

KEAN UNIVERSITY – COLLEGE OF EDUCATION
(25106) B.S. IN Physical Education/Global Fitness and Wellness: 120 Semester Hours (S.H.)
2.75 GPA requirement (Note: this may be higher than some individual course requirements)

EFFECTIVE DATE: Fall 2015

START TERM: _____

NAME		TRANSFER INSTITUTIONS (X) Credits:	
STUDENT ID#		In Progress	
GENERAL EDUCATION:	32 S.H.	Professional Education:	22 S.H.
Foundation Requirements:	13 S.H.	PED 2800 Intro to PE Field Experience (WE)	3
GE 1000 Transition to Kean		PED 3612 Group/Pers Ex. Programs (with PED 3692)	3
ENG 1030 College Composition		PED 3692 Jr. Field Exp. Global Fit (with PED 3612)	1
MATH 1030 Problem Solving		PED 4626 Prescriptive Ex. Programs	3
COMM 1402 Speech Communication		PED 4627 Internship in Global Fit/Wellness	3
GE 2022 Research & Technology		PED 4629 Exercise Testing and Interpretation	3
		PED 4630 Electrocardiography	3
DISCIPLINARY & INTERDISCIPLINARY DISTRIBUTION REQUIREMENTS:		Capstone	3 S.H.
		PED 4625 Org/Adm Global Fit/Well Prog	3
Humanities:	6 S.H.	ACADEMIC MAJOR	44 S.H.
ENG 2403 World Literature	3	Required:	30 S.H.
Select one course from the GE Hum Dist Course List (Fine Arts, Art History, Philosophy, Religion, Foreign Languages (must take 1 and 2 for credit), Music, Theater, or ID	3	PED 1500 Intro to Motor Learning	3
		PED 2500 Intro to Biomechanics	3
Social Sciences:	6 S.H.	PED 3505 Kinesiology	3
HIST 1062 Worlds of History	3	PED 3510 Physiology of Exercise	3
PSY 1000 General Psychology	3	PED 3515 Wellness	3
		MGS 2030 Business Org/Management	3
Science and Mathematics:	7 S.H.	PED 3500 Care and Prevention of Athletic Injuries	3
MATH/CPS	3	PED 4605 Assessment in Physical Education	3
BIOL 1000 Principles of Biology	4	HED 3600 Nutrition	3
		HED 3231 First Aid/Disaster Prep/Injury Prev.	3
Additional Required Courses:	10 S.H.	Physical Activities	11
ID 2950 Technology and the Young Child	3	PED 1045 (Men's Events), PED 1047 (Women's Events), OR PED 2048 (Intermediate) Gymnastics	2
PSY 3110 Life Span Psychology	3	PED 1011 Strength Fitness	1
BIOL 2402 Human Physiology & Anatomy	4	PED 1020 Personal Fitness	1
		PED 1021 Personal Fitness II or Activity	1
		PED Dance Choice	1
		PED 1109 Zumba Fitness®	1
		PED 1130 Aerobic Dance	1
		PED 1022 Tai Chi Chih	1
		PED 1023 Yoga	1
		PED 1108 Pilates	1
		PED/HED Elective	3 S.H.
		Take 3 credit PED/HED academic course	
		PED/HED	3
		FREE ELECTIVES 50% 3000-4000 level	12 S.H.
			3
			3
			3
			3
		TOTAL CREDITS:	120
		Advisor:	
		Advisor Signature:	

Other Transfer:
Special Notes:
 • Req'd. of Fresh and Transfers with fewer than 10 credits.
 • ENG 1030, MATH 1030, COMM 1402 and Major Courses require a minimum grade of C.
 • PSY 1000 is pre-requisite for PSY 3110
 • BIOL 1000 is a pre-requisite for BIOL 2402
 • BIOL 2402 is a pre-requisite for PED 3505
 • PED 2800 requires a minimum grade of B-
 • TCs who are classified in the Healthy Fitness Zone (HFZ) in all areas have the option of taking PED 1021 or a PED Elective of their choice. TCs who are not classified in the HFZ in all areas are required to take PED 1021 as remediation.

(25106) B.S. IN Physical Education Global Fitness: 120 Semester Hours (S.H.)

Global Fitness and Wellness 4 Year Course Sequence

Total Semester Hours: 120; Minimum of 2.75 GPA Required

Freshman Year

FALL		SPRING	
GE 1000 Transition to Kean	1	COMM 1402 Speech Comm	3
ENG 1030 College Composition	3	BIO 1000 Principles of Biology	4
MATH 1030 Problem Solving	3	HIST 1062 Worlds of History	3
PSY 1000 General Psych	3	PED 1500 Motor Learning	3
GE HUM	3	PED 1109 Zumba Fitness	1
PED 1045 or 1047 Gymnastics	2	PED 1022 Tai Chi Chih	1
	15 S.H.		15 S.H.

Sophomore Year

FALL		SPRING	
PED 1023 Yoga	1	MATH/CPS (<i>see guidesheet</i>)	3
PSY 3110 Lifespan Psychology	3	ENG 2403 World Literature	3
PED 2800 Intro to PE Field Exp.	3	PED 2500 Biomechanics	3
BIO 2402 Anatomy & Physiology	4	ID 2950 Tech & Young Child	3
GE 2022 Research and Tech	3	PED 1130 Aerobic Dance	1
PED 1011 Strength Fitness	1	PED 1020 Personal Fitness	1
		PED 1108 Pilates	1
	15 S.H.		15 S.H.

Junior Year

FALL		SPRING	
PED 3505 Kinesiology	3		
PED 3500 Care/Prev of Athletic Inj	3	MGS 2030 Bus/Org/Management	3
HED 3231 First Aid	3	PED 4626 Prescriptive Ex. Prog	3
HED 3600 Nutrition	3	PED 3612 Grp. & Pers. Ex. Program	3
PED 3510 Phys of Ex.	3	PED 3692 Fieldwork	1
PED 1021 Personal Fit 2/Activity	1	PED 4629 Ex. Testing	3
		Free Elective	3
	16 S.H.		16 S.H.

Senior Year

FALL		SPRING	
PED 4605 Assessment	3	PED 4625 Org/Admin/Global Fit & Well	3
PED 3515 Wellness	3	PED 4627 Internship Gobal Fit & Well	3
PED/HED choice	3	Free Elective	3
PED 4630 Electrocardiography	3	Free Elective	3
Free Elective	3	PED Dance option	1
	15 S.H.		13 S.H.

YOU MUST BRING THIS EVALUATION AND YOUR KEAN UNIVERSITY TRANSCRIPT TO ALL ADVISING/REGISTRATION SESSIONS.

PERH Department
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