

SAMPLE Four Year Plan | Bachelor of Science in Education- Physical Education

Health, Human Performance, and Recreation Emphasis

Fall 2019 Requirements

The curriculum in the College of Education and Professional Studies is structured so that students move through classes in a prescribed order. Prerequisites are important and are strongly enforced. The four year plan illustrates the type of curriculum a new freshman could take to complete a degree in four years; it is not an official document. Refer to Academic Advising Report for full requirements.

Sample Academic Advising Reports are available online at www.uww.edu/registrar/sample-aars.

First Year

Fall

ENGLISH 101 - College Writing and Reading	3	
MATH 142 - Intermediate Algebra	4	
CORE 110 -World of the Arts	3	
PEPROF 165 - Introduction to Physical Education	2	
INTRAUNV 104- New Student Seminar	3	
General Education Elective	3	

Total 18

Spring

ENGLISH 102 - College Writing, Reading, and Research	3	
PEGNRL 192 - Personal Health and Fitness	1	
CORE 130- Individual and Society	3	
Health and Safety Course (see back for options)	3	
General Education & U.S. Racial/Ethnic Diversity Elective	3	
Minor Course	3	

Total 16

First Year Advising Notes: By the end of the first year your GPA should be a minimum of 2.75 in order to meet the basic requirements for admission to the College of Education and Professional Studies.

Goals: Talk to your academic advisor about your interests and goals and begin to understand career options for your major. Explore student groups and organizations and join one that feels right for you. These groups offer a great way to learn more about the major and begin networking. Explore on-campus resources such as undergraduate research opportunities, the Mary Poppe Chrisman Success Center, and the Center for Global Education.

After your first year: Become comfortable in understanding and reading your Academic Advising Report.

Second Year

Fall

BIOLOGY 120 - Biological Foundations (GL)	4	
RECREATN 320 - Facilitation and Leadership	3	
COMM 110 - Introduction to Public Speaking	3	
CORE 120 or 140- Historical Perspectives or Global Perspectives	3	
Minor Course	3	

Total 16

Spring

PEPROF 271 - Structure and Function of the Human Body	4	
Programming Course (see back for options)	3	
Major Elective Course	2	
Any Lab Science (GL designation)	4-5	
General Education Elective	3	

Total 16-17

Second Year Advising Notes: You should plan to apply for admission to Professional Studies at the beginning of your fourth semester. Make sure you meet the basic requirements for admission by visiting our website: www.uww.edu/coeps/advising-admissions/admissions/admission-to-professional-education.

Goals: Meet requirements for Professional Studies by the end of your fourth semester. Continue to explore careers in your major and how your interests and skills might fit into a career path. Explore leadership positions within student organizations and participate in the Hawk Career Fair. If you are considering studying abroad, research program options and talk to your advisor about how it will fit in your plan. The Center for Global Education will be a great resource for both Study Abroad and Travel Study options.

After your second year: Understand your program plan and graduation requirements.



**UNIVERSITY OF WISCONSIN
WHITEWATER**

COLLEGE of EDUCATION
AND PROFESSIONAL STUDIES

Third Year

Fall

CORE 390 - World of Ideas	3	
PEPROF 371 - Kinesiology	3	
Management/Administration Course (see back for options)	3	
PEPROF 281 - First Aid and C.P.R. (or verified proficiency)	2	
Minor Course	3	
Minor Course	3	

Total 17

Spring

PEPROF 471 - Physiology of Exercise	3	
Research and Evaluation Course (see back for options)	3	
Adaptive Course (see back for options)	3	
PEPROF 209 - Investigating Community Professions in Phy Ed	1	
Minor Course	3	
Minor Course	3	

Total 16

Third Year Advising Notes: A faculty member will be assigned as your advisor once you are admitted to Professional Studies. You should contact them to help you determine major elective credits, career options, internships, etc.

Goals: Research specific career options. Attend the Hawk Career Fair as well as networking events and employer information meetings. Pursue a leadership position within a student organization or volunteer group. Get to know your professors, especially in your major.

After your third year: Work with your faculty advisor to make sure you're on track to graduate. Continue to seek major-related employment.

Fourth Year

Fall

PEPROF 415 - Health Appraisal and Exercise Testing	3	
PEPROF 416 - Exercise Prescription and Leadership	3	
Minor Course	3	
Minor Course	3	
General Education Elective	3	

Total 15

Spring

PEPROF 493 - Health, Human Performance, and Recreation Internship	6-12	
Any courses to reach 120 credits and completion of minor requirements at time of graduation	0-12	

Total 12

Fourth Year Advising Notes: Apply for graduation online through the Registrar's Office one full semester before you anticipate graduating. Complete all required testing. Work with your program coordinator and the Office of Field Experiences in order to confirm your internship placement.

Goals: Work with the Career Service Office to perfect your resume and cover letter. Attend networking events, career fairs, and employer information meetings. Read professional journals and consider a student membership in a professional organization.

Health & Safety	Research & Evaluation	Adaptive
HEALTHED 360 - Current Topics in Health and Wellness HEALTHED 362 - Stress Management HEALTHED 391 - Nutrition for Health SAFETY 201 - Personal and Public Safety SAFETY 255 - Alcohol and Other Drugs	HEALTHED 471 - Research in Health and Physical Activity * RECREATN 423 - Research and Evaluation in Recreation and Leisure Studies	RECREATN 360 - Aging and Leisure RECREATN 361 - Recreation and Leisure for Special Populations
Management / Administration	Programming	
PEPROF 480 - Health Promotion Management RECREATN 382 - Adventure and Sport Tourism RECREATN 388 - Special Events Management COACHING 480 - Legal Aspects of Sports and Recreation Activities RECREATN 489 - Managing Recreation Programs RECREATN 440 - Commercial and Entrepreneurial Recreation RECREATN 450 - Planning, Design, and Management of Recreation Facilities	HEALTHED 465 - Health Promotion Strategies * RECREATN 334 - Recreation Programming RECREATN 391 - Outdoor Recreation Leadership COACHING 265 - Coaching of Community Sponsored Sports * course is only offered once per year	

Students must begin their Math and English sequences with the appropriate course. The English course a student starts with will be determined by their ACT English or SAT Verbal score. The Math course a student starts with will be determined by their UW System math placement score.

The Health, Human Performance, and Recreation (HHPR) emphasis of the Physical Education Bachelor of Science in Education degree integrates dimensions from health promotion, health education, exercise science, physical education, recreation, leisure studies, coaching education, and sport. This program leads to careers in the areas of health promotion, human performance and recreation outside of public schools.