



DEGREE WORKSHEET FOR:
BS in Sport and Exercise Science: P.E. K-12
2022-2023 Catalog
Degree Requirements – 120 credits

YEAR 1 - FALL (15 credits)		YEAR 1 - SPRING (15 credits)	
ENG 122 College Composition (LAW1*)	3 credits	SES Elective	3 credits
SES 202 Lifetime Sport and Physical Activities	3 credits	Liberal Arts Curriculum (LAW2*)	3 credits
Liberal Arts Curriculum (choose one LAA1, LAA2, LAA3, LAA4 that is also a LAMS or LAIS*)	3 credits	Liberal Arts Curriculum (LAA1, LAA2, LAA3, or LAA4*)	3 credits
Liberal Arts Curriculum (LAH1*)	3 credits	Liberal Arts Curriculum (LAX1*)	3 credits
Liberal Arts Curriculum (choose a LAB1, LAB2, or LAB3 that is also a LAMS or LAIS*)	3 credits	Liberal Arts Curriculum (choose an additional course from LAA, LAB or LAH*)	3 credits
YEAR 2 - FALL (16 credits)		YEAR 2 - SPRING (15 credits)	
FND 250 Principles of Nutrition (LAS1*)	3 credits	SES 170 Intro. to Field Experience ¹	1 credit
SES 210 Developmental. Appropriate Elementary Act.	3 credits	SES 221 Weight Training Techniques	1 credit
SES 220 Anatomical Kinesiology (LAS1, LASL*)	4 credits	SES 240 Secondary PE Content	3 credits
SES 243 Outdoor & Adventure Programming	3 credits	SES 266 Intro. to P.E. as a Profession ¹	3 credits
University-wide Elective	3 credits	SES 323 Motor Learning & Development	3 credits
*Initial Admission to PTEP		SES 338 Teaching Diverse Populations	4 credits
YEAR 3 - FALL (16 credits)		YEAR 3 - SPRING (16 credits)	
SES 322 Exercise Physiology I	3 credits	SES 331 Biomechanics	3 credits
SES 340 Plan & Instructional Design ²	4 credits	SES 342 Teaching Health Related Fitness	3 credits
SES 441 Physical Education Technology ²	3 credits	SES 440 Dev. Pedagogical Skills in Elem. Ed.	4 credits
ECLD 340 Dev. Lang. & Literacy in Content Areas	3 credits	PSY 347 or 349 Educational Psychology	3 credits
EDF 366 Concepts of Schooling	3 credits	SES 446 Soc Concepts Teach Learn Phys Ed	3 credits
*Full Admission to PTEP		*Praxis 5091 Physical Education Content Knowledge	
YEAR 4- FALL (15 credits)		YEAR 4 - SPRING (12 credits)	
SES 438 Sport Psychology OR		EDFE 444 Student Teaching ³	12 credits
SES 333 Psychology of Exercise and Physical Activity	3 credits		
SES 443 Teaching and Assessing School Health	3 credits		
SES 442 Dev. Pedagogical Skills in Sec.	4 credits		
EDSE 433 Exceptional Student in the Regular Class	2 credits		
University-wide Elective	3 credits		
*Application for Student Teaching			

*See the [Liberal Arts Curriculum](#) webpage for more information

This four-year plan is a recommended schedule to complete your bachelor's degree in 4 years. Every UNC student must meet the following requirements in order to graduate with a bachelor's degree: earn a minimum of 120 semester credit hours; possess a minimum of a 2.00 cumulative grade point average; have at least 31 credit hours in courses designated as Liberal Arts Curriculum; meet all degree requirements in the student's major field of study. Each major and/or concentration may have additional requirements necessary for graduation. **Students must consult with their major advisor to receive information on any additional graduation requirements.**

Admission Requirement – See Professional Teacher Education Program (PTEP) section in current catalog for admission requirements

Minor Required – No minor required.

BS Sport and Exercise Science – PE K-12 Teaching (cont.)

Contact Information –

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School Web Page: <http://www.unco.edu/nhs/ses/>

Notes –

- ¹SES 266 Intro. to P.E. as a Profession and SES 170 Intro. to Field Based Exp. are taken concurrently.
- ²SES 340 Planning, Assessment, and Instruction in P.E. and SES 441 Physical Education Technology are taken concurrently.
- ³Prior to student teaching, students must have successfully completed all required Sport and Exercise Science K-12 Licensure Program courses, be fully admitted to the major and PTEP programs, achieve proficient or advanced on all Dispositions, hold current First Aid/CPR certification, and pass the state licensure examination.
- Students will have to complete an annual Oath and Consent form.
- Students who plan to apply for K-12 Teacher Licensure in the State of Colorado must student teach at both the elementary and secondary levels.

The mission of the undergraduate Physical Education Teacher Education program at the University of Northern Colorado is to prepare future physical educators with the knowledge, skills, and dispositions to develop physically literate K-12 graduates. This mission will be accomplished by providing students with classroom and field-based experiences that cultivate expertise in the areas of motor skill development, health-related fitness, program design, instructional technology, assessment, and pedagogy. Graduates will depart the program as reflective physical education professionals who are capable of promoting physical activity in diverse settings.

*Liberal Arts Curriculum Course Indicators			
LAA1	Arts & Humanities: Arts & Expression	LAI5	International Studies
LAA2	Arts & Humanities: Literature & Humanities	LAMS	U.S. Multicultural Studies
LAA3	Arts & Humanities: Ways of Thinking	LAS1	Natural & Physical Sciences
LAA4	Arts & Humanities: World Languages	LASL	Natural & Physical Sciences LAB
LAB1	Social & Behavior Sciences: Economic or Political Systems	LAW1	Introductory Written Communication
LAB2	Social & Behavior Sciences: Geography	LAW2	Intermediate Written Communication
LAB3	Social & Behavior Sciences: Human Behavior, Culture or Social Frameworks	LAW3	Advanced Written Communication
LAH1	History	LAX1	Mathematics