

## TRANSCRIPT EVALUATION for HEALTH & PHYSICAL EDUCATION

Check prerequisites in Wilson College catalog prior to enrolling in courses! \*ESS230 & ESS331/531 will not be waived if pass the HPE Praxis test. Not content courses.

| Course #   | Course Title | <u>Grade</u> <u>S</u> | <u>tatus</u> |
|--|--------------|-----------------------|--------------|
| Swimming (select one, 2 credits): PE101 Swimming I PE102 Swimming II PE106 Lifeguard Training (ARC) PE107: Water Safety Instructor (ARC) Fitness (select one, 2 credits): PE120 Aerobics |              |                       |              |
| PE120 Aerobics PE130 Special Activity (couch to 5K or yoga) PE140 Personal Fitness PE143 Pilates (can only count for one category) Strength: PE128 Strength & Weight Training (2 cred)   |              |                       |              |
| Dance (select one): DNC151, 152, 231, or 232 Dance Technique DNC234 Performance Projects Sport (select one, 2 credits)   |              |                       |              |
| ATH 241Principles of Coaching & Officiating PE 130 Special Activity (team sports)  Leisure   |              |                       |              |
| PE170 Topics in PE (lifetime sport, 2 credits)  OR (select two, 1 credit)  PE131 Archery  PE132 Bowling  |              |                       |              |
| PE133 Badminton PE134 Tennis PE137 Self-Defense PE139 Golf   |              |                       |              |
| PE143 Pilates (can only count for one category)  Elective(s) (2- 1 credit or 1- 2 credits): Any untaken PE cours   | e            |                       |              |
| ESS210 Functional Anatomy & Physiological Foundations of Training  |              |                       |              |
| ESS215 Cure & Prevention of Athletic Injuries  |              |                       |              |
| ESS220 Exercise Testing & Prescription   |              |                       |              |
| ESS281 Health & Wellness   |              |                       |              |
| *ESS230 Adaptive Physical Education  |              |                       |              |
| ESS320 Admin. Aspects of Ex./Sports Science  |              |                       |              |
| ESS330 Psycho-Social Aspects of Sport  |              |                       |              |
| $**\underline{KEY}$ $X = Cc$   | ourse Needed | OK = Credit Achieved  | **           |
| TIP Director/Evaluator:  |              | Date:                 |              |