td>
<td>2</td>
</tr>
<tr>
<td>PHED 3671 Physical Education in Elementary Schools</td>
<td>3</td>
</tr>
<tr>
<td>PHED 4630 Foundations and Principles of Coaching</td>
<td>3</td>
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<tr>
<td>PHED 4603 Advanced Concept Personal Training</td>
<td>3</td>
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<tr>
<td>PHED 3720 Adapted Physical Ed Field Experience</td>
<td>1</td>
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<tr>
<td>SPED 3715 The Inclusive Classroom</td>
<td>3</td>
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</tbody>
</table>

**MILESTONES:**
- Complete courses with C or better
- Successfully complete practicum course
- Maintain 2.5 or better GPA

### CRUSH YOUR COURSEWORK

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

### FIND YOUR PLACE

- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out an implicit bias workshop.
- In a student organization? Suggest you all complete an implicit bias workshop.
- Connect with teachers and administrators at your internship site.
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- Connect with teachers and administrators at your internship site.

### BROADEN YOUR PERSPECTIVES

- Draft your resume and attend a resume blitz.
- Develop a post-graduation exercise plan.
- Explore careers.
- Explore careers.
- Explore careers.

### CRUSH YOUR COURSEWORK

- Apply for admission to Teacher Education with your GSE 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.
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### YEAR 4

**FALL: SECONDARY**

<table>
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<tr>
<th>Course</th>
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<tbody>
<tr>
<td>PHED 3502 Skills and Strategies in Target &amp; Outdoor Activities</td>
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</tr>
<tr>
<td>PHED 3504 Skills &amp; Strategies in Invasion Games</td>
<td>2</td>
</tr>
<tr>
<td>PHED 3710 Assessing Performance in Health &amp; Physical Ed</td>
<td>3</td>
</tr>
<tr>
<td>PHED 3675 Phys Ed in Middle/Sec Schools</td>
<td>3</td>
</tr>
<tr>
<td>PHED 4502 School Health Education</td>
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</tr>
<tr>
<td>PHED 3730 Current Issues in Health &amp; Physical Ed</td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Complete courses with C or better
- Successfully complete practicum course
- Maintain 2.5 or better GPA
- Complete courses with C or better
- Successfully complete practicum course
- Maintain 2.5 or better GPA

### CRUSH YOUR COURSEWORK

- Apply for graduate programs.
- Attend an interview workshop.
- Asses your cultural competency.
- Explore practices of creating more inclusive careers.

### FIND YOUR PLACE

- Attempt the appropriate GACE Content Exams in Physical Education.
- Seek opportunities to apply for paid student teaching internships.
- Connect with teachers and administrators at your internship site.
- Attend and present at a state conference as a student member.
- Complete the end of program survey!

### BROADEN YOUR PERSPECTIVES

- Consult with teachers and administrators at your internship site.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.
- Apply for graduate programs.
- Apply for graduate programs.

### CRUSH YOUR COURSEWORK

- Connect with teachers and administrators at your internship site.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.
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- Apply for graduate programs.

### TAKE CARE OF YOURSELF

- Seek opportunities to apply for paid student teaching internships.
- Connect with teachers and administrators at your internship site.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.

### TAKE CARE OF YOURSELF

- Seek opportunities to apply for paid student teaching internships.
- Connect with teachers and administrators at your internship site.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.

### TAKE CARE OF YOURSELF

- Seek opportunities to apply for paid student teaching internships.
- Connect with teachers and administrators at your internship site.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.

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**SPRING: INTERNSHIP**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>PHED 4686 Teaching Internship</td>
<td>8</td>
</tr>
<tr>
<td>PHED 4689 Teaching Internship Seminar</td>
<td>3</td>
</tr>
<tr>
<td>PHED 3401 Integrating Technology into Health &amp; Physical Ed</td>
<td>2</td>
</tr>
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**MILESTONES:**
- Complete courses with C or better
- Successfully complete practicum course
- Complete courses with C or better
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- Complete courses with C or better
- Successfully complete practicum course

### CRUSH YOUR COURSEWORK

- Consult with teachers and administrators at your internship site.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.

### TAKE CARE OF YOURSELF

- Apply for graduate programs.
- Attend an interview workshop.
- Apply for graduate programs.

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### CRUSH YOUR COURSEWORK

- Consult with teachers and administrators at your internship site.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.

### TAKE CARE OF YOURSELF

- Apply for graduate programs.
- Attend an interview workshop.
- Apply for graduate programs.

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### TAKE CARE OF YOURSELF

- Apply for graduate programs.
- Attend an interview workshop.
- Apply for graduate programs.

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### PAVE YOUR PATH

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

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