



Eastern New Mexico University
College of Education and Technology
2021-2023 Catalog

Date:	Major:	Physical Education
Name:	Emphasis:	Health and Wellness
ID#:	Minor:	Optional
	Degree:	Bachelor of Science (B.S.)

This degree plan is a guideline only. Consult with an adviser before enrolling in courses. For more detailed information on coursework and degree requirements, refer to the catalog and consult with an adviser.

Note: The B.S. degree requires a minimum 40 hours of upper-division courses. Developmental and vocational/technical courses will not be counted toward graduation requirements.

BACHELOR'S DEGREE REQUIREMENTS (6 hours)	Course	Credits	Semester	Grade
	FYEX 110 First-Year Seminar	3	_____	_____
	Diversity/Global Upper-Division	3	_____	_____

GENERAL EDUCATION Requirements (31-33 hours)

REQUIREMENTS IN HPE Core (20 hours)
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HPE 121 Concepts of Health/Wellness OR	3	_____	_____
HPE 145 Concepts in Physical Education	3	_____	_____
HLED 1120 American Red Cross First Aid & CPR/AED	2	_____	_____
BIOL 2210/L Anatomy & Physiology I with Laboratory	4	_____	_____
EXSC 2120 Structural Kinesiology	3	_____	_____
HPE 312 Biomechanics	3	_____	_____
FCST 318 Nutrition, Health & Fitness	3	_____	_____
HPE 345 Physical Activity: Law & Ethics	3	_____	_____
HPE 490 Professional Review OR	3	_____	_____
SED 405 Classroom Mgmt, Discipline & Issues in Secondary Edu	3	_____	_____

REQUIREMENTS IN Health and Wellness (25 hours)	Course	Credits	Semester	Grade
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HPE 121 Concepts of Health/Wellness OR	3	_____	_____
HPE 145 Concepts in Physical Education (whichever not taken in HPE Core)	3	_____	_____
HLED 2170 Motor Behavior	3	_____	_____
HLED 2170/L Motor Behavior I Laboratory	1	_____	_____
HLED 2320 Teaching Movement: Topics OR			
HLED 2330 Teaching Movement: Topics OR			
HLED 2340 Teaching Movement: Topics	3, 3	_____	_____
HPE 312L Biomechanics Laboratory	1	_____	_____
HPE 313 Physiology of Exercise	3	_____	_____
HPE 313L Physiology of Exercise Laboratory	1	_____	_____

HPE 433 Methods/Curriculum in PE	_____	3	_____	_____
HPE 483 Field Experiences: Topics	_____	1	_____	_____
HPE 489 Internship in HPE	_____	3	_____	_____

REQUIREMENTS IN Health & Physical Education (12 hours)

Students must complete 12 hours of HPE theory courses only one of which may be "Coaching of."

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

ELECTIVES As needed to fulfill requirement of 120 total credit hours.