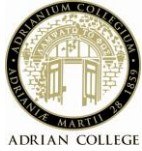


ADRIAN COLLEGE

Physical Education

FALL FRESHMAN YEAR Physical Education Non-Teaching			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
ESPE	100	Principles of Fitness	2
BIOL	101	Natural Science Distribution/Biology	4
BIOL	101L	Biology/Lab	
CORE	1	Academic Foundations I	3
		Math Requirement	4
ESPE		One Activity Elective from List	2
	TOTAL HOURS/SEMESTER		15

SPRING FRESHMAN YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
CORE	2	Academic Foundations II	3
		Art Distribution	3
ESPE	237	Sports Tech II	2
		Humanities	3
		Electives (minor)	3
ESPE	103	Foundations and Careers	2
	TOTAL HOURS/SEMESTER		16

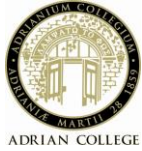


ADRIAN COLLEGE

Physical Education

FALL SOPHOMORE YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
		Elective	3
TED	204	Educational Psychology (social science) Or Social Science Elective	3
TED	200	Clinical if taking TED 204	1
ESPE	222	Physical Educational Methods	3
ESPE	230	Motor Learning and Development	3
		Foreign Language I	4
	TOTAL HOURS/SEMESTER		17

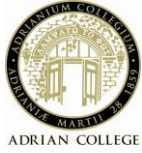
SPRING SOPHOMORE YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
TED	205	Exceptional Students (elective) Or general elective	3
TED	203	Clinical (Elective) Only if taking TED 205	1
		Foreign Language II	4
ESPE	225	Anatomy	3
		Electives (minor)	3
ESPE	236 or 238	Sports Tech I or III	2
	TOTAL HOURS/SEMESTER		16



Physical Education

FALL JUNIOR YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
ESPE	218	Rhythmic Activities	1
		Elective (minor)	3
ESPE	250	Human Physiology	3
ESPE	333	Adapted PE	3
		Writing Intensive Course	3
ESPE	23	Sports Tech II or III	2
	TOTAL HOURS/SEMESTER		15

SPRING JUNIOR YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
ESPE	311	Exercise Physiology	3
ESPE	303	Outdoor Pursuits	2
ESPE	304	Teaching and Organization of Strength Training	2
		Electives (300 level)	10
	TOTAL		17

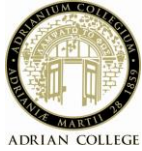


ADRIAN COLLEGE

Physical Education

FALL SEMESTER SENIOR YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
		Electives (300 level)	10
		Religion/Philosophy Distribution	3
TED	300	Clinical	1
TED	337	Secondary Physical Education Methods	2
	TOTAL HOURS/SEMESTER		16

SPRING SENIOR YEAR			
DEPT	COURSE NUMBER	COURSE NAME	CREDITS
ESPE	402	Administration of Physical Education	3
		Non-western Distribution	3
		Electives (minor)	3
ESPE	399	Professional Internship	3-6
	TOTAL HOURS/SEMESTER		12-15



Physical Education

Certifications Needed Before Graduation:

Red Cross First Aid and CPR/AED adult and child

Choose one additional certification below (but not limited to) to be completed before graduation.

Swimming (Lifeguard Training or Water Safety Instructor), Archery Certification, Aerobics Instructor, Personal Training, Strength and Conditioning, CPR/First Aid Instructor

Graduation Notes

**Students are responsible for knowing, understanding, and implementing graduation requirements at Adrian College. Your academic advisor will assist you in facilitating this process.*

General Graduation Guidelines

- Total of 124 semester hours, 30 of which must be numbered 300 or 400. (A total of 150 semester hours required for B.S. in Public Accounting).
- Five – 3 or 4 credit courses meeting distribution requirements.
- At least one course designated as Non-Western.
- Basic educational proficiency requirements of 21 semester hours.
- A sophomore-level writing intensive course.
- A graduation major.
- A cumulative GPA average of C (2.00) and at least a C average in the graduation major, not counting cognate courses; a C average is also required in any minors which a student may elect.
- The last 36 semester hours must be earned at Adrian College or in programs approved by the College.