

Major/Program	Physical Education (K-12 Teacher Certification)
College	Nursing, Human Performance, and Health Sciences
Department	Exercise Science and Human Performance
Contact	Holisa Wharton, Dean
2025-2026	

Lander University 4-Year Major Guide

First Semester			Second Semester			TOTALS
First Year	Course	Notes	Hours	Course	Notes	Hours
	ENGL 101	Core Academic Skills (General Education)	3	ENGL 102	Core Academic Skills (General Education)	3
	General Education	Humanities and Fine Arts (General Education)	3	General Education	Behavioral and Social Perspectives (General Education)	3
	General Education	World Cultures	3	MATH 121 or MATH 141	Core Academic Skills (General Education)	3
	EXSC 175		2	EXSC 210		4
	PETE 100-level activity		1	EXSC 219		3
	PSYC 101	Behavioral and Social Perspectives (General Education)	3			
LINK 101	Core Academic Skills (General Education)	1				
		Subtotal	16			Yearly Totals
				Subtotal	16	32
Second Year	First Semester			Second Semester		
	Course	Notes	Hours	Course	Notes	Hours
	EDUC 203		0.5	EDUC 204 or CIS 101		3
	EDUC 240		3	MATH 211	Scientific and Mathematical Reasoning (General Education)	3
	General Education	Humanities and Fine Arts (General Education)	3	PETE 204		2
	PETE 223		2	PETE 222		2
	PETE 226		3	PETE 224		2
PSCI 111 recommended	Scientific and Mathematical Reasoning (General Education)	4	PETE 228		3	
		Subtotal	15.5			Yearly Totals
				Subtotal	15	30.5
Third Year	First Semester			Second Semester		
	Course	Notes	Hours	Course	Notes	Hours
	HIST 111R, HIST 112R, or POLS 101R	Founding Documents (General Education)	3	EXSC 310		4
	PETE 144		1	EXSC 326		3
	PETE 206		2	PETE 320*		3
	EXSC 300 or EXSC 424		3	PETE 329*		1
	EXSC 311		4	PETE 420*		3
PETE 318*		3				
		Subtotal	16			Yearly Totals
				Subtotal	14	30
	Pass all sections of Praxis Core. Apply for admission to the Professional Program; 2.75 GPA required for admission			Must be admitted to the Professional Program to enroll in PETE 329.		
Fourth Year	First Semester			Second Semester		
	Course	Notes	Hours	Course	Notes	Hours
	PETE 305*		3	PETE 451*		3
	EXSC 402*		3	PETE 461*		11
	PETE 422*		3	EDUC 499*		1
	PETE 429*		1			
	EXSC 499*		1			
PETE 100-level activity		1				
EDUC 300* or EDUC 320*		3				
		Subtotal	15			Yearly Totals
				Subtotal	15	30
Take Praxis II and PLT						
Additional Requirements: CPR/FA card			Total Hours Required: 122.5			

*Student must be admitted to Professional Program in Teacher Education.

Physical Education majors must earn a "B" or better in PETE 329, PETE 429, and PETE 461. A "C" or better must be earned in all other Major Program Core Requirements, Major Program Additional Requirements, and EXSC 175.