

# HEALTH & PHYSICAL EDUCATION P-12 (B.ED.) - RESIDENT

**Important:** This degree plan is effective for those starting this degree program in fall 2025 through summer 2026. This degree plan will remain in effect for students who do not break enrollment or who do not change degree programs, concentrations, or cognates.

## General Education/Foundational Skills Requirements

Code	Title	Hours
<b>Communication &amp; Information Literacy</b> <sup>1</sup>		
COMS 101	Speech Communication	3
ENGL 101	Composition and Rhetoric	3
HIUS 221	Survey of American History I	3
Information Literacy Elective		3
<b>Technological Solutions &amp; Quantitative Reasoning</b> <sup>1</sup>		
UNIV 101	Foundational Skills	1
MATH Elective		3
Technology Competency		0-3
<b>Critical Thinking</b>		
ENGL 201	American Literature I	3
RLGN 105	Introduction to Biblical Worldview	2
<b>Civic &amp; Global Engagement</b>		
CSTU 101	Western Culture	3
EVAN 101	Evangelism and the Christian Life	2
<b>Social &amp; Scientific Inquiry</b> <sup>1</sup>		
PSYC 210	Developmental Psychology	3
Natural Science Elective		3
<b>Christianity &amp; Contexts</b>		
BIBL 105	Old Testament Survey	2
BIBL 110	New Testament Survey	2
THEO 201	Theology Survey I	2
THEO 202	Theology Survey II	2
<b>Total Hours</b>		<b>40-43</b>

<sup>1</sup> Refer to the list of approved general education electives before enrolling in foundational skills requirements

<sup>2</sup> All students must pass the Computer Assessment OR complete applicable INFT course refer to [www.liberty.edu/computerassessment](http://www.liberty.edu/computerassessment) for more information

<sup>3</sup> Students transferring in 45 or more UG credit hours will have the requirements of RLGN 105 and EVAN 101 waived; Students transferring in 60 or more UG credit hours will also have the requirements of THEO 201 and THEO 202 waived

As a requirement for completion of this program, including student teaching and passing required licensure tests, the graduate of this program, regardless of state residency, must obtain a VA state teaching license. The VA teaching license may then be used for reciprocity in another state according to the regulations of that state.

## Major Requirements

Code	Title	Hours
<b>Major Foundational Courses</b>		
BIOL 213	Human Anatomy and Physiology I	3
BIOL 214	Human Anatomy and Physiology I Lab	1
HLTH 216	Personal Health	3
MATH 121	College Algebra	3
<b>Total Hours</b>		<b>10</b>

<sup>1</sup> Course may fulfill select general education requirements

Code	Title	Hours
<b>Major Core</b>		
<i>Education Courses</i>		
EDUC 201	Introduction to Education and Classroom Technology	3
EDUC 221	Content Area Reading and Differentiated Teaching and Learning	3
EDUC 230	Foundations of Reading and Literacy	3
EDUC 360	Foundations of Education	3
EDUC 425	Content Measurement and Evaluation	3
EDUC 435	Content Curriculum Fundamentals	3
PHED 450	Elementary Physical Education Methods & Behavior Management	3
PHED 451	Secondary Physical Education Methods	3
<i>Practicum and Gate Courses</i>		
EDGT 177	School of Education Gate 1 – UG Initial Licensure – Local	0
EDGT 277	School of Education Gate 2 – UG Initial Licensure – Local	0
EDGT 377	School of Education Gate 3 – UG Initial Licensure – Local	0
HLTH 441	Methods and Resources in Teaching Applied Sciences in School Practicum	1
PHED 189	PE Observations in Schools	1
PHED 289	PE Student Aide: Elementary	1
PHED 389	PE Student Aide: Secondary	1
<i>Secondary Courses</i>		
BIOL 215	Human Anatomy and Physiology II	3
BIOL 216	Human Anatomy and Physiology II Lab	1
CRST 290	History of Life	3
EXSC 310	Physiology of Exercise	3
EXSC 311	Analysis of Human Movement	3
HLTH 252	Drugs in Society	3
HLTH 330	Human Nutrition	3
HLTH 402	The School Health Program	3
HLTH 440	Methods and Resources in Teaching Applied Sciences in Schools	2
PHED 101	Physical Fitness	1
PHED 200	Basketball/Soccer	1
PHED 201	Flag Football/Innovative Games	1
PHED 202	Racquet Sports	1
PHED 203	Tumbling and Rhythmic Activities	1

Code	Title	Hours
PHED 204	Softball/Volleyball	1
PHED 207	History and Foundations of Physical Education	2
PHED 208	Motor Learning	2
PHED 209	Motor Learning Lab	1
PHED 225	Weight Training/Conditioning	1
PHED 335	Adapted Physical Activity	2
PHED 336	Adapted Physical Activity Lab	1
PHED 405	Administration and Organization of Physical Education, Exercise and Fitness	3
<i>Student Teaching</i>		
EDST 475	The Reflective Educator: Resource Seminar	3
<i>Choose one of the following:</i> <sup>1,2</sup>		9
EDST 462	Student Teaching - Two Placement – Distance	
EDST 463	Student Teaching - Two Placement – Local	
EDST 464	Student Teaching - Own Classroom – Distance	
EDST 465	Student Teaching - Own Classroom – Local	
EDST 468	Student Teaching - Multiple Endorsement - Two Placement - Distance	
EDST 469	Student Teaching - Multiple Endorsement - Two Placement – Local	
<b>Total Hours</b>		<b>82</b>

<sup>1</sup> Liberty University School of Education Background check is required for all practicums and student teaching.

<sup>2</sup> This course should be taken in the final semester.

#### Note:

- All practicum courses should be completed before student teaching, and candidate should not plan to take those courses in summer terms.

All applicable prerequisites must be met

## Graduation Requirements

- 123 total hours
- 3.0 Overall grade point average
- 30.75 Hours must be upper-level courses (300-400 level)
- Grade of 'C' Minimum required for all courses in the major
- 25% Of major taken through Liberty University
- 30.75 Hours must be completed through Liberty University
- Grad App Submission of Degree Completion Application must be completed within the last semester of a student's anticipated graduation date
- CSER All requirements must be satisfied before a degree will be awarded

## Course Sequence

Course	Title	Hours
<b>First Year</b>		
<b>First Semester</b>		
ENGL 101	Composition and Rhetoric	3
INQR 101	Inquiry	1
Natural Science Elective (BIOL 213) <sup>1</sup>		3
BIOL 214	Human Anatomy and Physiology I Lab	1

Course	Title	Hours
Technology Competency <sup>2</sup>		0-3
UNIV 101	Foundational Skills	1
EDGT 177	School of Education Gate 1 – UG Initial Licensure – Local	0
EDUC 201	Introduction to Education and Classroom Technology	3
PHED 101	Physical Fitness	1
PHED 207	History and Foundations of Physical Education	2
CSER		0

**Hours 15-18**

#### Second Semester

BIBL 110	New Testament Survey	2
COMS 101	Speech Communication	3
PSYC 210	Developmental Psychology	3
THEO 201	Theology Survey I	2
Information Literacy Elective (HLTH 216) <sup>1</sup>		3
BIOL 215	Human Anatomy and Physiology II	3
BIOL 216	Human Anatomy and Physiology II Lab	1
EDGT 277	School of Education Gate 2 – UG Initial Licensure – Local	0
PHED 225	Weight Training/Conditioning	1
CSER		0

**Hours 18**

#### Second Year

##### First Semester

CSTU 101	Western Culture	3
ENGL 201	American Literature I	3
EVAN 101	Evangelism and the Christian Life	2
Math Elective (MATH 121) <sup>1</sup>		3
RSCH 201	Research	3
EDUC 221	Content Area Reading and Differentiated Teaching and Learning	3
CSER		0

**Hours 17**

##### Second Semester

BIBL 105	Old Testament Survey	2
RLGN 105	Introduction to Biblical Worldview	2
HIUS 221	Survey of American History I	3
THEO 202	Theology Survey II	2
HLTH 252	Drugs in Society	3
PHED 208	Motor Learning	2
PHED 209	Motor Learning Lab	1
CSER		0

**Hours 15**

#### Third Year

##### First Semester

CRST 290	History of Life	3
EDUC 360	Foundations of Education	3
EXSC 310	Physiology of Exercise	3
PHED 189	PE Observations in Schools <sup>3</sup>	1
PHED 200	Basketball/Soccer	1

Course	Title	Hours
PHED 204	Softball/Volleyball	1
PHED 335	Adapted Physical Activity	2
PHED 336	Adapted Physical Activity Lab	1
CSER		0
<b>Hours</b>		<b>15</b>
<b>Second Semester</b>		
EDUC 425	Content Measurement and Evaluation	3
EXSC 311	Analysis of Human Movement	3
HLTH 330	Human Nutrition	3
HLTH 402	The School Health Program	3
PHED 201	Flag Football/Innovative Games	1
PHED 202	Racquet Sports	1
PHED 289	PE Student Aide: Elementary <sup>3</sup>	1
PHED 450	Elementary Physical Education Methods & Behavior Management	3
CSER		0
<b>Hours</b>		<b>18</b>
<b>Fourth Year</b>		
<b>First Semester</b>		
EDGT 377	School of Education Gate 3 – UG Initial Licensure – Local	0
EDUC 435	Content Curriculum Fundamentals	3
HLTH 440	Methods and Resources in Teaching Applied Sciences in Schools	2
HLTH 441	Methods and Resources in Teaching Applied Sciences in School Practicum	1
PHED 203	Tumbling and Rhythmic Activities	1
PHED 389	PE Student Aide: Secondary <sup>3</sup>	1
PHED 405	Administration and Organization of Physical Education, Exercise and Fitness	3
PHED 451	Secondary Physical Education Methods	3
CSER		0
<b>Hours</b>		<b>14</b>
<b>Second Semester</b>		
EDST 475	The Reflective Educator: Resource Seminar	3
Student Teaching Option <sup>3,4</sup>		9
CSER		0
<b>Hours</b>		<b>12</b>
<b>Total Hours</b>		<b>124-127</b>

<sup>1</sup> Refer to the list of approved general education electives at [www.liberty.edu/gened](http://www.liberty.edu/gened) before enrolling in foundational skills requirements

<sup>2</sup> All students must pass the Computer Assessment OR complete applicable INFT course; refer to [www.liberty.edu/computerassessment](http://www.liberty.edu/computerassessment) for more information

<sup>3</sup> Liberty University School of Education Background check is required for all practicums and student teaching

<sup>4</sup> Choose one of the following Student Teaching options: EDST 462, 463, 464, 465, 468, or 469