## DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND RECREATION

[Bachelor Of Science Degree In Health And Physical Education (Teaching)](#_Toc303519013)

[Program Of Study](#_Toc303519014)

[Bachelor Of Science Degree In Health, Physical Education And Recreation](#_Toc303519015)

[Program Of Study](#_Toc303519016)

[Endorsement In Driver Education](#_Toc303519017)

The curriculum of the Health, Physical Education, and Recreation (HPER) department is designed to meet and exceed state and national accreditation standards and to prepare students for their professional field of choice. At Albany State University, the HPER department offers two Bachelor of Science degrees: Bachelor of Science degree in Health and Physical Education-Teacher Education certification and a Bachelor of Science degree in Health, Physical Education, and Recreation. All students seeking initial Level-4 certification for the Bachelor of Science in Health and Physical Education (teaching) must apply for admission to Teacher Education and must meet all requirements set forth by the College of Education. (Please refer to the appropriate section in Teacher Education.) In addition, an endorsement in driver education is also offered.

The mission of the HPER department is to arm our students and stake-holders with the knowledge, skills and ability needed to enhance the health and welfare of society through the acquisition of knowledge, the significance of discovery, and the value of communication that leads to perpetual participation in physical and recreational endeavors. As an academic unit focusing on a multi-disciplinary approach to the study of health and human performance, the intent of the HPER department is to inspire a passion for continuous learning, to endorse healthy behaviors, and to indoctrinate our students to become fully certified leaders and valued members of society. The vision of the HPER department is to be acclaimed for distinction in academic instruction, innovative in scholarship, and renowned for highly prepared graduates.

## BACHELOR OF SCIENCE DEGREE IN HEALTH AND PHYSICAL EDUCATION (TEACHING)

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| --- | --- | --- | --- |
| **Area** |  |  | **Credit hours** |
| **Core Curriculum** |  |  | **(60 hours)** |
| AREA A1 | Communication Skills |  | 6 |
| AREA A2 | Quantitative Skills |  | 3 |
| AREA B | Institutional Options |  | 5 |
| AREA C | Humanities, Fine Arts and Ethics |  | 6 |
| AREA D | Natural Science, Math & Tech |  | 10 |
| AREA E | Social Sciences |  | 12 |
| AREA F | Courses Related to Major | Prerequisite | 18 |
| EDUC 2110 | Invst Crit/Contemp Issues in Edu (3 hrs) |  |  |
| EDUC 2120 | Explore Soci/Cul Perspec Div in Edu Cnt (3 hrs) |  |  |
| EDUC 2199 | Orientation to Teacher Education (0 hrs) |  |  |
| EDUC 2130 | Exploring Teaching & Learning (3 hrs) |  |  |
| PEDH 1007 | Aquatics (1 hrs) |  |  |
| BIOL 2411K | Anatomy & Physiology I (4 hrs) |  |  |
| BIOL 2412K | Anatomy & Physiology II (4 hrs) |  |  |
|  |  |  |  |
| **Above The Core** |  |  | **(3 hours)** |
|  |  |  |  |
| **AREA G:** | **Physical Education** |  | **(26 hours)** |
| PEDH 1000-2000\* | Skills Courses |  | 7 |
| PEDH 2213 | Intro to HPER |  | 3 |
| PEDH 3384\* | Adapted Physical Education & Diversity in the Classroom | | 3 |
| PEDH 3394 | Psychology of Coaching |  | 3 |
| PEDH 4460 | Kinesiology |  | 3 |
| PEDH 4470 | Physiology of Exercise |  | 3 |
| PEDH 4480 | Major Seminar & Practice |  | 1 |
| PEDH 4482 | Tests and Measurements |  | 3 |
| \* Guided Physical Education Activity Courses | |  |  |
|  |  |  |  |
| **AREA H: Health Education Courses** | |  | **(8 hours)** |
| HEDP 1001 | Intro to Wellness |  | 1 |
| HEDP 2250 | Drug Education |  | 2 |
| HEDP 2267 | First Aid and Safety |  | 2 |
| HEDP 3660 | Current Issues in Health |  | 3 |
|  |  |  |  |
| **AREA I: Education Courses** | |  | **(26 hours)** |
| EDUC 3306 | Educational Psychology |  | 3 |
| EDUC 3350 | Public School Health |  | 3 |
| ECEC 3352 | Health & Physical Education for Young Children |  | 3 |
| EDUC 3363 | Methods & Materials Secondary PE |  | 3 |
| EDUC 4400 | Prep for Teaching |  | 2 |
| EDUC 4412 | Student Teaching |  | 12 |
| SPED 3230 | Cont Perspec Except Students |  | 3 |
|  |  |  |  |
| **Total required for graduation** | |  | **(123 hours)** |

## PROGRAM OF STUDY FOR THE BACHELOR OF SCIENCE DEGREE IN HEALTH AND PHYSICAL EDUCATION-TEACHER EDUCATION

128 semester hours

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Freshman Year (Fall)** | |  | **Spring** |  |  |
| ASU 1201 | Found of College Success | 2 | ENGL 1102 | English Composition II | 3 |
| ENGL 1101 | English Composition I | 3 | COMM 1100 | Fund. of Public Speaking | 3 |
| MATH 1111 | College Algebra | 3 | BIOL 1111 | Intro to Biology I | 4 |
| AREA C ARAP 1100 or MUSC 1100 | | 3 | CSCI 1101 | Intro to Computers | 3 |
| HIST 1002 | Intro to African Diaspora | 2 | POSL 1101 | U.S. & Georgia Gov. | 3 |
| HEDP 1001 | Intro to Wellness | 1 | **Subtotal** |  | **(16 hrs)** |
| PEDH 1001 | Team Sports | 1 |  |  |  |
| **Subtotal** |  | **(15 hrs)** |  |  |  |
|  |  |  |  |  |  |
| Sophomore Year (Fall) | |  | Spring |  |  |
| ENGL 2111 | World Literature I | 3 | SOCI 2011 | Principles of Sociology | 3 |
| BIOL 1112 | Intro to Biology II | 4 | EDUC 2110 | Investigating C & C Issues in Ed. | 3 |
| HIST 1111 | Survey of World History I | 3 | EDUC 2120 | Exploring Socio Cult/Perspec Div | 3 |
| PSYC 1101 | General Psychology | 3 | HEDP 2250 | Intro to Drug Education | 2 |
| PEDH 2213 | Introduction to HPER | 3 | BIOL2411 | Human Anatomy & Physiology I | 4 |
| PEDH 1008 | Progressive Resistance | 1 | PEDH 1007 | Aquatics | 1 |
| **Subtotal** |  | **(17 hrs)** | EDUC 2199 | Orientation to Teacher Ed. | 0 |
|  |  |  | **Subtotal** |  | **(16 hrs)** |
|  |  |  |  |  |  |
| **Junior Year (Fall)** |  |  | **Spring** |  |  |
| EDUC 2130 | Exploring Teaching & Learning | 3 | PEDH 4460 | Kinesiology | 3 |
| BIOL 2412 | Human Anatomy & Physiology II | 4 | EDUC 3350 | Public School Health \*\* | 3 |
| HEDP 2267 | First Aid and Safety | 2 | PEDH 4480 | Major Seminar & Practicum | 1 |
| PEDH 3384 | Adapted PE & Diverse/Classroom | 3 | PEDH 4482 | Test & Measu./Software | 3 |
| PEDH 3394 | Psychology of Coaching | 3 | SPED 3230 | Cont Perspec Except Stu.\*\* | 3 |
| HEDP 3660 | Current Issues in Health | 3 | PEDH 1002 | Fitness | 1 |
| **Subtotal** |  | **(18 hrs)** | PEDH 1003 | Recreation Skills I | 1 |
|  |  |  | PEDH 1010 | Yoga | 1 |
|  |  |  | **Subtotal** |  | **(16 hrs)** |
|  |  |  |  |  |  |
| Senior Year (Fall) |  |  | Spring |  |  |
| PEDH 4470 | Physiology of Exercises | 3 | EDUC 4412 | Student Teaching \*\* | 12 |
| EDUC 4400 | Prep for Teachers \*\* | 2 | **Subtotal** |  | **(12 hrs)** |
| ECEC 3352 | M/M in Early Childhood PE \*\* | 3 |  |  |  |
| EDUC 3306 | Educational Psychology \*\* | 3 |  |  |  |
| EDUC 3363 | M/M in Secondary PE \*\* | 3 |  |  |  |
| PEDH 1004 | Recreational Skills II | 1 |  |  |  |
| PEDH 1005 | Lifetime Skills I | 1 |  |  |  |
| **Subtotal** |  | **(16 hrs)** |  |  |  |

Students cannot take 3000-4000 level courses in ECEC, EDUC, and SPED until admission to Teacher Education requirements have been met.

\*\*EDUC 2199 Orientation to Teacher Education non-credit mandatory course after admission to Teacher Education\*\*

GACE I

2.5 GPA

EDUC 2110 Investigating C & C Issues in Education

GACE II is required for graduation

## BACHELOR OF SCIENCE DEGREE IN HEALTH, PHYSICAL EDUCATION AND RECREATION

|  |  |  |  |
| --- | --- | --- | --- |
| **Area** |  |  | **Credit hours** |
| **Core Curriculum** |  |  | **(60 hours)** |
| AREA A1 | Communication Skills |  | 6 |
| AREA A2 | Quantitative Skills |  | 3 |
| AREA B | Insitutional Options |  | 5 |
| AREA C | Humanities, Fine Arts and Ethics |  | 6 |
| AREA D | Natural Science, Math & Tech |  | 10 |
| AREA E | Social Sciences |  | 12 |
| AREA F | Courses Related to Major | Prerequisite | 18 |
| EDUC 2110 | Invst. Crit/Contemp Issues in Education (3 hrs) |  |  |
| EDUC 2120 | Explore Soci/Cul Perspec Div in Edu Cnt (3 hrs) |  |  |
| EDUC 2130 | Exploring Teaching & Learning (3 hrs) |  |  |
| \*\*PEDH 1007 | Aquatics (3 hrs) |  |  |
| BIOL 2411K | Anatomy & Physiology I (3 hrs) |  |  |
| BIOL 2412K | Anatomy & Physiology II (3 hrs) |  |  |
|  |  |  |  |
| **Above The Core** |  |  | **(3 hours)** |
|  |  |  |  |
| **AREA G: Physical Education Theory Courses** | |  | **(26 hours)** |
| PEDH 1000-2000\* Skills Courses | |  | 8 |
| PEDH 2213 | Intro to HPER |  | 3 |
| PEDH 3384\* | Adapted Phys Ed & Diversity in the Classroom |  | 3 |
| PEDH 3394 | Psychology of Coaching |  | 3 |
| PEDH 4460 | Kinesiology |  | 3 |
| PEDH 4470 | Physiology of Exercise |  | 3 |
| PEDH 4482 | Tests & Measurements |  | 3 |
| \*Guided Physical Education activity courses. | |  |  |
|  |  |  |  |
| **AREA H: Health Education** | |  | **(11 hours)** |
| HEDP 1001 | Intro to Wellness |  | 1 |
| HEDP 2250 | Drug Education |  | 2 |
| HEDP 2267 | First Aid and Safety Education |  | 2 |
| EDUC 3350 | Public School Health |  | 3 |
| HEDP 3660 | Current Issues in Health |  | 3 |
|  |  |  |  |
| **AREA I: Recreation Courses** | |  | **(15 hours)** |
| RECD 2075 | Outdoor Recreation |  | 3 |
| RECD 3045 | Recreation Facility/Equipment and Design |  | 3 |
| RECD 4002 | Recreation for Special Population |  | 3 |
| RECD 4090 | Administration and Supervision of Recreation |  | 3 |
| RECD 4095 | Recreation Practicum |  | 3 |
|  |  |  |  |
| **Electives** |  |  | **(5 hours)** |
| PEDH 2214 | Games of Low Organization |  | 2 |
| PEDH 2272 | Fund Coaching Football/Soccer |  | 2 |
| PEDH 2276 | Fund Coaching Basketball/Volleyball |  | 3 |
|  |  |  |  |
| **Total required for graduation** | |  | **120 hours** |

## PROGRAM OF STUDY FOR THE BACHELOR OF SCIENCE DEGREE IN HEALTH, PHYSICAL EDUCATION AND RECREATION-NON TEACHING

120 semester hours

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Freshman Year (Fall)** | |  | **Spring** |  |  |
| ASU 1201 | Foundations of College Success | 2 | ENGL 1102 | English Composition II | 3 |
| ENGL 1101 | English Composition I | 3 | COMM 1100 | Fund. of Public Speaking | 3 |
| MATH 1111 | College Algebra | 3 | BIOL 1111 | Intro to Biology I | 4 |
| AREA C ARAP 1100 or MUSC 1100 | | 3 | CSCI 1101 | Intro to Computers | 3 |
| HIST 1002 | Intro to African Diaspora | 2 | POSL 1101 | U.S. & Georgia Government | 3 |
| HEDP 1001 | Intro to Wellness | 1 | **Subtotal** |  | **(16 hrs)** |
| **Subtotal** | | **(14 hrs)** |  |  |  |
|  |  |  |  |  |  |
| **Sophomore Year (Fall)** | |  | **Spring** |  |  |
| ENGL 2111 | World Literature I | 3 | SOCI 2011 | Principles of Sociology | 3-Jan |
| BIOL 1112 | Intro to Biology II | 4 | EDUC 2110 | Investigating C & C Issues in Ed. | 3 |
| HIST 1111 | Survey of World History I | 3 | EDUC 2120 | Exploring Socio Cult/Perspec Div | 3 |
| PSYC 1101 | General Psychology | 3 | HEDP 2250 | Intro to Drug Education | 2 |
| PEDH 2213 | Introduction to HPER | 3 | BIOL 2411 | Human Anatomy & Physiology I | 4 |
| **Subtotal** |  | **(16 hrs)** | PEDH 1007 Aquatics | | 1 |
|  |  |  | **Subtotal** |  | **(16 hrs)** |
|  |  |  |  |  |  |
| **Junior Year (Fall)** |  |  | **Spring** |  |  |
| **EDUC 2130** | Exploring Teaching & Learning | **3** | PEDH 4460 | Kinesiology | 3 |
| BIOL 2412 | Human Anatomy & Physiology II | 4 | EDUC 3350 | Public School Health | 3 |
| PEDH 3384 | Adapted PE & Diverse/Classroom | 3 | PEDH 2276 | Fund Coaching Bsktball/Volball | 3 |
| PEDH 3394 | Psychology of Coaching | 3 | HEDP 2267 | First Aid and Safety | 2 |
| HEDP 660 | Current Issues in Health | 3 | PEDH 1002 | Fitness | 1 |
| **Subtotal** |  | **(16 hrs)** | PEDH 1003 | Recreation Skills I | 1 |
|  |  |  | PEDH 1001 | Team Sports | 1 |
|  |  |  | **Subtotal** |  | **(14 hrs)** |
|  |  |  |  |  |  |
| **Senior Year (Fall)** |  |  | **Spring** |  |  |
| PEDH 4470 | Physiology of Exercises | 3 | PEDH 4482 | Tests & Measu.s/Software | 3 |
| RECD 3045 | Rec. Fac. & Equip. and Design | **3** | RECD 2075 | Outdoor Recreation | 3 |
| RECD 4002 | Recreation for Special Population | 3 | RECD 4090 | Admin. & Supervision of Rec | 3 |
| PEDH 1004 | Recreational Skills II | 1 | RECD 4095 | Recreation Practicum | 3 |
| PEDH 1005 | Lifetime Skills I | 1 | PEDH 1006 | Lifetime Skills II | 1 |
| PEDH 1010 | Yoga | 1 | PEDH 1008 | Progressive Resistance | 1 |
| PEDH 2272 | Fund Coaching Football/Soccer | 2 | **Subtotal** |  | **(14 hrs)** |
| **Subtota** | | **(14 hrs)** |  |  |  |

## ENDORSEMENT IN DRIVER EDUCATION

Candidates holding initial or higher certification are eligible for an endorsement in driver education by Georgia Professional Standards

Commission.

|  |  |  |  |
| --- | --- | --- | --- |
| DEDP | 4468 | Driver and Traffic Safety Education | 3 |
| DEDP | 4469 | Teaching of Driver Safety | 3 |
| DEDP | 4470 | Multiple Car Facility | 3 |