

*** 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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Individual Sports - select three S.H.:

- PED 1000 Beginning Archery
- PED 1005 Badminton
- PED 1011 Strength Fitness
- PED 1015 Bowling
- PED 1020 Personal Fitness
- PED 1021 Personal Fitness II
- PED 1022 Tai Chi Chih
- PED 1023 Yoga
- PED 1025 Beginning Fencing
- PED1040 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 1107 Aerobic Dance
- 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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Option

Select any three from above Movement Form categories or select one 3 credit elective from within the Physical Education/Health Courses

Elective: _____ 3 _____

Or

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Evaluator's signature Date

***See Physical Education Majors’ Handbook for the information about swimming requirement.**