

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

**Global Fitness and Wellness 4 Year Course Sequence**

Total Semester Hours: 120; Minimum of 2.75 GPA Required  
(Effective Fall 2015)

**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 Goba 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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