

Bachelor of Science in Human Performance Education

Program Overview

Physicians concerned about the health and well-being of students first introduced physical education in universities. Public schools added it to their curricula for reasons related to health and physical development, combined with the understanding that play is the child's work and that children learn about the world around them through physical activity. Today, regular physical activity and good nutrition are considered essential to health and reducing the incidence of major diseases. The U.S. Department of Health has identified human performance education in schools as a primary source of providing all students with an active and healthy lifestyle. Human performance education is found in schools in every community across Indiana and touches every child in America.

At Manchester University, we are furthering the mission to improve children's health with our human performance education degree. We offer intensive academic coursework and hands-on teaching experiences. Our program is built for students who want to be physical education teachers, coaches or other professionals who help individuals with health and physical development.

Degree Requirements

To earn this degree, students must have a GPA of 2.75 or higher in the Major as well as an overall GPA of 2.5, complete a minimum of 120 credit hours, and fulfill the course requirements of the program listed below.

*This is a sample plan; specific courses may vary from year to year. Academic advisors will work with each student to develop their individual schedule.

MAJOR	*Options
CORE	^CORE equivalent
ELECTIVE/MINOR	
EXPERIENTIAL	

Total Program Credits: 120+

	CORE	CREDITS
✓	Foundation	
	LA-FWS First-Year Writing Seminar	3
	LA-FCS First-Year Communication Seminar	3
	LA-FQR Quantitative Reasoning	3-4
	LA-FSS First Year Success Seminar	1
	LA-FCG Cultural and Global Understanding	3-5
	Exploration	
	LA-EAH Arts and Humanities	3
	LA-ENS Natural Sciences	3-6
	LA-ESS Social Sciences	3-4
	Transformation	
	LA-TFR Faith, Reason, and Ethics	3
	LA-TBI Big Issues - 2 courses	6-7
	LA-TCE Creative Expression	1-3
	Additional credits to bring total to 120+ credits	CREDITS
✓	Electives	
	Experiential Learning	

	Secondary and All-Grade Education	CREDITS
✓		
	EDUC 111^ Exploring Educational Systems	3
	EDUC 112 The Exceptional Learner	3
	EDUC 202 Professional Learning Communities I	0.5
	EDUC 204 Professional Learning Communities II	0.5
	EDUC 207 Integrating Technology into Classroom	3
	EDUC 223 Child & Adolescent Development	3
	EDUC 230^ Educational Psychology	3
	EDUC 246 Educational Assessment	3
	EDUC 302 Professional Learning Communities III	0.5
	EDUC 304 Professional Learning Communities IV	0.5
	EDUC 343 Disciplinary Literacy	3
	EDUC 402 Professional Learning Communities V	0.5
	EDUC 430 Culturally Responsive Classrooms	3
	EDUC 440 General Methods for Adolescent Learners	3
	INTD 355^ Critical Issues in Education	3
	ENG/MODL 350 Teaching English to Speakers of Other Languages	3
	EDUC 475 High School Student Teaching	7
	EDUC 477 Jr High/Middle School Student Teaching	6
	Human Performance Required Courses	CREDITS
	BIOL 202/L Fundamentals of Human Anatomy/Lab	4
	BIOL 204/L Fundamentals of Human Physiology/Lab	4
	EXSC 101 Introduction to Rehabilitation Services	3
	EXSC 205 Team Performance Training	3
	EXSC 206 Individual/Dual Performance Training	3
	EXSC 243 Principles of Fitness	3
	EXSC 250 Performance Lab I	1
	EXSC 260 Performance Lab II	1
	EXSC 325/L Exercise Physiology/Lab	4
	EXSC 339 Fundamental Techniques of Exercise and Fitness	3
	EXSC 345 Functional Kinesiology	3
	EXSC 410 Admin. of Health and Physical Activity Programs	3
	NUTR 210 Introduction to Human Nutrition	3
	4 hours of Directed Electives (consult w/advisor & dept chair)	CREDITS
	ELECTIVE	2
	ELECTIVE	2

Example Course Sequence:

The following is a sample of a semester-by-semester approach to completing this program in 4 years.

YEAR 1						
FIRST SEMESTER						
COURSE		CREDITS	PREREQUISITES			
EDUC 111 [^]	Exploring Educational Systems	3				
EDUC 223	Child & Adolescent Development	3				
EXSC 243	Principles of Fitness	3				
EXSC 101	Introduction to Rehabilitation Services	3				
LA-FWS	First-Year Writing Seminar	3				
JAN TERM						
COURSE		CREDITS				
LA-FQR	Quantitative Reasoning	3				
SECOND SEMESTER						
COURSE		CREDITS				
EDUC 112	The Exceptional Learner	3				
BIOL 202/L	Fundamentals of Human Anatomy/Lab	4				
NUTR 210	Introduction to Human Nutrition	3				
LA-FCS	First-Year Communication Seminar	3				
LA-FSS	First Year Success Seminar	1				
		32				

YEAR 2						
THIRD SEMESTER						
COURSE		CREDITS	PREREQUISITES			
EDUC 230 [^]	Educational Psychology	3				
EDUC 202	Professional Learning Communities I	0.5				
EXSC 205	Team Performance Training	3	Must be taken prior to or same time as EXSC 250			
EXSC 250	Performance Lab I	1	Must be taken after or same time as EXSC 205			
BIOL 204/L	Fundamentals of Human Physiology/Lab	4				
LA-EAH	Arts and Humanities	3				
JAN TERM						
COURSE		CREDITS				
LA-ENS	Natural Sciences	3				
FOURTH SEMESTER						
COURSE		CREDITS				
EDUC 204	Professional Learning Communities II	0.5				
EDUC 207	Integrating Technology into Classroom	3				
EDUC 246	Educational Assessment	3				
EXSC 206	Individual/Dual Performance Training	3	Must be taken prior to or same time as EXSC 260			
EXSC 260	Performance Lab II	1	Must be taken after or same time as EXSC 206			
LA-TFR	Faith, Reason, and Ethics	3				
		31				

4-Year Sample Schedule Cont.

YEAR 3			
FIFTH SEMESTER			
COURSE		CREDITS	PREREQUISITES
EDUC 302	Professional Learning Communities III	0.5	
ENG/MODL 350	Teaching English to Speakers of Other Lang	3	
EXSC 325/L	Exercise Physiology/Lab	4	BIOL 204/L; FWS or ENG 111
EXSC 339	Fundamental Techniques of Exercise and Fi	3	
LA-TBI	Big Issues	3	
JAN TERM			
COURSE		CREDITS	
ELECTIVE/MINOR		3	
SIXTH SEMESTER			
COURSE		CREDITS	
EDUC 304	Professional Learning Communities IV	0.5	
EDUC 343	Disciplinary Literacy	3	EDUC 230
INTD 355^	Critical Issues in Education	3	soph, junior, or senior standing
EXSC 345	Functional Kinesiology	3	
ELECTIVE		2	
LA-TCE	Creative Expression	1-3	
		28	

YEAR 4			
SEVENTH SEMESTER			
COURSE		CREDITS	PREREQUISITES
EDUC 402	Professional Learning Communities V	0.5	
EDUC 430	Culturally Responsive Classrooms	3	Admission to program, junior or senior standing
EDUC 440	General Methods for Adolescent Learners	3	EDUC 343
EXSC 410	Admin. of Health and Physical Activity Prog	3	FWS or ENG 111
ELECTIVE		2	
EXPERIENTIAL		3	
JAN TERM			
COURSE		CREDITS	
EXPERIENTIAL		3	
EIGHTH SEMESTER			
COURSE		CREDITS	
EDUC 475	High School Student Teaching	7	Completion of the program; professor approval required
EDUC 477	Jr High/Middle School Student Teaching	6	Completion of the program; professor approval required
		30.5	
	TOTAL CREDITS	121.5	