

HHP | BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE (K-12 TEACHING/COACHING)

Everyday heroes, teachers and coaches shape their students' lives. This concentration prepares students to acquire a K-12 teaching license and lead their own classes.

Education students usually participate in classroom observation early on, making sure that they are on the right path. By graduation, students are familiar with the rules of the major youth sports, the principles of physical education and the basics of classroom management. We also encourage students to get an additional endorsement in Health Education, building on the previous courses in the concentration.

Program Summary

To earn a Bachelor of Science in Health and Human Performance with a concentration of K-12 Teaching you:

- Must be admitted to the Teacher Education program (<http://www.fhsu.edu/te/>), typically by the spring of your sophomore year.
- Must successfully complete course work consisting of a 34-hour University general education program
- Must successfully complete a 25-hour core of professional courses common to all Health and Human Performance majors
- Must complete concentration track of 22-37 hours.

¹ Open electives are the credit hours required to reach a minimum of 120 total hours and 45 upper-level hours. The number listed assumes all courses are completed at FHSU as listed. This number may vary if students transfer courses, or have individual substitutions allowed. Students should speak with their advisor if either situation applies to determine if the number will vary, and to ensure they enroll in a minimum of 45 upper-level hours. Students entering within 1 year of high school graduation will take UNIV 101 Freshman Seminar and may apply that hour in the open elective category.

Program Requirements

General Education

All undergraduate degrees require completion of the Kansas Systemwide General Education (<https://catalog.fhsu.edu/general-education/>).

Courses identified with ^{GE} on this page may satisfy a general education requirement in addition to the identified degree requirement. Students who apply a degree requirement to satisfy a general education requirement will typically add an equal number of hours to the the university elective category. This flexibility may allow you to complete a minor or certificate within the 120 hour degree. Transfer students and students majoring in programs with approved exceptions (<https://www.fhsu.edu/general-education/documents/fhsu-gen-ed-transfer-exceptions-explainer1.pdf>) are especially encouraged to select these courses in completing General Education requirements to maximize the likelihood of completing the degree with 120 credit hours.

Code	Title	Hours
General Education		34-35
General Education		
Select 34 credits of General Education		34
Health and Human Performance Core		
HHP 201	Concepts of Physical Fitness	1
HHP 210	Intro to Health and Human Performance	3
HHP 220	Responding to Emergencies	3
HHP 280	Care and Prevention of Exercise & Sport Injuries	3
HHP 330	Physical Activity for Individuals with Intellectual and Developmental Disabilities	3
HHP 340	Measurement and Evaluation in Health and Human Performance	3
HHP 390	Physiology of Exercise	3
HHP 440	Anatomical Kinesiology	3
HHP 450	Program Organization and Administration	3
Teaching Concentration		
HHP	Aquatics	1-3
HHP 151	Aerobic Fitness	1
HHP 155	Weight Training and Conditioning	1
HHP 231	Fundamental Motor Skills	3
HHP 260	Introduction to Lifetime Sports	1
HHP 261	Introduction to Racquet Sports	1
HHP 262	Introduction to Team Sports	1
HHP 263	Introduction to Field Sports	1
HHP 277	Early Field Experience in Physical Education	1
HHP 290	Introduction to Coaching	2
HHP 312	Fitness Leadership	2
HHP 314	Issues in Health Education	2
HHP 410	Elementary School Physical Education Methods	3
HHP 420	Curriculum and Methods in Secondary Physical Educ	3
HHP 430	Motor Learning	2
Professional Studies Courses		
TEEL 202	Foundations of Education	3
TEEL 231	Human Growth and Development	3
TECS 301	Introduction to Instructional Technology	3
TESP 302	Educating Students with Exceptionalities	3
TEEL 431	Educational Psychology	3
TESS 494	The Secondary School Experience	4
Student Teaching Block		
TEEL 496	Student Teaching Elementary	5
TEEL 675	Seminar in Education I	1
TESS 496	Student Teaching Secondary	6
Optional Health Education Endorsement		
HHP 230	Principles of Nutrition	3
HHP 300	Methods and Materials for Teaching Health (K-12)	3
HHP 310	Consumer Health	2

HHP 320	Communicable and Emergent Diseases	2
HHP 400	Safety Education	2
PSY 100	General Psychology	3
SOC 140	Understanding Society: Introductory Sociology	3
BIOL 100	Human Biology	3
Total Hours		136-138

Degree Requirements

Code	Title	Hours
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All bachelor degrees require:

GPA of 2.0 on FHSU courses & 2.0 on all coursework (Higher program requirements prevail over the 2.0 when set)

A minimum of 30 hours earned from FHSU with a grade of D, C, B, or A

Successful completion of an upper division Writing and Information Literacy course (Most majors contain a course designated)

A minimum of 45 hours of recognized upper division credit

A minimum of 120 hours of recognized college credit