

KEAN UNIVERSITY – COLLEGE OF EDUCATION
(25101) B.A. IN PHYSICAL EDUCATION/ADULT FITNESS 131 S.H.
Effective September 2009

Name _____
 Student I.D.# _____
 Start Term _____

Transfer Institutions (X) Credits

 In Progress () _____
 Kean University _____

GENERAL EDUCATION REQUIREMENTS 45 S.H.

FOUNDATIONS REQUIREMENTS: 13 S.H.

GE 1000 Transition to Kean¹ _____ 1 _____
 ENG 1030 College Composition _____ 3 _____
 MATH 1000 Algebra for Coll. Students _____ 3 _____
 COMM 1402 Speech Communication as
 Critical Citizenship _____ 3 _____
 GE 2022 Research & Technology _____ 3 _____

**DISCIPLINARY/INTERDISCIPLINARY
 DISTRIBUTION REQUIREMENTS:**

HUMANITIES 9 S.H.

ENG 2403 World Literature _____ 3 _____
 Select two courses from different areas:
 Fine Arts or Art History _____ 3 _____
 Foreign Languages² _____ 3 _____
 Music or Theatre _____ 3 _____
 Philosophy or Religion _____ 3 _____

SOCIAL SCIENCES 9 S.H.

HIST 1000 History of Civil Society in
 America _____ 3 _____
 PSY 1000 General Psychology _____ 3 _____
 SOC 1000 Intro to Sociology _____ 3 _____

SCIENCE AND MATHEMATICS 11 S.H.

MATH/CPS _____ 3 _____
 BIO 1000 Principles of Biology³ _____ 4 _____
 BIO 2402 Human Phys. & Anatomy⁴ _____ 4 _____

HEALTH & PHYSICAL EDUCATION 3 S.H.

ID 1225 Issues Contemporary Health _____ 3 _____

ADDITIONAL REQUIREMENTS 13 S.H.

PSY 3120 Adult Psychology _____ 3 _____
 ID 2950 Technology and the Young Child _____ 3 _____
 PED 1151 Folk & Square Dance _____ 1 _____

**Select two courses from Disciplinary/
 Interdisciplinary Areas**

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CAPSTONE COURSE 3 S.H.

PED 4625 Org.Adm. of Adult Fitness Prgm. _____ 3 _____

MAJOR REQUIREMENTS 49 S.H.

PED 1500 Intro to Motor Learning _____ 3 _____
 PED 2500 Biomechanics _____ 3 _____
 MGS 2030 Business Organ. & Management _____ 3 _____
 PED 3500 Care & Prev. of Athletic Injury _____ 3 _____
 PED 2800 Pre-Prof. Field
 Experience _____ (WE) 3 _____
 HED 3231 First Aid & Accident Prevention _____ 3 _____
 PED 3505 Kinesiology⁴ _____ 3 _____
 PED 3510 Physiology of Exercise _____ 3 _____
 HED 3600 Nutrition _____ 3 _____
 PED 3612 Group & Personal Exer. Prog. _____ 3 _____
 PED 3692 Jr. Field Experience Fitness _____ 1 _____
 PED 4600 Adapted Physical Education _____ 3 _____
 PED 4605 Assessment in Physical Education _____ 3 _____
 PED 4626 Prescriptive Exercise Programs _____ 3 _____
 PED 4627 Adult Fitness Internship _____ 3 _____
 PED 4629 Exercise Testing & Interpretation _____ 3 _____
 PED 4630 Electrocardiography _____ 3 _____

PED Movement Forms _____ 12 S.H.
 (see other side)

¹ Required of all Freshmen and Transfers with
 Fewer than 12 credits
² Must take two semester foreign language sequences
³ Bio 1000 is a prerequisite for Bio 2402
⁴ Bio 2402 is a prerequisite for PED 3505
⁵ All major courses plus Eng 1030, Math 1010, and Comm 1402
 require a grade of "C" or better.

*** Movement Forms (12 S.H.)**

Dance – select one S.H.:

- PED 1101 Beginning Modern Dance
- PED 1103 Beginning Jazz Dance
- PED 2101 Intermediate Jazz Dance
- PED 2102 Intermediate Modern Dance

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Gymnastics – Select one (2 S.H.)

- PED 1045 Beginning Gymnastics (Men’s Ev.)
- PED 1047 Beginning Gymnastics (Women’s Ev.)
- PED 2048 Intermediate Gymnastics (Mixed Ev.)

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Team Sports – Select three S.H. :

- PED 1010 Beginning Basketball
- PED 1030 Beginning Field Hockey
- PED 1035 Beginning Football
- PED 1055 Lacrosse
- PED 1065 Beginning Soccer
- PED 1070 Beginning Softball
- PED 1075 Speedball
- PED 1095 Beginning Volleyball
- PED 2010 Intermediate Basketball
- PED 2030 Intermediate Field Hockey
- PED 2035 Intermediate Football
- PED 2065 Intermediate Soccer
- PED 2095 Intermediate Volleyball

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*(See Physical Education Majors’ Handbook about Swimming requirements)

Individual Sports – select three S.H.:

- PED 1000 Beginning Archery
- PED 1005 Badminton
- PED 1015 Bowling
- PED 1021 Personal Fitness II
- PED 1022 Tai Chi Chih
- PED 1023 Yoga
- PED 1025 Beginning Fencing
- PED 1040 Beginning Golf
- PED 1080 Beginning Swimming
- PED 1081 Intermediate Swimming
- PED 1088 Beginning Tennis
- PED 1091 Racquetball I
- PED 1092 Track & Field
- PED 1098 Wrestling
- PED 1105 Ballet
- PED 1107 Creative Movement
- PED 1113 Intro to Latin Dance
- PED 1110 Ballroom Dancing
- PED 1200 Adventure Education
- PED 1920 Designing Games
- PED 2000 Intermediate Archery
- PED 2025 Intermediate Fencing
- PED 2040 Intermediate Golf
- PED 2082 Advanced Swimming Skills
- PED 2083 American Red Cross Sr. Lifesaving
- PED 2084 Swimming Fitness
- PED 2088 Intermediate Tennis

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Required – (3 S.H.)

- PED 1011 Strength Fitness
- PED 1020 Personal Fitness
- PED 1130 Aerobic Dance

Free Electives – (9 S.H.)

(50% at 3000-4000 level)

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Revised October 2008

Evaluator’s Signature

Date