

Health & Physical Education (K-12)
University of North Carolina - Wilmington

Competency A minimum of two (2) semester hours is required to fulfill each of the following competencies unless otherwise noted.		Course Prefix & Number	Course Title When multiple courses are listed for one competency, only one course is required to satisfy the competency, unless otherwise noted.	Course Offerings
A	Foundations, Principles, & Practices of Physical and/or Health Education	HEA 234	Principles of Health Education	
		PED 235	Foundations of Health and Physical Education	
B	Individual, Community, & Global Health Issues	HEA 301	Community Health	
		HEA 320	Foundations in Global Health	
C	Human Biology, Anatomy, & Reproductive Health	EXS 217	Human Anatomy and Physiology II	
		HEA 205	Reproduction and Sexuality	
D	Fundamental Motor Skills & Movement Forms	PED 340*	Biomechanics of Sport and Exercise	
		PED 350*	Motor Behavior	
E	Sports, Physical & Leisure Activities	PED 104-150	Activity Courses (! SE each)	
F	Healthy Behavior, Fitness, & Obesity Prevention	HEA 207	Nutrition and Behavior	
		HEA 465*	Exercise, Performance and Nutrition	

Posted: Summer 2018
 Revised: Summer 2018

Course Offering Codes:

F=Fall, S=Spring, SS=Summer Session, UD=Upon Demand
 e=even years, o=odd years, ^=online

Notes:

- These are typical course offering schedules. Courses are not guaranteed to be offered at these times.
- Please check with the college/university for course availability each semester.
- Some courses require prerequisites be met prior to registration. An asterisk (*) denotes a prerequisite course.
- For more information from this institution, click here, www.uncw.edu