



Springfield College Sequencing Guidelines Health and Physical Education (PEHF) ▼ 2026-2027

Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress with your advisor.

Core Curriculum Requirements, Electives, and College Requirements

In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:

- 100-level Wellness & Physical (1 cr)
- Literature (3 cr)
- Spiritual and Ethical (3 cr)
- Historical and Social (3 cr)
- 300-level Wellness & Physical (1 cr)

These majors typically require 114 credits to complete, totaling 131-134 credits with Core Curriculums and 3 elective credits

In addition to the Core Curriculum and major requirements listed, you must complete:

- The **residency requirement**—60 credits taken at Springfield College (including 15 of your last 30)

PEHF Major Requirements – Typical First-Year Schedule

Fall:

SCSM 101, Springfield College Seminar (Core requirement – 3 cr)
ENGL 113, College Writing I (Core requirement – 3 cr)
BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Scientific Reasoning Core)
BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr – also fills Scientific Reasoning Core)
MOST 105, Lifespan Motor Development (3 cr)
PHED 102, Instructional Strategies in Physical Education (3 cr; C or better required)
PHED 104, Instructional Strategies in Physical Education Lab (0 cr)

Spring:

ENGL 114, College Writing II (Core requirement – 3 cr)
BIOL 131, Anatomy and Physiology Concepts II (3 cr; C or better required)
BIOL 133, Anatomy and Physiology Concepts II Lab (1 cr; C or better required)
WLPL 201, Outdoor Pursuits (1 cr – also fulfills Wellness & Physical Literacy Core)
SPCO 201, **MTEL** test prep if needed (.5 cr)
Take Comm/Lit MTEL exam

Plus required skills courses to total 34-36 credits for the year

Fall or Spring:

DANC 102, Introduction to Dance (3 cr – also fills Aesthetic Expression Core)
MATH 115, College Algebra (or MATH 125, 131, or 140; 3 cr – also fills Quantitative Reasoning Core)
MOSK 140, Skill Themes and Movement Concepts (.5 cr)
PEPC 240, Target Games (.5 cr)
PEPC 250, Territorial/Invasion Games (1 cr)
PEPC 260, Striking Games (.5 cr)
PEPC 270, Racket Sports: Net and Wall Games (1 cr)

PEHF Major Requirements – Typical Second-Year Schedule

Fall or Spring:

AEXS 313, Physiology of Exercise (3 cr – fills WAC requirement)
AEXS 315, Physiology of Exercise Lab (0 cr)
EDUC 201, Foundations of Multicultural Education (3 cr – fills Themed Exploration Core)
HLTH 260, Drugs and Society (3 cr)
HLTH 355, Human Sexuality (3 cr)
MOST 224, Motor Learning and Skill Acquisition (3 cr)
PHED 236, Elementary Physical Education Methods and Pre-Practicum: Grades K-2 (1.5 cr; C or better required)
PHED 237, Elementary Physical Education Methods and Pre-Practicum: Grades 3-5 (1.5 cr; C or better required)
PHED 238, Secondary Physical Education Methods and Pre-Practicum: Grades 6-8 (1.5 cr; C or better required)
PHED 239, Secondary Physical Education Methods and Pre-Practicum: Grades 9-12 (1.5 cr; C or better required)
PHYS 205, Physics for Movement Science (3 cr)
PHYS 206, Sports Physics Laboratory (0.5 cr)
MOST 206, Physics for Movement Science Laboratory (0.5 cr)

Plus required skills courses to total 34-36 credits for the year

PEHF Major Requirements – Typical Third-Year Schedule

Fall or Spring: AEXS 319, Kinesiology/Biomechanics (3 cr) AEXS 321, Kinesiology/Biomechanics Lab (0 cr) HLTH 304, Health Education Methods and Pre-practicum: PreK-12 (3 cr; C or better required) HLTH 360, Violence and Bullying Prevention and Intervention (3 cr) HLTH 365, Dynamics of Psychosocial Health (3 cr) MOST 328, Psychology of Sport (3 cr – fills WAC requirement)	MOST 410, Assessment in Movement and Sport (3 cr) MOST 412, Assessment in Movement and Sport Lab (0 cr) MOST 439, Sociology and Heritage of Sport and Physical Education (3 cr) NUSC 261, Introduction to Nutrition (3 cr) PHED 308, Adapted Physical Education Programming (3 cr; C or better required) PHED 309, Adapted Physical Education Programming Lab (0 cr) Plus required skills courses or Core requirements to total 34-36 credits for the year
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PEHF Major Requirements – Typical Fourth-Year Schedule

Fall: EDUC 328, Sheltered English Immersion (3 cr – concurrent with Pre-practicum; fills Themed Exploration Core) <i>Select 2 credits of pre-practicum:</i> (The prerequisite for taking PHED 348 or 350 is passing MTEL Communications & Literacy) PHED 348, Elementary Physical Education Pre-practicum and Seminar (2 cr) or PHED 350, Secondary Physical Education Pre-practicum and Seminar (2 cr) Plus any outstanding major or Core requirements	Spring: PHED 485, Physical Education (5-12) Practicum and Seminar (8 cr), if you completed PHED 348 or PHED 484, Physical Education (PreK-8) Practicum and Seminar (8 cr), if you completed PHED 350
Fall or Spring: HLTH 484, (PreK-8) Practicum and Seminar (4 cr) HLTH 485, (Grades 5-12) Practicum and Seminar (4 cr)	

Additional PEHF Major Requirements – Flexible Timing

CISC 150, Computing and Digital Literacy (3 cr – fills Themed Exploration Core)
 SOCI 314, Environment and Society (3 cr)
 PEPC 100, Fitness for Life (1 cr)
 PEPC 280, Outdoor Adventure (.5 cr)

Complete 5.0 credits of skills:
 PEPC 180, Educational Gymnastics (.5 cr)
 PEPC 240, Target Games (.5 cr)
 PEPC 244, Basketball (.5 cr)
 PEPC 250, Territorial/Invasion Games (1 cr)
 PEPC 258, Volleyball (.5 cr)
 PEPC 260, Striking Games (.5 cr)
 PEPC 263, Track and Field I (.5 cr)
 PEPC 270, Racket Sports: Net and Wall Games (1 cr)

Complete 1 credit from the following:
 PEAC 205, Lifeguard Training (1 cr) **or**
 PEAC 206, Water Safety Instructor (1 cr) **or**
 WLPL 308, Adapted Aquatics: Leading in Service through Wellness and Physical Literacy (1 cr) **or**
 PEAC 104, Swimming (.5 cr)
AND PEAC 115, Fitness Swimming (.5 cr)

PEHF Major – Program Standards

Program standards for the PEHF major include, but are not limited to:

- Earn a minimum cumulative GPA of 3.250 for all designated licensure courses (see degree audit for more information)
- Earn a minimum cumulative GPA of 3.000
- Earn minimum grades specified for designated courses
- Be recommended for admission to the teacher licensure program by the PEHE department chair

 For more information about these and other program standards, contact your advisor or the PEHE department chair.