



Eastern New Mexico University
College of Education and Technology
2023-2025 Catalog

Major: Physical Education

Minor: Not required

Emphasis: Health & Wellness

Degree: Bachelor of Science (B.S.)

This degree plan is a guide 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.

All course requirements in the major must have a grade of "C" or better. All acceptable transfer work from a junior or community college will be recorded as lower division credit.

Note: All Bachelor degrees at ENMU require 120 minimum total credit hours including 40 upper-division (300-/400-level) hours. Developmental and vocational/technical courses will not be counted toward graduation requirements.

BACHELOR'S DEGREE REQUIREMENTS (6 hours)

FYEX 1110 First-Year Seminar
Diversity/Global Upper-Division

GENERAL EDUCATION REQUIREMENTS (non-teaching) (31-33 hours)

Recommended Science courses:

BIOL 2210/L Human Anatomy & Physiology I & Lab

REQUIREMENTS in HPE Core (20 hours)

HLED 1130 Concepts of Health / Wellness -OR-
HPE 145 Concepts in Physical Education
HLED 1120 American Red Cross First Aid & CPR / AED
FCST 318 Nutrition, Health, and Fitness -OR-
HPE 380 Fundamentals of Sports Management (for Sports & Recreation Majors only)
HPE 305 Human Resources in Sports Management
HPE 345 Physical Activity: Law & Ethics
HPE 490 Professional Review (for non-licensure) -OR-
SED 405 Classroom Management, Discipline & Issues in Secondary Education

Note: Students must present proof of current first aid and CPR certification as part of the requirement for HPE 490.

REQUIREMENTS in Health & Wellness (28 hours)

EXSC 2120 Structural Kinesiology (Prerequisite: "C" or higher in BIOL 2210/L or BIOL 2225/L)
HLED 1130 Concepts of Health / Wellness -OR-
HPE 145 Concepts in Physical Education (whichever was not taken in HPE Core)
HLED 2170/L Motor Behavior I & Lab
HLED Teaching Movement: Topics (2 courses for 6 hours total)
HPE 312/L Biomechanics & Lab
HPE 313/L Physiology of Exercise & Lab
HPE 330 Human Sexuality
HPE 433 Methods / Curriculum in PE
HPE 483 Field Experiences: Topics
HPE 489 Internship in HPE

OTHER REQUIREMENTS (20 hours)

Complete 12 hours of HPE theory courses. Only 1 course may be a "Coaching of" course.
*BIOL 2210/L Human Anatomy & Physiology I & Lab
*BIOL 2225/L Human Anatomy & Physiology II & Lab
* May be used to fulfill General Education Requirements.

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

