### Required General Education (GEN ED)

<table>
<thead>
<tr>
<th>Course</th>
<th>CR HR</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOS 1120 Principles of Biology</td>
<td>3</td>
</tr>
<tr>
<td>BIOL 107 or 111</td>
<td>3</td>
</tr>
<tr>
<td>BIOS 1120 or 1600 or 1610 (1500) w/&quot;C&quot; or better</td>
<td>4</td>
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<tr>
<td>BIOS 2110 Human Anatomy</td>
<td>4</td>
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<tr>
<td>BIOS 2400 Human Physiology</td>
<td>4</td>
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<tr>
<td>Area VIII</td>
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<tr>
<td>HPHE 1500 Holistics Or HPHE 1110 Healthy Living</td>
<td>2-3</td>
</tr>
</tbody>
</table>

### Required Pre-Requisites

**Can take BIOS 1100 Lab with BIOS 1120 to fulfill Area VI**

- BIOS 1120 or 1600 or 1610 (1500) w/"C" or better
- BIOS 2110 w/"C" or better
- BIOS 1120

### Required Courses (13-15 HRS)

**Required Cognates:**

- BIOS 1120 Principles of Biology
- OR BIOS 1600 Biological Form and Function
- OR BIOS 1610 (1500) Molecular and Cellular Biology
- BIOL 107 or 111
- BIOL 151
- BIOL 152
- HPHE 1500
- HPHE 2110 Human Anatomy
- HPHE 2400 Human Physiology
- HPHE 3150 Measurement/Evaluation/Stats
- HPHE 4500 Cultural Dynamics of Health, PE, Rec

### Required Professional Theory Courses (17 HRS)

**Prof 2**

- HPHE 1500; All Cognates; Apply at HPHE Office
- HPHE 1810 or 3810 First Aid
- HPHE 2110
- HPHE 2950 Functional Anatomy & Biomechanics
- HPHE 2980 Exercise Physiology
- HPHE 3150 Measurement/Evaluation/Stats
- HPHE 4500 Cultural Dynamics of Health, PE, Rec

### Required Professional Activity Courses (17 HRS)

**Prof 2**

- HPHE 1500
- HPHE 1610 Invasion Games (F)
- HPHE 1620 Net/Wall Games (Sp)
- HPHE 1630 Target/Striking/Fielding Games (F)
- HPHE 1640 Skills & Instruction of Early Elem. & Rhythmic Movements (Sp)
- HPHE 1650 Fitness Activities (F)
- HPHE 2480 Aquatics (Sp)
- PEGN 3500 Lifeguard Training

### Required Pedagogical Sequence for certification in Michigan (17 HRS)

- HPHE 1500
- HPHE 2400 Motor Development/Learning
- HPHE 2430 PE Methods: Early Elem (Sp)
- HPHE 3460 PE & HE Methods: Special Pops (F)
- HPHE 4470 PE & HE Methods: Elementary Methods
- HPHE 4480 PE & HE Methods: Secondary Methods (F)
- LS 3050 K-12 Content Literacy
- ES 3950 School and Society
- HPHE 4100 HPHE Intern TE Seminar
- HPHE 4750 HPHE Intern Teaching

- Must receive grade “C” or better