



Baccalaureate Degree Plan

NCCCS Associate in Arts **or** Associate in Science
transfer to
East Carolina University, **BS PHYSICAL EDUCATION**

To declare the Physical Education major, students must have

- a minimum 2.5 GPA
- completed 30 credit hours of General Education Requirements
- documented scores for Praxis I Series (PPST, CBT, or documented scores on SAT/ACT)
- successful completion of the computer competency requirement

Transfer students should email an Academic Advisor as soon as possible, hpadvising@ecu.edu.

An example of how to plan your first 2 years of the traditional 4 years of study is included at the end of this document. However, depending on when you transfer and how many recommended courses you take at the community college, it may take longer than 4 years to complete any degree at ECU.

Recommended courses to take at a North Carolina Community College

BIO 110 or BIO 111	ENG 111	MAT 171
BIO 155	ENG 112	
BIO 163		PHY 151
EDU 216	HEA 110	PSY 150
	HEA 120	
		SOC 213

- Other courses to complete an AA or AS are student's choice; no other current department recommendations. Other equivalent courses may be listed in the degree requirements.
- Completion of an approved NCCCS AA or AS waives the General Education requirement. For more information about the waiver, [click here](#).
- For more information about General Education Core Requirements at ECU, and a list of specific course options, click [here](#).
- You do not have to complete all NCCCS equivalents or recommended courses before transferring. However, taking minimal recommendations may prolong your time to degree at ECU.

Degree Requirements

General Education Core Requirements

40 semester hours credit required; completion of an approved AA or AS waives this requirement.

Competency	Semester Hour Credits Required	Notes
Written Communication	6	<i>ENG 111 and ENG 112 should be taken at the community college to satisfy this competency.</i>
Humanities & Fine Arts	9	<i>At least one class should be labeled as Humanities (HU) and one should be labeled as Fine Arts (FA).</i>
Social Sciences	9	<i>NCCCS HIS courses are not considered a social science at ECU.</i>
Natural Sciences	7	<i>One course must include a lab.</i>
Mathematics	3	<i>Choose MAT 171.</i>
Health Promotion and Health-Related Physical Activity	3	<i>HEA 110 should be taken at the community college to satisfy this competency.</i>

Specific General Education Requirements	<p>As part of completing the 40 required hours, please include:</p> <p>BIOL 1050 - General Biology BIOL 1051 - General Biology Laboratory or BIOL 1100 - Principles of Biology I BIOL 1101 - Principles of Biology Laboratory I</p> <p>MATH 1065 - College Algebra PHYS 1250 - General Physics I</p>	<p style="text-align: center;"><i>NCCCS Equivalents</i></p> <p style="text-align: center;"><i>BIO 110</i></p> <p style="text-align: center;"><i>BIO 111</i></p> <p style="text-align: center;"><i>MAT 171 PHY 151</i></p>
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Core	<p>Complete 32 hours.</p> <p>KINE 2122 - Motor Development KINE 2202 - Motor Learning and Performance KINE 2600 - Movement Education KINE 2850 - Structural Kinesiology KINE 2900 - Teaching Skillful Movement KINE 3000 - Curriculum in Physical Education KINE 3500 - Secondary Content in Physical Education KINE 3540 - Fitness Education KINE 3805 - Physiology of Exercise KINE 3850 - Introduction to Biomechanics KINE 3900 - Elementary School Instruction in Physical Education KINE 3906 - Physical Education for Special Populations</p>	<p style="text-align: center;"><i>To be completed at ECU.</i></p>
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Cognates	<p>Complete 5 hours.</p> <p>BIOL 2130 - Survey of Human Physiology and Anatomy PHYS 1251 - General Physics Laboratory I</p>	<p style="text-align: center;"><i>NCCCS Equivalents</i></p> <p style="text-align: center;"><i>BIO 163 PHY 151</i></p>
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Professional Studies	<p>Complete 31-32 hours.</p> <p>EDTC 4001 - Technology in Education EDUC 3002 - Introduction to Diversity EDUC 3200 - Foundations of American Education</p> <p>EDUC 4400 - Foundations of School Learning, Motivation, and Assessment or PSYC 4305 - Educational Psychology</p> <p>KINE 2123 - Early Experiences for the Prospective Teacher KINE 4323 - Middle and High School Instruction in Healthful Living KINE 4324 - Internship in Exercise and Sport Science KINE 4325 - Internship Seminar: Issues in Physical Education</p> <p>READ 3990 - Teaching Reading in the Content Areas in the Secondary School or READ 5317 - Adolescent Literacy in the Content Areas</p> <p>SPED 2000 - Introduction to Exceptional Children</p>	<p><i>EDU 216</i></p>
Interdisciplinary Human Studies Concentration	<p>Complete 12-18 hours.</p> <p><i>A maximum of 6 hours of general education designated courses listed below (PSYC 1000 and SOCI 1025) may count towards the university general education requirement. See the program coordinator for more information.</i></p> <p><i>Choose 12-18 hours from the following list. Physical education majors must choose 12 hours of HLTH or NUTR courses from the following list.</i></p> <p><u>Choose 12-18 hours from the following:</u></p> <p><i>Courses designated with an asterisk are acceptable for licensure. If you have questions about these courses, please see the program coordinator.</i></p> <p>BIOL 2130 - Survey of Human Physiology and Anatomy EHST 2110 - Introduction to Environmental Health Sciences HLTH 2000 - Principles of Public Health * HLTH 2050 - Sexual Health * HLTH 2125 - Responding to Emergencies with Basic Life Support * HLTH 2126 - Responding to Emergencies with Basic Life Support Laboratory * HLTH 2220 - Injury Prevention and Care Related to Physical Activity * HLTH 3000 - Theory and Practice in Community Health Education * HLTH 3010 - Health Problems * HLTH 3020 - Understanding and Achieving Health Equity * HLTH 3355 - Alcohol, Tobacco, and Other Drugs Education and Prevention * HLTH 4410 - Planning, Implementing, and Assessing Sexuality Education * HLTH 4605 - Community Strategies for Health Education * KINE 2202 - Motor Learning and Performance KINE 2900 - Teaching Skillful Movement</p>	<p><i>BIO 163</i></p> <p><i>HEA 120</i></p>

	KINE 3300 - Applied Sports Psychology	
	KINE 3301 - Physical Education and Sport in Modern Society	
	KINE 3805 - Physiology of Exercise	
	KINE 3850 - Introduction to Biomechanics	
	KINE 3900 - Elementary School Instruction in Physical Education	
KINE 3906 - Physical Education for Special Populations		
KINE 4806 - Exercise Evaluation and Prescription		
NUTR 1000 - Contemporary Nutrition *		
or		
NUTR 2105 - Nutrition Science *		<i>BIO 155</i>
PSYC 1000 - Introductory Psychology		<i>PSY 150</i>
PSYC 4350 - Psychology of Sexual Behavior		
SOCI 1025 - Courtship and Marriage		<i>SOC 213</i>
SOCI 3325 - Sociology of Human Sexuality		

Potential 2 Year Map for Physical Education, BS

An example of courses to take at your community college.

First Semester at NCCCS Institution

NCCCS Course	ECU Transfer Equivalent
ENG 111	ENGL 1100
PSY 150	PSYC 1000
MAT 171	MATH 1065
HEA 110	HLTH 1000/KINE 1000
ACA 122	COAD 1XXX (elective credit)

Second Semester at NCCCS Institution

NCCCS Course	ECU Transfer Equivalent
ENG 112	ENGL 2201
Humanities/Fine Arts course	
BIO 110 or 111	BIOL 1050, 1051 or 1100, 1101
Social Behavioral Science course	
SOC 213	SOCI 1025

Third Semester at a NCCCS Institution

NCCCS Course	ECU Transfer Equivalent
PHY 151	PHYS 1250, 1251
Humanities/Fine Arts course	
Social Behavioral Science course or 2 nd Natural Science course	
EDU 216	EDUC 3200
BIO 163 or BIO 155	BIOL 2130 or NUTR 2105

Fourth Semester at a NCCCS Institution

NCCCS Course	ECU Transfer Equivalent
Humanities/Fine Arts course or 2 nd Math course	
Additional General Education course	
Additional General Education course	
Additional General Education course or Elective course	
Additional Elective course may be needed (HEA 120 is offered)	HLTH 2000

- Schedule at ECU will depend on courses completed at the community college and semester of entry (fall or spring).
- You should email hpadvising@ecu.edu as soon as possible for more specialized advising.
- This schedule is dependent on taking full-time course loads; however, it may not be realistic to take a full-time course load if you are working full-time or part-time, are a caregiver, or have other obligations. **Ask your advisor how you can be most successful.**