

Major/Program	Physical Education (K-12 Teacher Certification)
College	Nursing, Human Performance, and Health Sciences
Department	Exercise Science and Human Performance
Contact	Holisa Wharton, Dean
2026-2027	

Lander University

4-Year Major Guide

	First Semester			Second Semester			TOTALS	
	Course	Notes	Hours	Course	Notes	Hours		
First Year	ENGL 101	Core Academic Skills (General Education)	3	ENGL 102	Core Academic Skills (General Education)	3		
	General Education	Humanities and Fine Arts (General Education)	3	General Education	Behavioral and Social Perspectives (General Education)	3		
	General Education	World Cultures	3	MATH 121 or MATH 141	Core Academic Skills (General Education)	3		
	EXSC 175		2	EXSC 210		4		
	PETE 100-level activity		1	EXSC 219		3		
	PSYC 101	Behavioral and Social Perspectives (General Education)	3					
	LINK 101	Core Academic Skills (General Education)	1					
	Subtotal			Subtotal			Yearly Totals	
			16			16	32	
Second Year	First Semester			Second Semester				
	EDUC 203		0.5	EDUC 204 or CIS 101		3		
	EDUC 240		3	MATH 211	Scientific and Mathematical Reasoning (General Education)	3		
	General Education	Humanities and Fine Arts (General Education)	3	PETE 204		2		
	PETE 223		2	PETE 222		2		
	PETE 226		3	PETE 224		2		
	PSCI 111 recommended	Scientific and Mathematical Reasoning (General Education)	4	PETE 228		3		
		Subtotal			Subtotal			Yearly Totals
				15.5			15	30.5
	Third Year	First Semester			Second Semester			
HIST 111R,				EXSC 310		4		
HIST 112R, or		Founding Documents (General Education)	3	EXSC 326		3		
POLS 101R			1	PETE 320*		3		
PETE 144			2	PETE 329*		1		
PETE 206			3	PETE 420*		3		
EXSC 300 or EXSC 424			4					
EXSC 311			3					
PETE 318*			3					
		Subtotal			Subtotal			Yearly Totals
			16			14	30	
	Pass all sections of Praxis Core. Apply for admission to the Professional Program; 2.75 GPA required for admission			Must be admitted to the Professional Program to enroll in PETE 329.				
Fourth Year	First Semester			Second Semester				
	PETE 305*		3	PETE 451*		3		
	EXSC 402*		3	PETE 461*		11		
	PETE 422*		3	EDUC 499*		1		
	PETE 429*		1					
	EXSC 499*		1					
	PETE 100-level activity		1					
	EDUC 300* or EDUC 320*		3					
	Subtotal			Subtotal			Yearly Totals	
			15			15	30	
	Take Praxis II and PLT							
Additional Requirements: CPR/FA card						Total Hours Required:	122.5	

*Student must be admitted to 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.