Secondary Education Major (with) Physical and Health Education (P-12) Major
(for Freshman beginning Fall 2023)
Updated September 2026

This advising sheet lays out a basic 4-year plan with all of the components necessary to graduate and become certified in Physical and Health Education (P-12). A candidate's actual 4-year plan should be worked out with an education advisor.

Anchor Plan (34-35 credits)

The Anchor Plan is required for all Hope College students and represents the general education liberal arts program. The following chart explains these requirements.

Requirement	**Rule**	**Attribute**
First Year Seminar	One IDS 100 -3 credits	FYS
Expository Writing	ENGL 113 -3 credits	EW
Health Dynamics	KIN 140 -2 credits	HD
Math and Natural Sciences ***satisfied by major-no additional courses required**	One math course -3/4 credits **One NSL course -4 credits*** Any **math or science course** to reach **10 credits*** total	MA ~~NSL~~ ~~MNS~~
Religion	One REL 100 course -3 credits One REL 200 course -3 credits *one course must have Christian Tenets	RL1 RL2 *TEN
Social Sciences ***satisfied by major-no additional courses required**	**Both Social Science courses will be satisfied by students taking EDUC 200/1 and EDUC 457.**	~~SS1~~ ~~SS2~~
Arts and Humanities *The first course taken in the series must be at the 100-level, and the next two courses must be at the 200-level.*	One Arts in Practice -2/3 credits One Human Creative Perspectives -3 credits One Philosophical Perspectives -3 credits One Historical Perspectives -3 credits *Prerequisite: ENGL 113 and one 100 level Arts and Humanities	ART HCP PHL HST
Human Diversities ***GLP courses can also count in another area**	Global Language-3 credits of <u>second level</u> fluency One US Diversities course (**satisfied by EDUC 200/1**) **One Global Perspectives course -3 credits***	GL2 ~~USD~~ GLP
Senior Seminar	One IDS 400 level -3 credits	SRS

*****for PE/Health Majors

Secondary Education Major (37 credits)
P-12 grade band

The secondary education sequence for all PE/Health education majors is listed below and is separated by level. Level 1 courses are designed to help candidates decide if education is the right career path. Level 2 courses are designed to have candidates learn the art of teaching. During Level 2 coursework, candidates must have 50 hours of clinical experience. Level 3 courses are taken during the student teaching semester and placement will be at both secondary and elementary levels.

Course #	Course Title	Credits
Level 1		
EDUC 200/1	Diversity Equity and Inclusion/Clinical Experience	3+1
EDUC 225/6	The Exceptional Child and Adolescent/Clinical Experience	3+1
EDUC 270	Foundations of Education	3
Level 2	**All candidates should apply for admission to the department during the semester that all three level 1 courses have been satisfied.**	
EDUC 275	Intro to Secondary Education and Instructional Design	3
EDUC 285/6	Literacy in the Content Area/Clinical Experience	3+1
EDUC 287	Classroom Management	3
EDUC 360/1	Secondary Principles/Clinical Experience	3+1
Level 3	**All candidates should attend an informational meeting and apply to student teach two semesters before the semester they wish to student teach in.**	
EDUC 457	Student Teaching Seminar	2
EDUC 480	Student Teaching Secondary School	10

PE & Health Major (P-12)
(Additional 41 Credits)

Course #	Course Title	Credits	Semester
GEMS159/L	Anatomy and Physiology in Everyday Life/Lab *Prerequisite for KIN 204/L	4	S
KIN 155	Lifeguarding	2	S
KIN 160	Teaching of Rhythm & Movement	2	F – even year
KIN 200/L	Human Anatomy/ Lab	3+1	F/S
KIN 204/L	Exercise Physiology for PE and Health/ Lab	3+1	F – even year
KIN 251/L	Foundations and Theory in Health and PE/ Lab	3+.5	F – even year
KIN 301	Motor Development	3	S – even year
KIN 330	Principles of Coaching	3	F
KIN 344	Basic Methods of Teaching PE	3	S – even year
KIN 345	Methods & Clinical Experiences in PE	3	F – odd year
KIN 350/F	Adapted & Therapeutic PE+/ Field Experience	3+.5	F – odd year
KIN 451/F	Teaching Health Education in Secondary Schools	3+.5	F
KIN 453/F	Teaching Health and Sex Education in Secondary Schools	3+.5	S
KIN 455	Data & Assessment in PE and Health	3	S

Freshman beginning FALL of EVEN years

	Fall – Year 1		Spring – Year 1	
	COURSE	CREDITS	COURSE	CREDITS
Educ Courses **PE/Health Courses** **Anchor Plan** **Elective Courses**	**EDUC 200/201** **KIN 251/251L** **ENG 113 (EW)** **IDS 100 (FYS)** **KIN 140 (HD)**	4 3.5 3 3 2 **15.5**	**EDUC 225/226** **EDUC 270** **GEMS 159/L (MSN)** **Lang (GL2)**	4 3 4 3 **14**
	Fall – Year 2		Spring – Year 2	
ODD/EVEN	**KIN 200 (NSL)** **KIN 345** **REL 100 (RL1)** **HST** **ART**	4 3 3 3 2/3 **15-16**	**EDUC 275** **KIN 301** **KIN 344** **MA** **HCP**	3 3 3 3/4 3 **15/16**
	Fall – Year 3		Spring – Year 3	
EVEN/ODD	**KIN 160** **KIN 204/204L** **KIN 330** **KIN 451/451F** **PHL**	2 4 3 3.5 3 **15.5**	**EDUC 285/286** **KIN 453/453F** **KIN 455** **KIN 155** **Elective**	4 3.5 3 2 3 **15.5**
	Fall – Year 4		Spring – Year 4	
*__IDS 492__ can be substituted if not taken during student teaching	**EDUC 287** **EDUC 360/361** **KIN 350/350F** **REL 200 (RL2)**	3 4 3.5 3 **13.5**	**EDUC 457** **EDUC 480** **IDS 452 (SRS)***	2 10 3 **15**

Elective Possibilities:

Course #	Course Title	Credits	Semester
KIN 207	Sports in Society	3	S
KIN 208	Introduction to Nutrition	3	F/S
KIN 295	Fundamentals of Sports Management	3	F
KIN 371/L	Sports Performance Psychology	3.5	S
LDRS 201	Introduction to Leadership	3	F/S
PSY 100	Introduction to Psychology	3	F/S
PSY 230/F	Developmental Psychology	4	F/S
PSY 325	Health Psychology	3	F/S
COMM 295	Discourse of Sport	3	S

Freshman beginning FALL of ODD years

	Fall – Year 1		Spring – Year 1	
	COURSE	CREDITS	COURSE	CREDITS
Educ Courses **PE/Health Courses** **Anchor Plan** **Elective Courses**	**EDUC 200/201** **ENG 113 (EW)** **IDS 100 (FYS)** **REL 100 (RL1)** **KIN 140 (HD)**	4 3 3 3 2 **15**	**EDUC 225/226** **EDUC 270** **KIN 155** **GEMS 159/L (MSN)** **Lang (GL2)**	4 3 2 4 3 **16**
	Fall – Year 2		Spring – Year 2	
ODD/EVEN	**KIN 160** **KIN 251/251L** **KIN 451/451F** **REL 200 (RL2)** **ART**	2 3.5 3.5 3 2/3 **14/15**	**EDUC 275** **KIN 200 (NSL)** **MA** **HCP** **Elective**	3 4 3 3 3 **16**
	Fall – Year 3		Spring – Year 3	
EVEN/ODD	**EDUC 285/286** **EDUC 287** **KIN 345** **KIN 350/350F**	4 3 4 3.5 **14.5**	**KIN 301** **KIN 344** **KIN 453/453F** **KIN 455** **HST**	3 3 3.5 3 3 **15.5**
	Fall – Year 4		Spring – Year 4	
*__IDS 492__ can be substituted if not taken during student teaching	**EDUC 360/361** **KIN 204/204L** **KIN 330** **PHL**	4 4 3 3 **14**	**EDUC 457** **EDUC 480** **IDS 452 (SRS)***	2 10 3 **15**

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PSY 230/F	Developmental Psychology	4	F/S
PSY 325	Health Psychology	3	F/S
COMM 295	Discourse of Sport	3	S