Program Admission Requirements

- ENGL 101 & 102
- MATH 101 or 104
- MATH 105 (or higher)
- COMS 130
- PSYC 104
- BIOL 100 & 102

- BIOL 240
- SOC 104
- HSES 201, 202, 214 & 244
- HSES 248 (or current certification)
- HSES 260
- HSES 330

General Education Requirements

- HSES 108
- HSES 308 or 489

- Earth Science or Physical Science Lecture & Lab Requirement

Health & Physical Education Program Requirements

- HSES 269
- HSES 302
- HSES 315
- HSES 340
- HSES 467
- SPED 326
- HSES 210
- HSES 320
- HSES 358
- HSES 440
- HSES 468
- C&T 235
- HSES 269
- HSES 302
- HSES 315
- HSES 340
- HSES 467
- SPED 326
- HSES 210
- HSES 320
- HSES 358
- HSES 440
- HSES 468
- C&T 235
- ELPS 250
- HSES 369
- HSES 410
- C&T 359
- Global Awareness Requirement

Student Teaching & Field Experience Requirements

- HSES 500
- HSES 501
# Health & Physical Education Major

## Freshman Year

### Fall Semester
- Composition (ENGL 101)
- College Algebra (MATH 101)
- Personal & Community Health (HSES 260)
- Elements of Sociology (SOC 104)
- Speaker-Audience Comm (COMS 130)

### Spring Semester
- Biology Lecture & Lab (BIOL 100 & 102)
- Critical Reading & Writing (ENGL 102)
- Individual & Dual Sports (HSES 202)
- Intro to PE & Sports Studies (HSES 244)
- Intro to Topics in Math (MATH 105)

## Sophomore Year

### Fall Semester (Apply for SOE admission)
- Team Sports (HSES 201)
- Human Anatomy (BIOL 240)
- Principles of Nutrition & Health (HSES 330)
- First Aid (HSES 248)
- General Psychology (PSYC 104)

### Spring Semester (First Aid/CPR Cert in Sum.)
- Drugs & Diseases in Society (HSES 308)
- PE Activity PK-6 (HSES 214)
- Health & Human Sexuality (HSES 489)
- Earth Science or Physical Science Lecture & Lab Requirement

## Junior Year

### Fall Semester
- Practicum in Adaptive HPE for Elem/Secondary (HSES 302)
- Health & Fitness Technology (HSES 315)
- Instructional Strategies in Motor Development (HSES 340)
- Introduction to Exercise Science (HSES 269)
- Introduction to Health Education (HSES 467)
- Teaching Exceptional Youth in Gen. Ed. (SPED 326)

### Spring Semester (HIST 348 & POLS 150 in Sum)
- Basic Processes of Reading (C&T 359)
- Fitness Class (HSES 108)
- Instruction & Analysis of Swimming (HSES 210)
- Methods of Teaching PE (HSES 320)
- Creative Move & Dance Appreciation (HSES 358)
- Methods & Materials of Health Ed. (HSES 468)
- Applied Sport & Performance Psych (HSES 440)

## Senior Year

### Fall Semester
- Diversity, Equity & Inclusion in K-12 (C&T 235)
- Education & Society (ELPS 250)
- Kinesiology (HSES 369)
- Program Design in Physical Education (HSES 410)
- Global Awareness Requirement

### Spring Semester
- Student Teaching (HSES 500)
- Seminar in Student Teaching HPE (HSES 501)

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Learn more:  
hses.ku.edu/hpe

126 Credit Hours (min.)  
soeadvising@ku.edu

Please note: This is only a sample plan of study. Please consult with your academic advisor before enrolling.