

**Physical Education (K-12)**  
**Guilford College**

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
A	Foundations, Principles, & Practices of Physical Education	SPST 120	Introduction to Exercise & Sport Science	
B	Kinesiology, Fundamental Motor Skills & Movement Forms	SPST 241	Motor Learning	
		SPST 246	Biomechanics of Sport & Exercise	
C	Anatomy or Physiology	BIOL 341, 342	Human Anatomy & Physiology I, II	
		SPST 311	Sport & Exercise Physiology	
D	Fitness, Nutrition, & Obesity Prevention	SPST 109	Fitness for Living	
		SPST 314	Perspectives in Sport & Exercise Nutrition	
E	Sports, Physical & Leisure Activities (minimum total of 2 semester hours required)	PHYE 100	Elective Activities	

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.guilford.edu/>