

Health & Physical Education (K-12)
University of North Carolina - Pembroke

| Competency A minimum of two (2) semester hours is required to fulfill each of the following competencies unless otherwise noted. | | Course Prefix & Number | Course Title When multiple courses are listed for one competency, only one course is required to satisfy the competency, unless otherwise noted. | Course Offerings |
|--|--|-----------------------------------|--|-------------------------|
| A | Foundations, Principles, & Practices of Physical and/or Health Education | HLTH 4700 | Plan, Admin, & Eval of Health | |
| B | Individual, Community, & Global Health Issues | HLTH 3770 | Drugs, Society, and Behavior | |
| | | HLTH 1060 | Safety and First Aid *This is a one (1) semester hour credit course – a total of two (2) semester hours is required to fulfill the competency* | |
| C | Human Biology, Anatomy, & Reproductive Health | EXPH 2100/2110 | Anatomy and Physiology w/ Lab | |
| | | BIO 2110 | Human Anatomy and Physiology I | |
| D | Fundamental Motor Skills & Movement Forms | EXPH 3450/3460 | Kinesiology/Lab | |
| E | Sports, Physical & Leisure Activities | PED 1380 | Rhythms & Dance | |
| | | PED 1010 | Wellness & Fitness | |
| F | Healthy Behavior, Fitness, & Obesity Prevention | PED 2060 | Nutrition *This is a one (1) semester hour credit course – a total of two (2) semester hours is required to fulfill the competency* | |
| | | HLTH 4100 | Health/Fitness Behavior Change | |
| G | Health Education & Promotion | HLTH 3300 | Health Promotion and Fitness Skills | |

Posted: November 2018
 Revised: November 2018

Course Offering Codes:

F=Fall, S=Spring, SS=Summer Session, UD=Upon Demand
 e=even years, o=odd years, ^=online

Notes:

- These are typical course offering schedules. Courses are not guaranteed to be offered at these times.
- Please check with the college/university for course availability each semester.
- Some courses require prerequisites be met prior to registration. An asterisk (*) denotes a prerequisite course.
- For more information from this institution, click here, <http://www.uncp.edu/>