

Secondary Education Major (with) Physical and Health Education (K-12)  
(for Freshman beginning Fall 2023)

This advising sheet lays out a basic 4-year plan with all of the components necessary to graduate and become certified in Physical and Health Education (K-12). A candidate's anchor plan should be worked out with an education advisor.

Anchor Plan (34-35 credits)

The Anchor Plan is required for all Hope College students and represents the general education liberal arts program. The following chart explains these requirements.

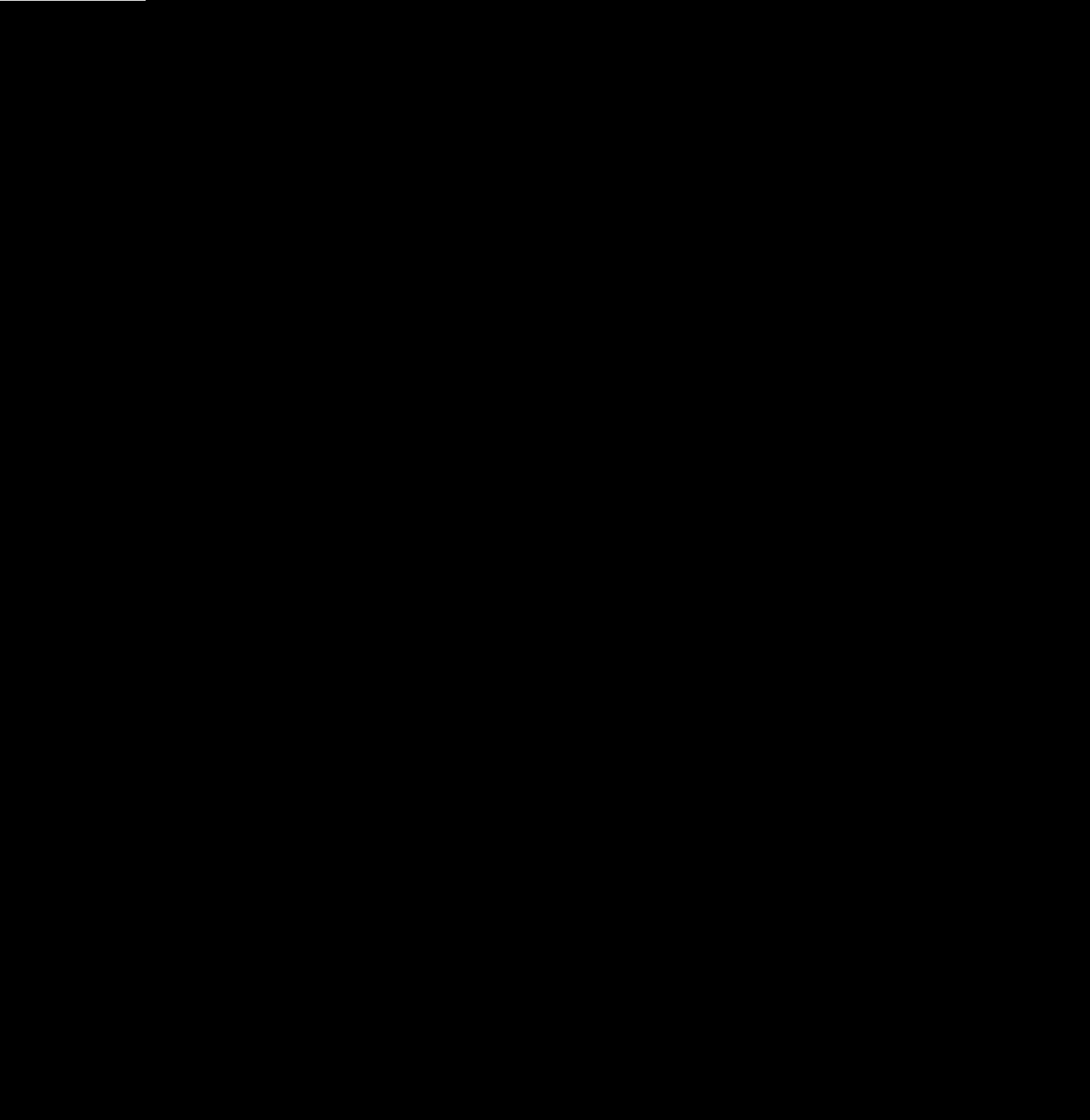
Requirement	Rule	Attribute
First Year Seminar	One IDS 1003 credits	FYS
Expository Writing	ENGL 113-3 credits	EW
Health Dynamics	KIN 140 -2 credits	HD
Math and Natural Science *satisfied by major-no additional courses required	One math course 3/4 credits One NSL course 4 credits* Any math or science course to reach 10 credits* total	MA NSL MNS
Religion	One REL 100 course 3 credits One REL 200 course -3 credits *one course must have Christian Tenets	RL1 RL2 *TEN
Social Sciences *satisfied by major-no additional courses required	Both Social Science courses will be satisfied by students taking EDUC 200/1 and EDUC 457.	SS1 SS2
Arts and Humanities The first course taken in the series must be at the 100-level, and the next two courses must be at the 200-level.	One Arts in Practice 2/3 credits One Human Creative Perspectives -3 credits One Philosophical Perspectives -3 credits One Historical Perspectives 3 credits *Prerequisite: ENGL 113 and one 100 level Arts and Humanities	ART HCP PHL HST
Human Diversities *GLP courses can also count in another area	Global Language 3 credits of second level fluency One US Diversities course (satisfied by EDUC 200/1) One Global Perspectives course 3 credits*	GL2 USD GLP
Senior Seminar	One IDS 400 level 3 credits	SRS

Secondary Education Major (37 credits)  
K-12 grade band

\*for PE/Health Majors

The secondary education sequence for all PE/Health education majors is listed below and is separated by level. Level 1 courses are designed to introduce candidates to the field of education. Level 2 courses are designed to have candidates learn the art of teaching. During Level 2 coursework, candidates must have 50 hours of clinical experience. Level 3 courses are taken during the student teaching semester and placement will be at both secondary and elementary levels.

Course #	Course Title	Credits
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Freshman beginning FALL of EVEN years

	Fall – Year 1		Spring– Year 1	
	COURSE	CREDITS	COURSE	CREDITS
Educ Courses	EDUC 200/201	4	EDUC 225/226	4
PE/Health	KIN 251/251L	4	EDUC 270	3
Courses	ENG 113 (EW)	3	GEMS 158 (MSN)	4
Anchor Plan	IDS 100 (FYS)	3	Lang (GL2)	3
	KIN 140 (HD)	2		
		16		14
	Fall – Year 2		Spring– Year 2	
ODD/EVEN	KIN 200 (NSL)	4		
	KIN 345	4		
	REL 100 (RL1)	3		
	HST	3		
	ART	2/3		
		16		

Freshman beginning FALL of ODD years

	Fall – Year 1		Spring– Year 1	
	COURSE	CREDITS	COURSE	CREDITS
Educ Courses	EDUC 200/201	4	EDUC 225/226	4
PE/Hth Courses	ENG 113 (EW)	3	EDUC 270	3
Anchor Plan	IDS 100 (FYS)	3	GEMS 158 (MSN)	4
	REL 100 (RL1)	3	Lang (GL2)	3
	KIN 140 (HD)	2		
		15		14
	Fall – Year 2		Spring– Year 2	
EVEN/ODD	KIN 160	2	EDUC 275	3
	KIN 350/352	4	KIN 330	3
	KIN 251/251L	4	KIN 453/453F	4
	REL 200 (RL2)	3	MA	3/4
	ART	2/3	HCP	3
		15-16		16/17
	Fall – Year 3		Spring– Year 3	
ODD/EVEN	EDUC 285/286	4	KIN 155	2
	EDUC 287	3	KIN 301	3
	KIN 345	4	KIN 344	3
	KIN 200 (NSL)	4	KIN 455/455L	4
		15	HST	3
				15
	Fall – Year 4		Spring– Year 4	

\*IDS 492