



Eastern New Mexico University  
College of Education and Technology  
2019-2021 Catalog

Date:	Major:	Physical Education
Name:	Emphasis:	Health and Wellness
ID#:	Minor:	Optional
	Degree:	Bachelor of Science

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	_____	_____

<b>GENERAL EDUCATION Requirements (31-33 hours)</b>
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REQUIREMENTS IN HPE Core (20 hours)	Course	Credits	Semester	Grade
HPE 121 Concepts of Health/Wellness <b>OR</b>	_____	3	_____	_____
HPE 145 Concepts in Physical Education	_____	3	_____	_____
HLED 1120 American Red Cross First Aid & CPR/AED	_____	2	_____	_____
HPE 421 Structural Kinesiology	_____	3	_____	_____
HPE 312 Biomechanics	_____	3	_____	_____
FCST 318 Nutrition, Health & Fitness	_____	3	_____	_____
HPE 345 Physical Activity: Law & Ethics	_____	3	_____	_____
HPE 490 Professional Review <b>OR</b>	_____	3	_____	_____
SED 405 Classroom Mgmt, Discipline & Issues in Secondary Edu	_____	3	_____	_____

REQUIREMENTS IN Health and Wellness (25 hours)	Course	Credits	Semester	Grade
HPE 121 Concepts of Health/Wellness <b>OR</b>	_____	3	_____	_____
HPE 145 Concepts in Physical Education (whichever not taken in HPE Core)	_____	3	_____	_____
HPE 212 Motor Behavior	_____	3	_____	_____
HPE 212L Motor Behavior I Laboratory	_____	1	_____	_____
HPE 298 Teaching Movement: Topics	_____	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.

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