

**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 is may be higher than some individual course requirements)*

**EFFECTIVE DATE: Fall 2015**

**START TERM:** \_\_\_\_\_

NAME		TRANSFER INSTITUTIONS (X) _____ Credits: _____	
STUDENT ID#		In Progress	
<b>GENERAL EDUCATION:</b>	<b>32 S.H.</b>	<b>Professional Education:</b>	<b>22 S.H.</b>
<b>Foundation Requirements:</b>	<b>13 S.H.</b>	PED 2800 <sup>6</sup> Intro to PE Field Experience (WE)	3
GE 1000 Transition to Kean <sup>1</sup>		1 PED 3612 Group/Pers Ex. Programs ( <i>with PED 3692</i> )	3
ENG 1030 College Composition <sup>2</sup>		3 PED 3692 Jr. Field Exp. Global Fit ( <i>with PED 3612</i> )	1
MATH 1030 Problem Solving <sup>2</sup>		3 PED 4626 Prescriptive Ex. Programs	3
COMM 1402 Speech Communication <sup>2</sup>		3 PED 4627 Internship in Global Fit/Wellness	3
GE 2022 Research & Technology <sup>3</sup>		3 PED 4629 Exercise Testing and Interpretation	3
		PED 4630 Electrocardiography	3
<b>DISCIPLINARY &amp; INTERDISCIPLINARY DISTRIBUTION REQUIREMENTS:</b>		<b>Capstone</b>	<b>3 S.H.</b>
		PED 4625 Org/Adm Global Fit/Well Prog	3
<b>Humanities:</b>	<b>6 S.H.</b>	<b>ACADEMIC MAJOR</b>	<b>44 S.H.</b>
ENG 2403 World Literature		<b>Required:</b>	<b>30 S.H.</b>
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
<b>Social Sciences:</b>	<b>6 S.H.</b>	PED 3505 Kinesiology <sup>5</sup>	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
<b>Science and Mathematics:</b>	<b>7 S.H.</b>	PED 3500 Care and Prevention of Athletic Injuries	3
MATH/CPS		3 PED 4605 Assessment in Physical Education	3
BIOL 1000 Principles of Biology <sup>4</sup>		4 HED 3600 Nutrition	3
		HED 3231 First Aid/Disaster Prep/Injury Prev.	3
<b>Additional Required Courses:</b>	<b>10 S.H.</b>	<b>Physical Activities</b>	<b>11</b>
ID 2950 Technology and the Young Child		3 PED 1045 ( <i>Men's Events</i> ), PED 1047 ( <i>Women's Events</i> ), <b>OR</b> PED 2048 ( <i>Intermediate</i> ) Gymnastics	2
PSY 3110 Life Span Psychology <sup>3</sup>		3 PED 1011 Strength Fitness	1
BIOL 2402 Human Physiology & Anatomy <sup>4</sup>		4 PED 1020 Personal Fitness	1
		PED 1021 Personal Fitness II or Activity <sup>7</sup>	1
<i>Other Transfer:</i>		PED Dance Choice	1
<i>Special Notes:</i>		PED 1109 Zumba Fitness®	1
<sup>1</sup> Reqd. of Fresh and Transfers with fewer than 10 credits.		PED 1130 Aerobic Dance	1
<sup>2</sup> ENG 1030, MATH 1030, COMM 1402 and Major Courses require a minimum grade of C.		PED 1022 Tai Chi Chih	1
<sup>3</sup> PSY 1000 is pre-requisite for PSY 3110		PED 1023 Yoga	1
<sup>4</sup> BIOL 1000 is a pre-requisite for BIOL 2402		PED 1108 Pilates	1
<sup>5</sup> BIOL 2402 is a pre-requisite for PED 3505		<b>PED/HED Elective</b>	<b>3 S.H.</b>
<sup>6</sup> PED 2800 requires a minimum grade of B-		Take 3 credit PED/HED academic course	
<sup>7</sup> 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.		PED/HED	3
		<b>FREE ELECTIVES 50% 3000-4000 level</b>	<b>12 S.H.</b>
			3
			3
			3
			3
		<b>TOTAL CREDITS:</b>	<b>120</b>
		Advisor:	
		<b>Advisor Signature:</b>	

(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
	<b>15 S.H.</b>		<b>15 S.H.</b>

**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
	<b>15 S.H.</b>		<b>15 S.H.</b>

**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
	<b>16 S.H.</b>		<b>16 S.H.</b>

**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
	<b>15 S.H.</b>		<b>13 S.H.</b>

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

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