

**Physical Education (K-12)**  
**High Point University**

Minimum of two (2) semester hours are required to fulfill each of the following competencies unless otherwise noted.

Competency		Course Prefix & Number	Course Title	Course Offerings
B	Kinesiology, Fundamental Motor Skills & Movement Forms	PEC 2100	Motor Development & Motor Learning Across the Lifespan	
		EXS 2300	Biomechanics	
C	Anatomy or Physiology	BIO 2060	Human Physiology	
		BIO 2070	Human Anatomy	
		EXS 2200	Exercise Physiology	
D	Fitness, Nutrition, & Obesity Prevention	HED 1200	Nutrition & Healthy Living	
E	Sports, Physical & Leisure Activities	PEC 2101	Team Sports: Skill Development & Analysis	
		PEC 2201	Individual Sports: Skill Development & Analysis	

Posted: Spring 2018  
Revised: Spring 2018

**Course Offering Codes:**

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

Course typically offered **on campus** if shaded.

**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, <http://www.highpoint.edu/>.