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.

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

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.

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.
TERM 1: FALL

A1: ENGL 1101
English Composition I
3 CREDIT HOURS

A2: MATH 1001
Guaranteed Skills & Reasoning
3 CREDIT HOURS

B2: XIDS 2002
First-Year Seminar
2 CREDIT HOURS

D1: SCIENCE + LAB
Intro to Sports, Coaching, Fitness, and Recreation
4 CREDIT HOURS

F: EDUC COURSE
3 CREDIT HOURS

MILESTONES:
• COMPLETE ENGL 1101 WITH C OR BETTER
• COMPLETE AREA A2 MATH
• COMPLETE LAB SCIENCE
• EARN 15 OR MORE CREDIT HOURS
• COMPLETE AREA F COURSE WITH C OR BETTER

TERM 2: SPRING

A1: ENGL 1102
English Composition II
3 CREDIT HOURS

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

G: PWLA ACTIVITY COURSE
3 CREDIT HOURS

F: EDUC COURSE
3 CREDIT HOURS

E: SOCIAL SCIENCE
3 CREDIT HOURS

D1: 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

TERM 1: FALL

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

C1: FINE ARTS
3 CREDIT HOURS

C2: HUMANITIES
3 CREDIT HOURS

E: SOCIAL SCIENCE
3 CREDIT HOURS

E: PWLA 1600
3 CREDIT HOURS

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

B1: ORAL COMMUNICATIONS
3 CREDIT HOURS

E: SOCIAL SCIENCE
3 CREDIT HOURS

D2: MATH, SCIENCE, & TECHNOLOGY
3 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

B1: ORAL COMMUNICATIONS
3 CREDIT HOURS

E: SOCIAL SCIENCE
3 CREDIT HOURS

D2: MATH, SCIENCE, & TECHNOLOGY
3 CREDIT HOURS

MILESTONES:
• COMPLETE CORE
• COMPLETE B1 COURSE WITH C OR BETTER
• COMPLETE AREA F COURSES WITH C OR BETTER

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.

CRUSH YOUR COURSEWORK

• Explore diversity, equity, and inclusion resources and opportunities across campus.
• Check out the education abroad office.

FIND YOUR PLACE

• Complete a self-assessment to see what careers and majors are right for you.
• Visit Office of Career and Graduate School and majors are right for you.
• Complete a self-assessment to see what careers and majors are right for you.
• Complete a self-assessment to see what careers and majors are right for you.

TAKE CARE OF YOURSELF

• Visit the URec to see all your options.
• Consider volunteering for a campaign or organization in your community.

CONNECT OFF-CAMPUS

• 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.

TAKE CARE OF YOURSELF

• Complete an internship in your field.
• Consider a study abroad program. Check out students’ stories of their experiences.

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.

PAVE YOUR PATH

• In a student organization? Suggest you all complete an implicit bias workshop.
• Complete an internship in your field.
• Ask your department about networking opportunities with alumni.

CRUSH YOUR COURSEWORK

• Visit the IMC Wellness Hub to find all the resources available to you!
• Visit Health Services.
• Get the Visit Office to see all your options.
• Visit the Center for Economic Education and registration.

CONNECT OFF-CAMPUS

• 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.

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

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.

PAVE YOUR PATH

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

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

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

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

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

**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.

**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.
- 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.
- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out opportunities with alumni.
- Explore practices of creating more inclusive practices of creating more inclusive practices of creating more inclusive practices of creating more inclusive practices of creating more inclusive practices of creating more inclusive practices.

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

### FALL: SECONDARY

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<tbody>
<tr>
<td>PHED 3502</td>
<td>Skills and Strategies in Target &amp; Outdoor Activities</td>
<td>2</td>
</tr>
<tr>
<td>PHED 3504</td>
<td>Skills &amp; Strategies in Invasion Games</td>
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<tr>
<td>PHED 3710</td>
<td>Assessing Performance in Health &amp; Physical Ed</td>
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<td>PHED 3675</td>
<td>Phys Ed in Middle/Sec Schools</td>
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<tr>
<td>PHED 4502</td>
<td>School Health Education</td>
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<tr>
<td>PHED 3730</td>
<td>Current Issues in Health &amp; Physical Ed</td>
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**MILESTONES:**
- Complete courses with C or better
- Successfully complete Practicum course
- Maintain 2.5 or better GPA

**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.
- 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.
- Attend and present at a state conference as a student member.

**PAVE YOUR PATH**
- Apply to be a substitute teacher.
- Apply for graduate programs.

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

### SPRING: ELEMENTARY

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

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

**TAKE CARE OF YOURSELF**
- Connect with teachers and administrators at your internship site.
- Seek opportunities to apply for paid student teaching internships.
- Connect with teachers and administrators at your internship site.
- Attend interview workshops.
- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.
- Explore your loan repayment options and complete your exit counseling.
- Request references from professors and supervisors.
- Draft your resume cover letter and personal statement and revise it with career services.
- Attend business fairs and career fairs at UNG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.

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

### SPRING: INTERNSHIP

<table>
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<td>Teaching Internship</td>
<td>8</td>
</tr>
<tr>
<td>PHED 4689</td>
<td>Teaching Internship Seminar</td>
<td>3</td>
</tr>
<tr>
<td>PHED 3401</td>
<td>Integrating Technology into Health &amp; Physical Ed</td>
<td>2</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- 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!
- Assess your cultural competency.
- Consider working abroad and research visa regulations.
- Connect with teachers and administrators at your internship site.

**TAKE CARE OF YOURSELF**
- Develop a post-graduation exercise plan.
- Explore your loan repayment options and complete your exit counseling.
- Explore a farmer’s market for fresh produce.

**PAVE YOUR PATH**
- Complete courses with C or better
- Successfully complete Practicum course

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