

**NORFOLK STATE UNIVERSITY**  
**Department of Health, Physical Education & Exercise Science**

**PHYSICAL EDUCATION**  
**Curriculum ID: 2009    Code: 0835**

**FRESHMAN YEAR**

**Semester I**

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
ENG 101	Communication Skills	3
HIS 10XX	History	3
MTH 103	Mathematics	3
PED 280	Introduction to Physical Education	3
CSC 150	Computer Concepts	3
UNI 101ED	Introduction to University Life	<u>0</u>
	<b>Total</b>	<b>15</b>

**Semester II**

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
ENG 102	Communication Skills	3
BIO 100 or BIO 110(4crhrs)	Biological Science/ General Science	3
BIO 100L	Biological Science Lab	1
HED 170	Personal/Community Health	3
SOC 101	Introduction to Social Science	3
PED 151 or 152	Rhythm & Folk Dance	1
PED 158 or 159	Fundamentals of Physical Education	<u>1</u>
	<b>Total</b>	<b>15</b>

**SOPHOMORE YEAR**

**Semester I**

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
SCM 285	Principle of Speech	3
EDU 201	American School & The Teaching Professions	3
HUM 210	Humanities	3
PED 253	Gymnastics	1
PED 287	Anatomy	3
PED 287L	Anatomy Lab	1
PED 251	Modern Dance	1
PED 261	Team Sports	<u>1</u>
	<b>Total</b>	<b>16</b>

**Semester II**

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
HUM 211	Humanities	3
PED 288	Physiology	3
PED 288L	Physiology Lab	1
PED 133	Beginning Swimming	1
HED 442	Safety	3
PSY 228	Developmental Psychology	3
PED 262	Team Sports	<u>1</u>
	<b>Total</b>	<b>15</b>

**\*NOTE: STUDENTS MUST PASS PRAXIS I AND APPLY FOR ADMISSION TO TEACHER EDUCATION AT THE END OF 60 HOURS**

## JUNIOR YEAR

### Semester I

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
PED 450	Motor Learning	3
PED 357	Organization and Administration	3
PED 356	Kinesiology	3
HED 368A	Curriculum & Methods in Health Education	3
PED 271 or PED 272	Individual Sports	1
*PED 350	Curr Instru & Procedures in Elem. HPE	<u>3</u>
	<b>Total</b>	<b>16</b>

### Semester II

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
PED 369	Research Methods & Statistical Evaluations	3
PED 477	Physiology of Exercise (PE majors only)	3
PED 365	Adapted Physical Education	3
PED 362	Coaching & Officiating	2
PED 335	Techniques and Skills	2
SED 405	Reading in the Content Areas	<u>3</u>
	<b>Total</b>	<b>16</b>

## SENIOR YEAR

### Semester I

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
(HIS 33XX/POS 315/con't PSY 340/HRP 290)	History 33XX/African Amer. Politics	
*PED 358	Psy. African Amer./African American Hlth	3
PED 480	Curri Instru & Procedures in Secondary HPE	3
SED 486	Principles of Physical Education	3
EDU 381	Educational Psychology and Behavior	3
	Classroom Behavior Management	<u>3</u>
	<b>Total</b>	<b>15</b>

### Semester II

<u>Course #</u>	<u>Course Title</u>	<u>Credit Hours</u>
*SED 499	Student Teaching	<u>12</u>
	<b>Total</b>	<b>12</b>

\* Must pass praxis before enrollment will be allowed

**TOTAL CURRICULUM HOURS: 121**

**Students are strongly advised to take: PED 179 First Aid or American Red Cross Equivalent 2 Credits**

## ENDORSEMENTS

### HEALTH

HED 100/170	FSN 110/449
HED 442	HED 368A (Methods)
PED 179	PED 200/300

### DRIVER EDUCATION

PED 441
PED 444