

Plymouth State University **CURRICULUM PLANNING GUIDE** with APPLICATION of TRANSFER CREDIT  
**BS PHYSICAL EDUCATION 2011-2012**

Student: \_\_\_\_\_  
 Student ID: \_\_\_\_\_  
 Enrollment Date: \_\_\_\_\_

Option: **PE and HE Teacher Certification (K-12)**  
 Total semester hours required: 122  
 Total semester hours transferred: \_\_\_\_\_

Plymouth Requirements	Credits	Gen Ed	Transfer Course (Title)	Credits	To Be Taken
PE courses Professional Activity (2000 level) or Physical Activity Skills (1000 level)	2	not PEDI			
PE 2330 Movement Concepts for Elementary Ed	1				
PE 2415 Introduction to PE & Health Instruction	3				
PE 2422 Rhythm and Dance Fundamentals	1.5				
PE 2423 Fundamentals in Gymnastics	1.5				Falls
PE 2550 Foundations of Physical Education	3	TECO			
PE 2731 Motor Development	3	WRCO			
PE 2860 Adventure Programming for Physical Educators	3	WECO			
PE 3000 Instructional Strategies I - Elementary	4		Requires 2.50 cumulative GPA		
PE 3260 Health Fitness Assess. & Programming	3				
PE 3310 Curriculum Design & Implementation	3				
PE 3560 Measurement and Assessment in PE	3	QRCO			
PE 3570 Kinesiology	3				
PE 3580 Physiology of Exercise	3				
PE 3600 Adapted Physical Education	3				Spring
PE 3720 Motor Learning	3				
PE 4000 Instructional Strategies II - Secondary	4		Requires 2.60 cumulative GPA and C in PE 3000		
<i>Group A Activity -</i>	1.5	Complete <b>one</b> of the following:			
PE 2424 Net and Wall Activities					Even Spring
PE 2425 Lifetime/Leisure Activities					Even Fall
PE 2426 Striking and Fielding Activities					Odd Spring
PE 2427 Territorial Activities					Odd Fall
<i>Group B Activities -</i>	3	Complete <b>two</b> of the following:			
PE 2428 Flexibility, Core and Balance Training					
PE 2525 Group Exercise Leadership					Spring
PE 2640 Burdenko Conditioning					Spring
PE 2740 Water Exercise Techniques					
PE 2831 Resistance Training Techniques					
PEHE 4710 Student Teaching K-12: Elementary	6		Requires 2.70 cumulative GPA and C in PE 4000		
PEHE 4720 Student Teaching K-12: Secondary	6		Requires 2.70 cumulative GPA and C in PE 4000		
BI 2110 Human Anatomy and Physiology I	4				Fall
BI 2120 Human Anatomy and Physiology II	4				Spring
HE 2900 Disease, Safety and Environment	3	WECO			
HE 3200 Stress Management	3	WECO			
HE 3220 Applied Nutrition for Healthy Living	3	TECO			
HE 3660 CPR and First Aid Instructor	1.5				
HE 3700 Drug Behavior	3	WECO			
HE 3710 Sex and Family Living Education	3				
IS 4360 Cultural Diversity and American Society	3	DICO, INCO			
EN 1200 Composition	3				
IS 1111 The First Year Seminar	3	Transfers entering with 24+ credits are excused from IS 1111.			
MA Math Foundations	3				
CTDI Creative Thought Direction	3				
CTDI Creative Thought Direction	3				
PPDI Past and Present Direction	3				
PPDI Past and Present Direction	3				
SSDI Self and Society Direction	3				
SSDI Self and Society Direction	3				
GACO Global Awareness Connection	3				
Elective	1				

PE 3000 requires a minimum cumulative GPA of 2.50. PE 4000 requires a minimum grade of C in PE 3000 and a minimum cumulative GPA of 2.60. PEHE 4710 and PEHE 4720 require a minimum grade of C in PE 4000 and a minimum cumulative GPA of 2.70.