

Major/Program	Physical Education (K-12 Teacher Certification)	Lander University 4-Year Major Guide
College	Nursing, Human Performance and Health Sciences	
Department	Exercise Science and Human Performance	
Contact	Holisa Wharton, Dean	

2026-2027

First Semester			Second Semester			TOTALS
First Year	Course	Notes	Hours	Course	Notes	Hours
	ENGL 101	Category A: Core Academic Skills	3	ENGL 102	Category A: Core Academic Skills	3
	Gen Ed	Category B: Humanities & Fine Arts	3	Gen Ed	Category C: Behavioral & Social Perspectives	3
	Gen Ed	Category F: World Cultures	3	MATH 121	Category A: Core Academic Skills	3
	EXSC 175	Wellness for Life	2	Gen Ed	Category B: Humanities & Fine Arts	3
	PSYC 101	Category C: Behavioral & Social Perspectives	3	EXSC 219	Historial and Philosophical Principles of P E & Exer Science	3
LINK 101	Category G: LINK 101	1				
						Yearly Totals
Subtotal			15	Subtotal 15 → 30		
Second Year	First Semester			Second Semester		
	Course	Notes	Hours	Course	Notes	Hours
	EDUC 203	Field Experience III	0.5	EXSC 210	Anatomy & Physiology of Human Movement	4
	EDUC 240	Child Growth and the Educational Process	3	MATH 211	Category D: Scientific & Mathematical Reasoning	3
	PETE 203	Foundations of School Health Education	3	PETE 204	Teaching Team Sports	2
	PETE 223	Educational Dance & Gymnastics	3	PETE 222	Educational Games	2
PETE 226	Motor Development	3	PETE 228	Motor Learning	3	
PHYS 201 recommended	Category D: Scientific & Mathematical Reasoning	4				
						Yearly Totals
Subtotal			16.5	Subtotal 14 → 30.5		
Third Year	First Semester			Second Semester		
	Course	Notes	Hours	Course	Notes	Hours
	HIST 111 or POLS 101	Category E: Founding Documents of the US	3	EXSC 302	Applied Movement Analysis	3
	PETE 144	Beginning Weight Training	1	EXSC 326	Nutrition for Health and Performance	3
	PETE 206	Teaching Individual and Dual Sports	2	PETE 320*	Teaching Methods for Elementary P E	3
	EXSC 300 or EXSC 424	Theories of Coaching OR Sports Psychology	3	PETE 329*	Field Experience II	1
EXSC 311	Physiology of Exercise	4	PETE 420*	P E for the Special Populations	3	
PETE 318*	Instructional Aspects of P E	3	PETE 100-level activity	Activity Course (2 day per week)	1	
						Yearly Totals
Subtotal			16	Subtotal 14 → 30		
Fourth Year	First Semester			Second Semester		
	PETE 305*	Measurement & Evaluation	3	PETE 451*	Programmatic Concerns in Teaching P E	3
	EXSC 402*	Prin of Strength & Conditioning	3	PETE 461*	Clinical Practice	11
	PETE 422*	Secondary Methods of Instruction	3	EDUC 499*	Teacher Education Seminar	1
	PETE 429*	Field Experience III	1			
EXSC 499*	Professional Concerns Seminar	1				
PETE 100-level activity	Activity Course(2 days per week)	1				
EDUC 300* OR EDUC 320*		3				
						Yearly Totals
Subtotal			15	Subtotal 15 → 30		
Additional Requirements: CPR/FA card						Total Hours Required: 120.5

*Student must be admitted to the Professional Program in Teacher Education.

Physical Education majors must earn a "B" or better in PETE 329, PETE 429, and PETE 461. A "C" or better must be earned in all other Major Program Core Requirements, Major Program Additional Requirements, and EXSC 175.