

# HEALTH & PHYSICAL EDUCATION

## undergraduate program

Consistent with the overall mission of the University of Pittsburgh at Bradford, the Bachelor of Science degree in Health & Physical Education includes a liberal arts core curriculum, much of which is taken during the first two years of study.

### Employment Opportunities:

Elementary School Teacher  
 Middle School/High School Teacher  
 Overseas School Teacher  
 Military School Director  
 Youth Servicing Agencies Coordinator  
 College or University Teacher  
 Administrator for Health Resort  
 Athletic Trainer  
 Interscholastic Program Coordinator  
 Commercial Sports Camps Director  
 Community Sports Administrator  
 Fitness Trainer  
 Team Coach  
 Health Care Educator  
 Recreational Facilities Director  
 Corporate Consultant  
 Health Magazine Writer  
 Physical Therapist Assistant  
 Senior Citizens Activities Coordinator  
 Non-Profit Organization Director  
 Special Events Consultant



Health and physical education prepares students to teach important topics such as physical fitness, wellness, nutrition, and healthy living to elementary, middle and high school students, residents of nursing homes, or people at the YMCA.

Health and physical education majors at Pitt-Bradford take courses in Sports Safety, Foundations of Health and Physical Education, Biomechanics, Exercise Physiology, Coaching Techniques, Teaching of Various Physical Activities, Anatomy and Physiology, Educational Law, Educational Psychology, and Teaching Methods. Health and physical education majors can receive hands-on training by participating on one of the 13 sports teams at Pitt-Bradford, either as a member or team assistant. Education majors are involved in classrooms, observation classrooms, and student teaching to prepare them to lead their own classroom after graduation.

### Required Skills:

- Written & Oral Communication
- Organization
- Discipline
- Decision Making
- Flexibility
- Planning
- Creativity

### Possible Employers:

- School System
- Non-Profit Organization
- Fitness Center
- Recreation Facility
- Colleges or University
- Sports Organization
- Health Care Organization

### PROFESSIONAL ORGANIZATIONS:

American Alliance for Health, Physical Education,  
 Recreation & Dance

[www.aahperd.org](http://www.aahperd.org)

National Association for Sports & Physical Education

[www.aahperd.org/naspe/](http://www.aahperd.org/naspe/)

American Sport Education Program

[www.asep.com](http://www.asep.com)

American Association for Health Education

[www.aahperd.org/aahe/](http://www.aahperd.org/aahe/)

Pennsylvania State Association for Health, Physical  
 Education & Recreations

[www.psahperd.org](http://www.psahperd.org)

### FIND OUT MORE ABOUT CAREERS IN HEALTH & PHYSICAL EDUCATION AT:

PE Central

[www.pecentral.org](http://www.pecentral.org)

Teacher Education Website

[websites.pdesas.org/jar1/default.aspx](http://websites.pdesas.org/jar1/default.aspx)

Occupational Outlook

[www.bls.gov/oco/ocos066.htm](http://www.bls.gov/oco/ocos066.htm)

Career Services

[www.upb.pitt.edu/career.aspx](http://www.upb.pitt.edu/career.aspx)



## Health and Physical Education (BS) – Curriculum Guide

Student Name: \_\_\_\_\_

Advisor: \_\_\_\_\_

### GENERAL EDUCATION REQUIREMENTS

#### COMPETENCIES

*(Minimum grade of C- required in all competencies)*

- FS 0102 Freshman Seminar  
*(if transferring in fewer than 18 credits)*

#### Writing

- ENG 0101 English Composition I  
 ENG 0102 English Composition II

#### Mathematics

- \*MATH 0098 College Algebra II or Higher *(see major)*

#### THE HUMAN EXPERIENCE

- Students are required to complete two courses designated as "Global"*

#### ARTS & LETTERS *(ONE course MUST be literature;*

*ONE course MUST be a creative, fine or performing Arts course)*

- Literature  
 Arts *(see major)*  
 Literature, Arts, Language

#### BEHAVIORAL, ECONOMIC, & POLITICAL SCIENCES

*(Two different categories must be represented)*

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#### HISTORY, CULTURES, & PHILOSOPHICAL INQUIRY

*(ONE course MUST be History, and ONE course must be Cultures or Philosophical Inquiry)*

- HIST

#### PHYSICAL, LIFE, & COMPUTATIONAL SCIENCES

*(ONE course must be a Physical Science, ONE must be a Life Science and ONE must include a lab)*

- (see major)*  
 *(see major)*  
 *(see major)*  
 *(see major)*

#### PHYSICAL EDUCATION

- (see major)*

### REQUIRED MAJOR COURSES

- BIOL 0212/0222 Human Anatomy & Physiology I *GE*  
 BIOL 0213/0223 Human Anatomy & Physiology II *GE*  
 CHEM 0187 Drugs & Society *GE*  
 EDUC 0204 Introduction to Education  
 EDUC 0215 English Language Learners  
 EDUC 0220 Special Education Law  
 EDUC 0235 Instructional Design  
 EDUC 0255 Readings in Children's Literature **OR**  
EDUC 0275 Adolescent Literature *GE*  
 EDUC 1301 Instructional Technology  
 EDUC 1325 Development of Exceptional Children  
 EDUC 1345 Educational Theories & Practices  
 EDUC 1350 Educational Psychology & Measurement  
 EDUC 1481 Student Teaching  
 \*MATH 0098 Algebra II *GE*  
 MATH 0133 Statistics *GE*  
 HPRED 0180 Sports Safety Training  
 HPRED 0209 Personal Health and Wellness  
 HPRED 1305 Biomechanics  
 HPRED 1306 Exercise Physiology  
 HPRED 1307 Principles of Coaching  
 HPRED 1308 Coaching Practicum  
 HPEDU 0101 Current Issues in Community Health  
 HPEDU 1300 Adaptive Physical Education  
 HPEDU 1310 Teaching Team Sports  
 HPEDU 1320 Teaching Health  
 HPEDU 1330 Motor Behavior  
 HPEDU 1335 Educational Movement Concepts  
 HPEDU 1340 Individual Leisure Sports  
 HPEDU 1400 Methods of Teaching Health Physical Educ.  
 HPEDU 1451 Capstone  
 PEDC 0202 Lifeguarding *GE*

#### TOTAL CREDIT HOURS REQUIRED FOR MAJOR: 131

*All courses in the major must be completed with a C- or higher and a 3.0 grade point average must be maintained.*

\*MATH 0098 does not meet the mathematics competency at the Pittsburgh campus

**According to your Degree Progress Report in MY.PITT.EDU upon successful completion of the current term:**

You will have EARNED \_\_\_\_\_ credit hours  
You NEED \_\_\_\_\_ for 128 credit hours required for graduation.  
You will have earned \_\_\_\_\_ credit hours of Upper Level course work.  
You NEED \_\_\_\_\_ for the 30 credit hours required for graduation.

NOTE: This guide is unofficial. Completing the requirements on this sheet does NOT guarantee degree completion. Official degree completion information can be found in **MY.PITT.EDU**. Contact your Faculty Advisor and/or the Registrar's Office with questions or concerns.