HEALTH AND PHYSICAL EDUCATION - PHYSICAL ACTIVITY STUDIES (BACHELOR OF SCIENCE IN EDUCATION)

This degree in Health and Physical Education with a concentration in Physical Activity Studies requires a total of 120 hours. This program does not lead to teacher certification.

Course	Title	Credits
Jax MIX General Education Curriculum		41

Course	Title	Credits
Major and Departmental Courses		**46**
A minimum of 46 hours including:		
HPE 103	Foundations of Health and Physical Education	
HPE 109	Concepts of Wellness	
HPE 145	Team Sport Skills	
HPE 146	Individual and Dual Sports Skills	
HPE 260	Motor Development	
HPE 232	Sports Safety and First Aid Training	
HPE 355	Introductory Methods of Elementary HPE	
HPE 356	Introductory Methods of Secondary HPE	
HPE 357	21st Century Technology in HPE	
HPE 362	Kinesiology	
HPE 370	School Health Programs	
HPE 381	Inclusive Physical Education	
HPE 400	Exercise Physiology	
HPE 404	Test and Measurements in HPE	
HPE 415	Biomechanics (WI)	
SMR 271	Recreational Games and Group Development Activities	
Two hours of fitness activity		
Concentration Requirements		**33**
Required courses		
ED 302	Introductory Foundations in Teacher Education (WI)	
SPE 300	Survey of Exceptional Children and Youth	
Departmental Electives - select 27 hours from the following: [1]		
HPE 102	Introduction to Public Health	
HPE 262	Health Behavior Theory, Research, & Practice (WI)	
HPE 272	Basic Athletic Training	
HPE 300+		
SMR 221	Foundations of Sport Management and Recreation (WI)	
SMR 300+		
Total Hours		**79**

[1] A minimum of 3 credit hours must be 300+

In addition to courses noted below, candidates for graduation must successfully complete all JSU Academic Regulations. **More information about Jax MIX requirements (https://catalog.jsu.edu/undergraduate/jax-mix-requirements/) and Alabama Transfers equivalents (https://catalog.jsu.edu/undergraduate/alabama-transfers-equivalents/) can be found in their respective section of the catalog.**

Freshman		
Fall		**Hours**
Jax MIX Communication: EH Composition sequence		3
Jax MIX Expression: Fine Arts		3
Jax MIX Experience: History		3
Jax MIX Experience: Social/Behavioral Science		3
HPE Fitness Activity		1
HPE Fitness Activity		1
SSC 101	First Year Experience	0
	Hours	**14**
Spring		
Jax MIX Communication: EH Composition sequence		3
MS 110	Finite Mathematics (Jax MIX Communication)	3
Jax MIX Expression		3
Jax MIX Experience: Social Behavioral Science		3
BY 101 & BY 103	Introductory Biology I and Introductory Biology Lab I (Jax MIX Inquiry)	4
	Hours	**16**
Sophomore		
Fall		
EH 141	Speech (Jax MIX Communication)	3
Jax MIX Expression: Literature		3
Jax MIX Experience		3
BY 263	Human Anatomy and Physiology I (Jax MIX Inquiry)	4
HPE 109	Concepts of Wellness	3
	Hours	**16**
Spring		
HPE 103	Foundations of Health and Physical Education	3
HPE 145	Team Sport Skills	2
HPE 146	Individual and Dual Sports Skills	2
HPE 260	Motor Development	3
HPE 362	Kinesiology	3
SMR 271	Recreational Games and Group Development Activities	2
	Hours	**15**
Junior		
Fall		
ED 302	Introductory Foundations in Teacher Education (WI)	3
HPE 381	Inclusive Physical Education	3
HPE 400	Exercise Physiology	3
HPE 415	Biomechanics (WI)	3
SPE 300	Survey of Exceptional Children and Youth	3
	Hours	**15**
Spring		
HPE 232	Sports Safety and First Aid Training	2
HPE 355	Introductory Methods of Elementary HPE	3
HPE 356	Introductory Methods of Secondary HPE	3
HPE 357	21st Century Technology in HPE	3
Departmental Elective [1]		3
	Hours	**14**
Summer		
HPE 370	School Health Programs	3
	Hours	**3**

Senior		
Fall		
HPE 404	Test and Measurements in HPE	3
Departmental Elective		12
	Hours	**15**
Spring		
Departmental Elective		12
	Hours	**12**
	Total Hours	**120**

[1] A minimum of 3 credit hours must be 300+

Note: This concentration does not lead to teacher certification.