



Winona State University
Four-Five Year Program Map

Fall 2024

Programs: Health Promotion: School Health (BT HPST), Physical Education Teaching (BT PET), and Adapted Physical Education Teaching (APE minor)
Emphasis (optional):

	Fall Semester			Spring Semester		
	Course	Requirement Met	SH	Course	Requirement Met	SH
Year 1	HERS 204 Personal & Community Health	PDW/Major	3	BIOL 116 Human Biology Lab	GE Goal 3/Major	1
	PESS 111 Fundamentals of Movement	Major	3	BIOL 117 Human Biology	GE Goal 3/Major	3
	PESS 114 Fundamentals of Adventure Education	Major	3	PESS 151 Fundamentals of Rhythms & Dance	Major	3
	PESS 161 Fundamentals of Aquatics & Outdoor Activities	Major	3	PESS 152 Fundamentals of Games Education	Major	3
	PESS 195 Fundamentals of Education	Major	2	PESS 162 Fundamentals of Specialized Skills	Major	3
	CMST 191 Intro to Public Speaking or CMST 192 Intro to Effective Communication	GE Goal 1/Major	3	ENG 111 College Reading & Writing	GE Goal 1/Major	4
	OR 100 Orientation	Gen Elec	1	HERS 322 School Health Education Field Experience	Major	1
	<i>NOTE: Must get a B or better in CMST 191 or 192.</i>			<i>NOTE:</i>		
First-Year Fall Semester Credit Hour Total			First-Year Spring Semester Credit Hour Total			
Year 2	HERS 320 Health Ed Methods 1: Functional Health Knowledge	Major	3	HERS 312 School and Community Health	Major	3
	PESS 225 Planning, Instruction & Assessment in Physical/Adventure Education	Major	3	HERS 205 Nutrition for Lifetime Wellness	PDW/Major	3
	PESS 237 Introduction to Adapted Physical Activity	Major/Minor	3	PESS 251 Sports Science	Major	3
	STAT 100 Numbers & Data in Society or STAT 110 Fund. of Stats	GE Goal 4/Major	3	SPED 300 Children & Youth with Exceptionalities	Major/Minor	3
	CAST 301 Perspectives on Child Maltreatment & Child Advocacy	GE Goal 5 & 9	3	General Education Course	GE Goal 5	3
	General Education Course	GE Goal 3	3	SOC 150 Introduction to Sociology	GE Goal 5 & 7	3
	<i>NOTE: Must get a C or better in STAT 100 or 110. Purchase Background Check and Liability Insurance</i>			<i>NOTE: Apply to Education Program, Attend Induction Day, Purchase Background Check</i>		
	Second-Year Fall Semester Credit Hour Total			Second-Year Spring Semester Credit Hour Total		
Year 3	HERS 326 Educational Topics/Issues	Major	2	HERS 321 Health Ed Methods 2: Health Skills	Major	3
	HERS 322 School Health Education Field Experience	Major	1	PESS 326 Curriculum, Instruction & Assessment Methods in Middle School-Secondary Physical Education	Major	3
	HERS 250 Mental Health and Society - Adult	Major	1	EDFD 421 Classroom Management: K-12 & 5-12	Major	1
	HERS 252 Mental Health and Society - Youth	Major	1	EDFD 441 Curriculum, Instruction, & Assessment: K-12 & 5-12	CAI/Major	3
	PESS 300 Motor Learning and Development	Major	3	CPES 441 Curriculum Study Field Experiences: K-12 & 5-12	Gen Elec	0
	EDFD 401 Human Development & Learning: K-12 & 5-12	Major	2	PESS 214 First Aid & CPR OR PESS 314 CPR/AED & First Aid Instructor	Major	2
	EDFD 461 Multicultural Youth, Children, and Families Part I	Major	2	PESS 457 Teaching Strategies in Adapted Physical Education	Minor	3
	CPES 401 Child Study Field Experiences: K-12 & 5-12	Gen Elec	0	General Education Course	GE Goal 6 HU	3
	PESS 447 Assessment Strategies in Adapted Physical Education	Minor	3			
	General Education Course	GE Goal 6 FA	3			
	<i>NOTE: Purchase Liability Insurance</i>			<i>NOTE:</i>		
Third-Year Fall Semester Credit Hour Total			Third-Year Spring Semester Credit Hour Total			
Year 4	HERS 328 Behavioral Interventions	OI/Major	3	HERS 322 School Health Education Field Experience	Major	1
	PESS 325 Curriculum, Instruction & Assessment Methods in Elementary Physical Ed	Major	3	PESS 403 Organization & Advocacy in Physical Education	Major	3
	PESS 303 Fitness & Wellness Methods of Physical Education	Major	3	EDUC 429 Secondary Reading and Teaching Strategies	Major/Minor	3
	EDFD 449 Middle Level Schools	WI/Major	3	PESS 434 Adapted Physical Education Practicum	Minor	2
	CPES 449 Middle School Field Experience	Gen Elec	0	SPED 420 Special Education Administrative Procedures	OI/Minor	3
	SPED 405 Student Management Systems	Minor	3	General Education Course	GE Goal 8	3
	<i>NOTE: Purchase Liability Insurance</i>			<i>NOTE: Apply to Student Teach</i>		
	Fourth-Year Fall Semester Credit Hour Total			Fourth-Year Spring Semester Credit Hour Total		
Year 5	HERS 425 Organization and Administration of School Health	Major	3	EDST 465 Student Teaching - Secondary	OI/Major	12
	HERS 433 Senior Health Seminar	Major	1			
	EDFD 459 The Professional Educator	WI/Major	3			
	EDFD 462 Multicultural Youth, Children, and Families Part II	Major	1			
	General Education Course	GE Goal 6 FA/HU	3			
	General Education Course	GE Goal 10	3			
	<i>NOTE: Attend all Student Teaching Meetings, Take Health Education MTLE and Pedagogy MTLE, Purchase Liability Insurance, Apply to graduate.</i>			<i>NOTE:</i>		
Fifth - Year Fall Semester Credit Hour Total			Fifth - Year Spring Semester Credit Hour Total			

Total Credit Hours (SH): 164

Note: There are summer class options that allow students to get through this faster and/or add additional minors (Adventure Education and Coaching).

Guide to 4 Year Major Maps

- 4 Year Major Maps are intended to show a recommended four-year pathway to a degree. Students must be full-time, college ready, and ready to declare a major to follow the map exactly as shown. Maps are only a sample; there may be other pathways that lead to completion of the degree in four years.
- Major Maps are NOT intended to take the place of meetings with advisors.
- Major Maps are NOT intended to take the place of the Degree Audit (DARs/uAchieve).

All courses listed on a major map will be labelled as one or more of the following:

GE Goal	General Education Goal Area	Indicates that the course meets one of the 10 General Education Goals
Gen Elec	General Elective	Indicates that the course does not meet a General Education, Major or Minor requirement but does count toward the degree
Major	Major Requirement	Indicates that the course meets a Major requirement
Major Elec	Major Elective	Indicates that the course counts toward the major as an elective, must be chosen from list of approved courses
Minor	Minor Requirement	Indicates that the course meets a Minor requirement
CAI	Critical Analysis Intensive	Indicates that the course counts as a Critical Analysis Intensive
OI	Oral Intensive	Indicates that the course counts as an Oral Intensive
WI	Written Intensive	Indicates that the course counts as a Written Intensive
PDW	Personal Development and Wellness	Indicates that the course counts as a Personal Development and Wellness Requirement

General Education Goal Areas:

		Minimum credits required
Goal 1	Communication	7 credits
Goal 2	Critical Thinking (Met with completion of all other goal areas)	--
Goal 3	Natural Science	7 credits
Goal 4	Mathematics	3-4 credits
Goal 5	History, Social/Behavioral Sciences	9 credits
Goal 6	Humanities and Fine Arts	9 credits
Goal 7	Human Diversity	3 credits
Goal 8	Global Perspective	3 credits
Goal 9	Ethic and Civic Responsibility	3 credits
Goal 10	People and the Environment	3 credits

Graduation Requirements:

- Minimum of 120 total credits (semester hours) required for Bachelors' Degree
- Minimum of 40 General Education credits required
- Minimum of 40 Upper Division credits required
- Minimum of 30 Residence credits required in Junior/Senior years
- Minimum WSU cumulative grade point average of 2.00; some programs require higher grade point averages

Major Maps are not contracts. Winona State University reserves the right to make changes at any time, without prior notice, to programs, policies, procedures, and information described in this major map. Students should consult the appropriate academic department or college for currently accurate program information.