

# Health and Human Development Health Enhancement

Physical Education & Health Education  
K-12 Broadfield Option

## Four-Year Plan 2004-2006 Catalog

Name \_\_\_\_\_ Advisor \_\_\_\_\_

E-mail \_\_\_\_\_

| Freshman Year |       |                                          | Term | Credits | Grade |
|---------------|-------|------------------------------------------|------|---------|-------|
| CHEM          | 121IN | Introductory Gen Chemistry               | FSM  | 4       | _____ |
| COM           | 110US | Intro to Public Communication            | FS   | 3       | _____ |
| ENGL          | 121W  | College Writing I                        | FSM  | 3       | _____ |
| HDCF          | 150IS | Lifespan Human Development               | FS   | 3       | _____ |
| HDPE          | 224   | Methods of Teaching Movement Exploration | S    | 3       | _____ |
| HDPE          | 102   | Paraprofessional Experience I            | S    | 1       | _____ |
| HDPE          | 222   | Foundations of Exercise Science          | S    | 3       | _____ |
| HDPE          | 251   | Teaching Fitness & Physical Activity     | S    | 3       | _____ |
| HDPE          | 267   | Introduction to Coaching                 | FS   | 3       | _____ |
| MATH          | 150Q  | Finite Math                              | FSM  | 3       | _____ |
| UC            |       | University Core & Electives              |      | 4       | _____ |
| <i>Total</i>  |       |                                          |      | 33      | _____ |

| Sophomore Year |       |                                       | Term | Credits | Grade |
|----------------|-------|---------------------------------------|------|---------|-------|
| EDCI           | 209   | Ed Psych and Adolescent Development   | FSM* | 3       | _____ |
| EDCI           | 360   | Foundations of Assessment             | FS   | 2       | _____ |
| HDFN           | 221CS | Human Nutrition                       | FS   | 3       | _____ |
| HDHL           | 221   | First Emergency Response              | FS   | 1       | _____ |
| HDHL           | 222   | First Emergency Response Lab          | FS   | 1       | _____ |
| HDHL           | 230   | Drugs and Society                     | FS   | 3       | _____ |
| HDHL           | 240   | Human Sexuality                       | FS   | 3       | _____ |
| HDPE           | 202   | Paraprofessional Experience II        | F    | 1       | _____ |
| HDPE           | 204   | Ethics in Sports & Health Enhancement | S    | 2       | _____ |
| HDPE           | 221   | Health Anatomy & Phys                 | F    | 3       | _____ |
| HDPE           | 252   | Teach Seq Skill Dev                   | S    | 3       | _____ |
| HDPE           | 253   | Teach Game Concepts                   | F    | 3       | _____ |
| UC             |       | University Core & Electives           |      | 5       | _____ |
| <i>Total</i>   |       |                                       |      | 33      | _____ |

| Junior Year  |     |                                       | Term | Credits | Grade |
|--------------|-----|---------------------------------------|------|---------|-------|
| EDCI         | 320 | Foundations Of Instr Computing        | FSM  | 2       | _____ |
| EDEL         | 335 | Teaching Elem Hlth Enhance            | F    | 3       | _____ |
| EDSD         | 465 | Mid & Sec Hlth Enhance Methods        | S    | 3       | _____ |
| HDPE         | 302 | Paraprofessional Experience III       | S    | 1       | _____ |
| HDPE         | 314 | Hlth Enhance for Atypical Populations | S    | 3       | _____ |
| HDPE         | 320 | Anatomical Kinesiology                | F    | 4       | _____ |
| HDPE         | 322 | Exercise Physiology                   | F    | 4       | _____ |
| HDPE         | 390 | Curr Models in Hlth Enhance           | S    | 3       | _____ |
| UC           |     | University Core & Electives           |      | 7       | _____ |
| <i>Total</i> |     |                                       |      | 30      | _____ |

| Senior Year                      |     |                                         | Term | Credits | Grade |
|----------------------------------|-----|-----------------------------------------|------|---------|-------|
| HDPE                             | 410 | Intl Perspective - Hist & Phil in Hlth  | F    | 3       | _____ |
| EDSD                             | 363 | Multicultural Education                 | FS   | 1       | _____ |
| HDPE                             | 430 | Instruc Design & Admin of HE Curriculum | F    | 3       | _____ |
| EDEL                             | 410 | Student Teaching                        | FS   | 6       | _____ |
| EDSD                             | 410 | Student Teaching                        | FS   | 6       | _____ |
| EDSD                             | 413 | Professional Issues                     | FS   | 2       | _____ |
| UC                               |     | University Core & Electives             |      | 8       | _____ |
| <b>Take one of the following</b> |     |                                         |      |         |       |
| HDPE                             | 425 | Health Psychology                       | S    | 3       | _____ |
| HDPE                             | 445 | Sport Psychology                        | F    | 3       | _____ |
| <i>Total</i>                     |     |                                         |      | 32      | _____ |
| Total needed for graduation      |     |                                         |      | 128     | _____ |

M\* offered alternating summers

**Electives (Select 8 credits from the following courses)**

|      |     |                                         |                       |     |       |
|------|-----|-----------------------------------------|-----------------------|-----|-------|
| HDFN | 411 | Sports Nutrition                        | alt S (S06, S08, S10) | 3   | _____ |
| HDPE | 201 | Football Coaching Theory                | alt F (F04, F06, F08) | 2   | _____ |
| HDPE | 317 | Basketball Coaching Theory              | alt F (F05, F07, F09) | 2   | _____ |
| HDPE | 318 | Soccer Coach Theory                     | alt F (F05, F07, F09) | 2   | _____ |
| HDPE | 319 | Volleyball Coaching Theory              | alt S (S04, S06, S08) | 2   | _____ |
| HDPE | 362 | Track & Field Theory                    | F                     | 2   | _____ |
| HDPE | 367 | Coaching Application                    | FSM                   | 1-3 | _____ |
| HDPE | 436 | Principles of Strength and Conditioning | alt S (S05, S07, S09) | 3   | _____ |
| HDPE | 467 | Advanced Concepts in Coaching           | S                     | 3   | _____ |

A minimum of 128 credits is required for graduation; 42 of these credits must be in courses numbered 300 and above.

Students must have a GPA of 2.5 or better.

**Check List For Graduation**

1. Minimum credits required for graduation: 128 \_\_\_\_\_
2. Upper Division courses (300 & above): \_\_\_\_\_
3. University Core completed: \_\_\_\_\_

