

## 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.

## 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.

### 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

### ADD A CERTIFICATE

- Health and Society
- Health Communication
- Initial Non-Degree Certification Early Childhood Education
- Secondary Education, Pedagogy-Only

### HONORS COLLEGE

Consider joining if you have an Overall GPA of 3.2 and earned 15 college credit hours!



# PHYSICAL EDUCATION

*Bachelor of Science in Education*

63

CORE CREDIT HOURS

60

MAJOR CREDIT HOURS

0

ELECTIVE CREDIT HOURS

Visit [westga.edu/program-maps](https://westga.edu/program-maps) for the latest version of this major map.



VISIT WOLFWATCH FOR MORE INFORMATION.



HAVE A QUESTION? CHECK IN WITH YOUR ADVISOR!



UNIVERSITY OF WEST GEORGIA

2024-2025

**TERM 1: FALL**

- C1: ENGL 1101** 3 CREDIT HOURS  
English Composition I
- M: MATH 1001** 3 CREDIT HOURS  
Quantitative Skills & Reasoning
- I2: XIDS 2002** 2 CREDIT HOURS  
First-Year Seminar
- T1: SCIENCE + LAB** 4 CREDIT HOURS
- F: EDUC COURSE** 3 CREDIT HOURS

- MILESTONES:**
- COMPLETE ENGL 1101 WITH C OR BETTER
  - COMPLETE CORE IMPACTS MATH
  - COMPLETE LAB SCIENCE
  - EARN 15 OR MORE CREDIT HOURS
  - COMPLETE AREA F COURSE WITH C OR BETTER

**TERM 2: SPRING**

- C2: ENGL 1102** 3 CREDIT HOURS  
English Composition II
- F: PHED 2100** 1 CREDIT HOUR  
Intro to Sports, Coaching, Fitness, and Recreation
- PWLA ACTIVITY COURSE** 3 CREDIT HOURS
- F: EDUC COURSE** 3 CREDIT HOURS
- S: SOCIAL SCIENCE** 3 CREDIT HOURS
- T2: 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

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

**CRUSH YOUR COURSEWORK**

- 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 ontime admission to Teacher Education.

**FIND YOUR PLACE**

- Join the Physical Education Majors Club.
- Join an intramural sports team.
- Volunteer as a community coach.

**BROADEN YOUR PERSPECTIVES**

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

**CONNECT OFF-CAMPUS**

- Visit Wolves Vote to learn about the voting process and registration.
- Consider volunteering for a campaign or organization in your community.

**TAKE CARE OF YOURSELF**

- Visit the UWG Wellness Hub to find all the resources available to you!
- Visit Health Services.
- Get fit! Visit URec to see all your options.
- Visit the Center for Economic Education and Financial Literacy.

**PAVE YOUR PATH**

- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Create your profile on Handshake.
- Consider applying for an on-campus job.

**TERM 1: FALL**

- F: PHED 2300** 3 CREDIT HOURS  
Positive Youth Development in Sport
- A: HUMANITIES** 3 CREDIT HOURS
- A: HUMANITIES** 3 CREDIT HOURS
- P: CITIZENSHIP** 3 CREDIT HOURS
- P: CITIZENSHIP** 3 CREDIT HOURS
- PWLA 1600** 2 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** 2 CREDIT HOURS  
Intro to Teaching Health & Physical Ed
- F: PHED 2605** 3 CREDIT HOURS  
Functional Anatomy
- F: PHED 2628** 1 CREDIT HOUR  
First Aid & CPR for Ed majors
- I1: ORAL COMMUNICATIONS** 3 CREDIT HOURS
- S: SOCIAL SCIENCE** 3 CREDIT HOURS
- T3: STEM COURSE** 3 CREDIT HOURS

- MILESTONES:**
- COMPLETE CORE IMPACTS
  - COMPLETE I1 COURSE WITH C OR BETTER
  - COMPLETE AREA F COURSES WITH C OR BETTER

**17 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 32 CREDIT HOURS**

**CRUSH YOUR COURSEWORK**

- Apply for admission to Teacher Education with your COE 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.

**FIND YOUR PLACE**

- 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.

**BROADEN YOUR PERSPECTIVES**

- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students' stories of their experiences.

**CONNECT OFF-CAMPUS**

- Complete an internship in your field.
- Consider a summer or part-time job.
- Ask your department about networking opportunities with alumni.

**TAKE CARE OF YOURSELF**

- 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.

**PAVE YOUR PATH**

- 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.

**FALL: FOUNDATIONS**

- CEPD 4101** **3** CREDIT HOURS  
Educational Psychology
- PHED 3503** **2** CREDIT HOURS  
Skills/Strategies in Net and Wall Games
- PHED 3501** **2** CREDIT HOURS  
Skills & Strategies in Strength & Conditioning
- PHED 3725** **3** CREDIT HOURS  
Human Movement Studies
- PHED 3670** **3** CREDIT HOURS  
Instructional Strategies of Health & Physical Ed
- PHED 4501** **3** CREDIT HOURS  
Contemporary Health Issues

- MILESTONES:**
- COMPLETE COURSES WITH C OR BETTER
  - MAINTAIN 2.5 OR BETTER GPA

**SPRING: ELEMENTARY**

- PHED 3500** **2** CREDIT HOURS  
Ed Games, Gymnastics, and Dance
- PHED 3671** **3** CREDIT HOURS  
Physical Education in Elementary Schools
- PHED 4630** **3** CREDIT HOURS  
Foundations and Principles of Coaching
- PHED 4603** **3** CREDIT HOURS  
Advanced Concept Personal Training
- PHED 3720** **1** CREDIT HOUR  
Adapted Physical Ed Field Experience
- SPED 3715** **3** CREDIT HOURS  
The Inclusive Classroom

- MILESTONES:**
- COMPLETE COURSES WITH C OR BETTER
  - SUCCESSFULLY COMPLETE PRACTICUM COURSE
  - MAINTAIN 2.5 OR BETTER GPA

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

**CRUSH YOUR COURSEWORK**

- Apply for admission to Teacher Education with your COE 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.

**FIND YOUR PLACE**

- 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.

**BROADEN YOUR PERSPECTIVES**

- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students' stories of their experiences.

**CONNECT OFF-CAMPUS**

- Complete an internship in your field.
- Consider a summer or part-time job.
- Ask your department about networking opportunities with alumni.

**TAKE CARE OF YOURSELF**

- 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.

**PAVE YOUR PATH**

- 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.

**FALL: SECONDARY**

- PHED 3502** **2** CREDIT HOURS  
Skills and Strategies in Target & Outdoor Activities
- PHED 3504** **2** CREDIT HOURS  
Skills & Strategies in Invasion Games
- PHED 3710** **3** CREDIT HOURS  
Assessing Performance in Health & Physical Ed
- PHED 3675** **3** CREDIT HOURS  
Phys Ed in Middle/Sec Schools
- PHED 4502** **3** CREDIT HOURS  
School Health Education
- PHED 3730** **3** CREDIT HOURS  
Current Issues in Health & Physical Ed

- MILESTONES:**
- COMPLETE COURSES WITH C OR BETTER
  - SUCCESSFULLY COMPLETE PRACTICUM COURSE
  - MAINTAIN 2.5 OR BETTER GPA

**SPRING: INTERNSHIP**

- PHED 4686** **8** CREDIT HOURS  
Teaching Internship
- PHED 4689** **3** CREDIT HOURS  
Teaching Internship Seminar
- PHED 3401** **2** CREDIT HOURS  
Integrating Technology into Health & Physical Ed.

- MILESTONES:**
- COMPLETE COURSES WITH C OR BETTER
  - SUCCESSFULLY COMPLETE PRACTICUM COURSE

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

**CRUSH YOUR COURSEWORK**

- Attempt the appropriate GACE Content Exams in Physical Education.
- Seek opportunities to apply for paid student teaching internships.

**FIND YOUR PLACE**

- 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!

**BROADEN YOUR PERSPECTIVES**

- Assess your cultural competency.
- Consider working abroad and research visa regulations.
- Explore practices of creating more inclusive careers.

**CONNECT OFF-CAMPUS**

- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.

**TAKE CARE OF YOURSELF**

- Explore a farmer's market for fresh produce.
- Develop a post-graduation exercise plan.
- Explore your loan repayment options and complete your exit counseling.

**PAVE YOUR PATH**

- 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 UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.