COLLEGE OF
ALLIED HEALTH & NURSING
MINNESOTA STATE UNIVERSITY MANKATO

My MavPlan

Name: Sample Plan '20-'21 **Date Revised:** 04/02/2020

Major(s): Health & Physical Education **Minor(s):** Not Required

This document is only to be used as an advising tool to help with planning graduation in an appropriate timeline. Please refer to your college catalog for most accurate information regarding requirements for general education, graduation, and your degree. Always consult with your advisor.

General Education & Graduation Checklist

Course Prefix & #			
Check if Completed or In Progress			
ENG 101	Goal Area 1A ☐		Goal Area 8 ☐
	Goal Area1B ☐		Goal Area 9 ☐
	Goal Area 2 ☐	HLTH 101	Goal Area 10 ☐
FCS 140	Goal Area 3 (w/Lab) ☐	HP 291	Goal Area 11 ☐
			Goal Area 12 (0-1 credit; optional) ☐
CHEM 106	Goal Area 3* ☐		Goal Area 13 (0-2 credits; optional) ☐
MATH	Goal Area 4 ☐		44 cr. from Goals 1-13 ☐
HLTH 240	Goal Area 5* ☐	KSP 220W	Writing Intensive ☐
PSYC 101	Goal Area 5* ☐	HLTH 420W	Writing Intensive ☐
	Goal Area 6* ☐		Diverse Culture** ☐
	Goal Area 6* ☐	KSP 220W	Diverse Culture** ☐
KSP 220W	Goal Area 7 ☐		120 credits total ☐
			40 cr. at 3/400 level ☐

*Complete this goal area with 2 courses from 2 different disciplines, 6 or more credits

**Need: either 1 purple & 1 gold OR 2 purples

Additional Advising Notes:

This major has 2 General Education waivers: 1) 40 credits of General Education are needed (not 44) and 2) BIOL 220 and 330 can meet the goal area 3 lab requirements.

Strongly encouraged to add: Developmental Adapted P.E. minor

= Professional education courses must be taken in sequence by levels and the courses within levels must be taken during the same term

Professional Education requires a 2.75 cumulative GPA; Students interested in teaching must be admitted to BOTH the major program AND professional education--refer to college catalog

***HUM 101W, HUM 155, HUM 156, HUM 282W are Goal 6 & 8 recommended options

Please contact Dr. Ben Schwamberger

Year Of: 2020-2021

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
HLTH 101 Health & the Env.	3	CHEM 106 Intro. to Chem. [MATH 112 ready]	3		
PSYC 101 Intro. to Psychology	4	FCS 140 Intro. to Nutrition	3		
ENG 101	4	HP 291 Concepts of Fitness	2		
Goal Area 4 MATH	4	***Humanities (goal 6 & 8)	3-4		
		Goal 1B Speech Course	3		
		HP 202 Intro. to Teaching PE & Health	1		
				Total Semester Credits	
Total Semester Credits	15	**Total Semester Credits**	15-16		

Year Of: 2021-2022

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
PHIL 120 or 222 (goal 6 & 9 recommended)	3	HLTH 311 Family Life & Sex Ed.	3		
HP 203 Fund. of Indoor/Outdoor Team Sports (fa)	2	KSP 202 Technology Integration #	1		
HP 204 Fundamentals of Individual and Dual	2	KSP 220W Human Relations in Multicultur. #	3		
HP 182 Aquatic Skills	1	KSP 222 Intro. to Learner & Learning #	2		
HLTH 240 Drug Education	3	BIOL 310 [BIOL 220, CHEM]	4		
BIOL 220 Human Anatomy	4	HP 205 Fund. of Rhythm &Dance (v.)	2		
				Total Semester Credits	
Total Semester Credits	15	**Total Semester Credits**	15		

Year Of: 2022-2023

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
HLTH 451 Emotional Health & Stress	3	HP 313 Lifespan Motor Dev.	3		
HP 348 Struct... [BIOL 220]	3	HP 356 Methods of El. PE (sp)	3		
HP 411 Dev/Adapted PE	3	HLTH 420W Health Teaching Methods [320]	3		
HLTH 410W Current Health Issues	3	KSP 334 Assessment & Evaluation #	3		
HLTH 320 School Health Ed.	3	KSP 330 Planning & Instruction #	3		
		Apply for Graduation		**Total Semester Credits**	
Total Semester Credits	15	**Total Semester Credits**	15		

Year Of: 2023-2024

Fall		Spring		Summer	
Course/Course #	**Credits**	**Course/Course #**	**Credits**	**Course/Course #**	**Credits**
KSP 442 Reading, Literacy, and Diff...#	3	KSP 464 Prof. Seminar #	1		
HLTH 454 Chronic&I...(fa, su)	3	KSP 476 K-12 Student Teaching #	11		
HP 387 (fa) [or coreq.KSP 330]	3				
KSP 440 Creating Learning Env...#	3	Do not take other classes while student teaching			
HLTH 210 First Aid & CPR	3				
HP 414 Phys. of Exer [BIOL 330 or 310]	3				
				Total Semester Credits	
Total Semester Credits	18	**Total Semester Credits**	12		

(fa)=only offered in fall; (sp)=only offered in spring; (v)=varied when offered or on demand; [ ]= course has a pre-req. refer to catalog or the information provided in brackets

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