

Physical Education 45 Credit Endorsement

Code	Title	Credits		
HPSS 2222	First Aid CPR and Sport Safety	3	PEAC 1157B	Intermediate Volleyball
HPSS 2223	Foundations of Physical Education and Sport	3	PEAC 1197	Handball
HPSS 2237	Activity Performance Techniques	3	PEAC 1198A	Team Sports Inline Roller Hockey
HPSS 2243	Anatomical Foundations of Human Activity	3	One (1) Lifetime activity PEAC course, examples include: ¹	
HPSS 2281	Practical Outdoor Skills	1	PEAC 1121A	Beginning Pilates Matwork
HPSS 3300	Movement Theory and Motor Development	3	PEAC 1121B	Intermediate Pilates Matwork
HPSS 3303	Kinesiology for Teachers and Coaches	3	PEAC 1122A	Beginning Yoga
HPSS 3357	Methods of Teaching Elementary Physical Education	3	PEAC 1122B	Intermediate Yoga
HPSS 3362	Tests and Measurements in Physical Education	3	PEAC 1122D	Yoga Sports Conditioning
HPSS 3370	Care and Prevention of Athletic Injuries	3	PEAC 1124	Triathlon Training
HPSS 4437	Methods of Teaching Secondary Physical Education	3	PEAC 1125	Fitness Trend
HPSS 4475	Organization and Administration of Physical Education	3	PEAC 1126	Self Defense
HPSS 4494	Adapted Physical Activity	3	PEAC 1127	Wrestling
One (1) Aquatics PEAC course, examples include: ¹			PEAC 1128	Shorin Ryu Karate
PEAC 1170A	Beginning Swimming		PEAC 1129	Shoshin Ryu
PEAC 1170B	Intermediate Swimming		PEAC 1130	Aquacise
One (1) Field based PEAC course, examples include: ¹			PEAC 1131D	Aerobics Toning and Conditioning
PEAC 1155A	Beginning Soccer		PEAC 1131E	Aerobics Boot Camp
PEAC 1155B	Intermediate Soccer		PEAC 1131F	Aerobics Core Fitball
PEAC 1158	Softball		PEAC 1131G	Aerobics Kickboxing
PEAC 1159	Ultimate Frisbee		PEAC 1131H	Aerobics Zumba
PEAC 1195A	Beginning Disc Golf		PEAC 1131J	Aerobics Nutrition and Weight Management
PEAC 1142A	Beginning Golf		PEAC 1131K	Aerobics Turbokick
PEAC 1142B	Intermediate Golf		PEAC 1131M	Aerobics Cardio Jam
PEAC 1169	Touch Rugby		PEAC 1131N	Aerobics Cardio Hip Hop
PEAC 1198B	Team Sports Lacrosse		PEAC 1131P	Interval Training
PEAC 1198C	Team Sports Flag Football		PEAC 1132	Individualized Physical Education
One (1) Court based PEAC course, example include: ¹			PEAC 1132A	Spinning
PEAC 1150A	Beginning Racquetball		PEAC 1133	Jogging and Personal Fitness
PEAC 1150B	Intermediate Racquetball		PEAC 1134A	Beginning Weight Training
PEAC 1150C	Advanced Racquetball		PEAC 1134B	Intermediate Weight Training
PEAC 1151A	Beginning Tennis		PEAC 1135A	Introduction to Hatha Yoga
PEAC 1151B	Intermediate Tennis		PEAC 1135B	Intermediate Hatha Yoga
PEAC 1151C	Advanced Tennis		PEAC 1136	Target Fit TM Conditioning
PEAC 1152A	Beginning Badminton		PEAC 1137	Marathon Training
PEAC 1152B	Intermediate Badminton		PEAC 1138	Kendo
PEAC 1152C	Advanced Badminton		PEAC 1139A	Beginning Fencing
PEAC 1153	Racquet Sports		PEAC 1139B	Intermediate Fencing
PEAC 1154	Table Tennis		PEAC 1140A	Beginning Billiards
PEAC 1156A	Beginning Basketball		PEAC 1140B	Intermediate Billiards
PEAC 1156B	Intermediate Basketball		PEAC 1141A	Fundamentals of Bowling
PEAC 1157A	Beginning Volleyball		PEAC 1141B	Intermediate Bowling
			PEAC 1141C	Advanced Team Bowling
			PEAC 1143A	Judo
			PEAC 1143B	Intermediate Judo
			PEAC 1143C	Advanced Judo
			PEAC 1143D	Self Defense Judo
			PEAC 1144	Tae Kwon Do

PEAC 1145	Rodeo
PEAC 1146	Archery
PEAC 1146B	Archery-Bowhunter Education
PEAC 1146C	Hunters Education Certification
PEAC 1147A	Beginning Karate
PEAC 1148A	Beginning Womens Judo
PEAC 1149A	Tai Chi
PEAC 1149B	Intermediate Tai Chi
PEAC 1160A	Beginning Skiing
PEAC 1160B	Intermediate Skiing
PEAC 1160C	Advanced Skiing
PEAC 1161A	Beginning Night Skiing
PEAC 1162A	Beginning Snowboarding
PEAC 1162B	Intermediate Snowboarding
PEAC 1162C	Advanced Snowboarding
PEAC 1163	Backpacking
PEAC 1164A	Beginning Ice Skating
PEAC 1165	Backcountry GPS Navigation
PEAC 1166	Canoeing
PEAC 1167	Kayak Touring
PEAC 1168	Day Hiking
PEAC 1172	SCUBA Diving
PEAC 1173	Skin and SCUBA Diving Certification
PEAC 1174	Advanced Open Water SCUBA Diving
PEAC 1175A	Beginning Kayaking
PEAC 1176A	Beginning Rock Climbing
PEAC 1176B	Intermediate Rock Climbing
PEAC 1177A	Beginning Cross-Country Skiing
PEAC 1177B	Intermediate Cross-Country Skiing
PEAC 1178A	Beginning Telemark Cross-Country Skiing
PEAC 1178B	Intermediate Telemark Cross-Country Skiing
PEAC 1179	Diver Stress and Rescue
PEAC 1180A	Beginning Windsurfing
PEAC 1180B	Intermediate Windsurfing
PEAC 1181	Mountain Biking
PEAC 1185	Basic Mountaineering
PEAC 1186A	Beginning Fly Fishing
PEAC 1186B	Intermediate Fly Fishing
PEAC 1186C	Advanced Flyfishing Skills
PEAC 1186D	Advanced Flyfishing River and Still Water
PEAC 1186E	Advanced Flyfishing Fly Rod Building
PEAC 1187A	Beginning Fly Tying
PEAC 1187B	Intermediate Fly Tying
PEAC 1189	Beginning Gym Climbing
PEAC 1191A	Basic Horsemanship
PEAC 1191B	Intermediate Horsemanship
PEAC 1193	Leave No Trace Workshop
PEAC 1194	Caving Workshop
PEAC 1196	Skateboarding

One (1) additional PEAC course from the examples listed above ¹ **1**

One of the following: **3**

HPSS 3322 Introduction to Sport Psychology

HPSS 3364 Introduction to Sport Law

Total Credits **45**

¹ For a complete list, please contact your advisor.

IN ADDITION: Candidate must present a current First Aid and CPR Card to advisor at the time of graduation.