

# EC-12 Physical Education (B.S.H.S) – Teacher Certification

2023-2024 Academic Catalog, Bachelor of Science in Health Science – EC-12 Physical Education, Teacher Certification Concentration

## Academic Core for B.S.H.S. 43 Hours

### CHRISTIAN STUDIES 6

CSBS 1311	Engaging the Old Testament	3
CSBS 1312	Engaging the New Testament	3

### ENGLISH 9

ENGL 1321	Rhetoric & Composition I	3
ENGL 1322	Rhetoric & Composition II	3
ENGL	Literature	3

A grade of a "C" or higher is required in ENGL 1321 and ENGL 1322.

### EXERCISE & SPORT SCIENCE 2

	Select one:	
EXSS 3107	Advanced Cardiovascular Training	1
EXAC 4120	Marathon and Half-Marathon Training	1
	Select one:	
EXSS 3135	Advanced Resistance Training	1
EXAC 3120	Crossfit	1

A grade of "C" or higher is required in this section

### FINE ARTS – SELECT ONE 3

ARTS 1350	Art Appreciation	3
COMM 2335	Film Appreciation	3
FINA 2330	Exploring the Fine Arts	3
MUSI 1340	Music Appreciation	3
THEA 2350	Introduction to the Theatre	3

### WORLD CULTURES 3

EXSS 2353	Lifespan Nutrition	3
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### LAB SCIENCE 4

BIOL 2141	Human Anatomy & Physiology II Lab	1
BIOL 2341	Human Anatomy & Physiology II	3

### PUBLIC SPEAKING 3

COMM 1320	Public Speaking	3
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### MATHEMATICS 3

MATH 1304	Survey of Mathematics	3
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### SOCIAL SCIENCE – SELECT ONE 3

PSYC 1301	General Psychology	3
PSYC 2399	Child and Adolescent Development	3

### US HISTORY OR US GOVERNMENT – SELECT ONE 3

HIST 2311	American History to 1877	3
HIST 2312	American History since 1877	3
POLS 2305	United States Government	3
POLS 2306	Texas State and Local Government	3

### TECHNOLOGY 3

EDUC 2311	Classroom Technology	3
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### FRESHMAN SEMINAR 1

UMHB 1101	Freshman Seminar	1
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### CHAPEL – 1 to 4 credits

UMHB 1002	Chapel	
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### Fine Arts Experience – 2 to 8 credits

UMHB 1005	Fine Arts Experience	
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## EC-12 Physical Education – Teacher Cert. 63 Hours

Grades of "C" or better are required in all courses (including support courses) counting toward the EC-12 Physical Education major.

### HEALTH SCIENCE FOUNDATION 16

EXSS 2340	Introduction to Exercise and Sport Science	3
BIOL 2340	Human Anatomy & Physiology I	3
BIOL 2140	Human Anatomy & Physiology I Lab	1
EXSS 2353	Lifespan Nutrition	-
EXSS 3390	Anatomical Kinesiology	3
EXSS 3395	Physiology of Exercise	3
EXSS 4344	Leadership in Health Science	3
PSYC 1301	General Psychology	-
EXSS 3107	Advanced Cardiovascular Training	-
EXSS 3135	Advanced Resistance Training	-

The hours for EXSS 2353, PSYC 1301, EXSS 3107, and EXSS 3135 are already accounted for in the Academic Core.

### EC-12 PHYSICAL EDUCATION MAJOR 22

EXSS 2350	Prevention and Care of Athletic Injuries	3
EXSS 2352	Personal Health and Fitness	3
EXSS 3141	Exercise and Sport Science Practicum	1
EXSS 3300	Teaching Team and Individual Sports (Theory Course)	3
EXSS 3378	Exercise Psychology	3
EXSS 4310	Teaching Children and Adolescents Phys. Education	3
EXSS 4392	Tests and Measurements in EXSS	3
EXSS 4395	Motor Behavior	3

### TEACHING CERTIFICATION CONCENTRATION 25

EDUC 3315	Students and Learning	3
EDUC 4324	Classroom Management	3
EDUC 4328	Curriculum Design	3
EDUC 4385	Educational Internship	3
EDUC 4250	Certification Preparation Seminar	2
EDUC 4501	Student Teaching I	5
EDUC 4502	Student Teaching II	5
EXSS 4104	Senior Seminar	1

Admissions to Teacher Education Program- Cumulative GPA must be a minimum of 2.75. A minimum 3.00 GPA and no grade lower than a "C" are required in certification area & professional development.

## Electives 14 Hours

### ELECTIVES 14

You need 14 additional hours to reach your minimum 120 required hrs.

### Total Hours

Academic Core for B.S.H.S.	40
Health Science Foundation	16
EC-12 Physical Education Major	22
Teaching Certification Concentration	28
Electives	14
<b>Total hours required for graduation</b>	<b>120</b>

### Additional Graduation Requirements

Minimum Upper Level hours	36
Minimum hours taken at UMHB	30
Minimum Upper Level hours taken at UMHB	24
Minimum cumulative GPA	2.75