

**Physical Education (K-12)**  
**Appalachian State 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	HPE 2120	Kinesiology	
C	Anatomy or Physiology	ES 2031, 2032	Human Anatomy & Physiology I, II	F, S
		ES 3002	Exercise Physiology	F, S
D	Fitness, Nutrition, & Obesity Prevention	ES 4555	Nutritional Aspects of Exercise & Sports	F, S
		NUT 2202	Nutrition & Health	F, S
E	Sports, Physical & Leisure Activities	PE 1700 - 1889	Physical Activity / Wellness (minimum required total of 2 semester hours)	varies

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.appstate.edu/>.