

# Health and Physical Education/Education K-12

## Bachelor of Science (BS.HPE(K12))

Core Requirements				Credits	Notes/Instructions
College Sem.		Quest for Meaning	CSEM 100	3	†A student may be required to take ENGL 105 and/or MATH 100 based on placement exams administered prior to their first semester at King's College. ENGL 105 and MATH 100 are 3-credit courses and will count as free electives. †† The Intercultural Competence requirement can be satisfied by taking a 100-level language class for 3 credits or participating in an approved Study Abroad experience. (See college catalog for more information) <b>SBM</b> = Satisfied By Major requirement(s) and credit(s) listed below.
Communication & Creative Expression		Writing	ENGL 110†	3	
		Oral Communication	COMM 101	3	
		Literature	ENGL 140-149	3	
		The Arts	ARTS 100-149	3	
Citizenship		History	HIST 100-149	3	
		Intercultural	FREN/GERM/SPAN 100-level or Study Abroad††	3	
		Global Connections	ECON 150-199; GEOG 150-199; HIST 150-199; PS 150-199; SOC 150-199	3	
Quantitative & Scientific Reasoning	SBM	Quantitative Reasoning	MATH 120† or higher level ( <b>MATH 101 &amp; MATH 102</b> )	-	
	SBM	Scientific Endeavor	NSCI 100 ( <b>satisfied by EXSC 219</b> )	-	
	SBM	Science in Context	NSCI 171-199 ( <b>satisfied by EXSC 220</b> )	-	
		Human Beh. & Soc. Inst	ECON 111, 112; GEOG 101, 102; PS 101, PSYC 101, SOC 101	3	
Wisdom, Faith, & the Good Life		Introduction to Phil.	PHIL 101	3	
		Phil. Investigations	PHIL 170-199	3	
		Theology & Wisdom	THEO 150-159	3	
		Theology & the Good Life	THEO 160-169	3	
Total Core Credits				39	

EXSC Major Requirements*	Credits	EDUC Major Requirements*	Credits	Other Requirements	Credits
EXSC 102	1	EDUC 202	3	HCE 101 Holy Cross Exp.	1
EXSC 103	1	EDUC 231	1		
EXSC 104	1	EDUC 232	1		
EXSC 105	1	EDUC 235	3		
EXSC 150	3	EDUC 240	3		
EXSC 219	3	EDUC 270	3		
EXSC 219L	1	EDUC 305	3		
EXSC 220 <sup>PR</sup>	3	EDUC 308	3		
EXSC 220L <sup>PR</sup>	1	EDUC 350	3		
EXSC 245	3	EDUC 366	3		
EXSC 280	3	EDUC 440	3		
EXSC 290	3	EDUC 467	10		
EXSC 325	3	EDUC 468	2		
EXSC 330	3	MATH 101	3		
CHEM 107 <sup>2</sup>	3	MATH 102	3		
CHEM 107L	1				
Total Major Credits	34	Total Major Credits	47	Other Credits	1

**Total Credits Required for Graduation = 121**

### General Information:

A student must earn a minimum of 120 credit hours to be awarded the baccalaureate degree. The number of credit hours required for graduation may be higher in certain major programs or if the student elects to pursue a second major. Beyond the requirements of the Core Curriculum and of a student's chosen major program, the balances of the credit hours required for graduation are "free electives." ☐

# Health and Physical Education/Education K-12

## Suggested Sequence

A suggested course sequence of degree requirements is listed below. Refer to the college catalog for course titles, descriptions, and prerequisites. Always consult your Academic Advisor when planning and scheduling your classes.

Fall	Credits	Spring	Credits
EXSC 102 Foundations of Health & Physical Education	1	CHEM 107 General, Organic, and Biochemistry	3
EXSC 103 Individual Sports	1	CHEM 107L General, Organic, and Biochemistry Lab	1
MATH 101 <sup>2</sup> Theory of Arithmetic	3	EDUC 270 <sup>3</sup> Introduction to Special Education	3
Core Course ( <i>CSEM 100 Quest for Meaning</i> )	3	EXSC 150 Prev., Treat., & Emerg. Care of Inj.	3
EDUC 202 Educ. Philos., Ethics, Issues & Trends	3	MATH 102 <sup>2</sup> Algebra & Geometry	3
Core Course <sup>1</sup>	3	Core Course <sup>1</sup>	3
HCE 101 Holy Cross Experience	1		
<b>15</b>		<b>16</b>	
Summer	Credits		
Fall	Credits	Spring	Credits
EDUC 235 <sup>3</sup> Sec. Development, Cognition, & Learn	3	EDUC 240 Sec Multicultural, Ling. & Instruc. Mthds	3
EXSC 219 Anatomy & Physiology for Exercise Science I	3	Core Course <sup>1</sup>	3
EXSC 219L Anatomy & Physiology for Exercise Sci I Lab	1	EXSC 104 Team Sports	1
EXSC 280 Clinical Kinesiology & Anatomy	3	EXSC 220 <sup>PR</sup> Anatomy & Physiology for Exercise Science II	3
Core Course <sup>1</sup>	3	EXSC 220L <sup>PR</sup> Anatomy & Physiology for Exercise Sci II Lab	1
Core Course <sup>1</sup>	3	EXSC 290 Exercise Physiology	3
<b>16</b>		<b>14</b>	
<b>Admission to Candidacy</b> (Complete and return "Application for Teacher Education Program Candidacy" to the Education Department no sooner than the completion of 48 credits and no later than 65 credits)			
Summer	Credits		
Fall	Credits	Spring	Credits
EDUC 308 Methods of Health & Phys. Education	3	EDUC 350 Secondary Classroom Management	3
EXSC 245 Principles of Health	3	EDUC 366 Methods for Teaching Diverse Learners	3
EXSC 330 <sup>PR</sup> Alternative Methods of Exercise	3	EXSC 105 Aquatics	1
Core Course <sup>1</sup>	3	EXSC 325 Nutrition and the Athlete	3
Core Course <sup>1</sup>	3	Core Course <sup>1</sup>	3
		Core Course <sup>1</sup>	3
<b>15</b>		<b>16</b>	
Summer	Credits		
Fall	Credits	Spring	Credits
EDUC 305 <sup>3,4</sup> Assessment I	3	EDUC 467 Observation & Student Teaching	10
EDUC 231 Technology Module I	1	EDUC 468 Student Teaching Seminar	2
EDUC 231 Technology Module II	1	EDUC 440 <sup>4</sup> Inclusive Education	3
Core Course <sup>1</sup>	3		
Core Course <sup>1</sup>	3		
Core Course <sup>1</sup>	3		
<b>14</b>		<b>15</b>	
<b>Total Credits Required for Graduation = 121</b>			

### NOTES:

<sup>1</sup>Choose one course from each of the Core Requirements listed on the reverse side.

<sup>2</sup>Course may satisfy both a Major and a Core requirement. For Health and Physical Education/K-12 majors EXSC 219 and EXSC 220 satisfy the Scientific Endeavor and Science in Context Core requirements; MATH 101 and MATH 102 together satisfy the Quantitative reasoning Core requirement.

<sup>3</sup>Updated Child Abuse & Criminal Record & FBI Clearances **REQUIRED** for EDUC 215, EDUC 217, EDUC 230, EDUC 260, EDUC 270, EDUC 305, EDUC 306, EDUC 314, EDUC 366, EDUC 370, EDUC 390, EDUC 438 and EDUC 457.

<sup>PR</sup> Course has a prerequisite – check college catalog.