



GENERAL EDUCATION: A complete listing of General Education courses can be found at the Office of Academic Support and Information Services (OASIS) or online at <https://www.ric.edu/recordsoffice/catalog.php>; look at catalog for year you enrolled. For Gen Ed courses, aside from Second Language requirement, which varies depending on where you are placed, you need ONE course from each category. Second Language 101/102 options are: American Sign, Arabic, French, German, Italian, Japanese, Latin, Portuguese, or Spanish. For other ways to satisfy the second language requirement look under the Gen Ed. section of the catalog. Any courses marked (F) offered Fall only; (Sp) Spring only. All courses marked with an asterisk * have a prerequisite.

Cognates and Program Courses checklist	Course	Program and Activity Courses, & Professional sequence	Course
BIOL 108 Basic Principles of Biology*		HPE 412 Organization and Administration of Physical Education Programs: Prekindergarten through Grade Twelve (F)*	
BIOL 231 Human Anatomy*		HPE 420 Physiological Aspects of Exercise (F)*	
BIOL 335 Human Physiology*		HPE 207 Motor Skill Development for Lifetime Wellness I*	
SPED 300 Introduction to the Characteristics and Education of Children and Youth w. Disabilities		HPE 208 Motor Skill Development for Lifetime Wellness II*	
		HPE 247 Rhythmic Movement (Sp)*	
HPE 102 Personal Health		HPE 323 Teaching in Adventure Education*	
HPE 140 Introduction to Movement Sciences		CEP 315 Educational Psychology*	
HPE 206 Fundamental Movement and Its Analysis		FNED 346 Schooling in a Democratic Society*	
HPE 243 Foundations of Movement		HPE 302 Practicum in Team Activities (Sp)*	
HPE 301 Principles of Teaching Activity*		HPE 413 Practicum in Creative Movement and Dance (F)*	
HPE 325 Assessment in Health and Physical Education (F)*		HPE 414 Practicum in Individual and Dual Activities (Sp)*	
HPE 409 Adapted Physical Education (F)*		HPE 423 Student Teaching Seminar in Physical Education*	
HPE 411 Kinesiology (F)*		HPE 425 Student Teaching in Physical Education*	

This map is a semester-by-semester plan to help you toward graduation in four years. Not everyone graduates in four years as it depends on how many courses you can take, and how you do in those courses. This map is not your only route; it is a suggestion. You might take additional courses over the summer (or early spring/winter) to catch up or get ahead if the courses you need are offered at these times. While many courses in your major will have prerequisites that will need you to take them in a special order, there is some flexibility in this map, but always double check you have the correct prerequisites for a course you plan to take.

The column to the left on the other side of this page suggests the ideal courses for you to take each semester. There are times when those courses may be full or unavailable the semester you plan to take them, in which case consider another course from a different semester with which you can switch. The column on the right has "Checkpoints" for each semester that show where you should be by the end of that semester. You should work from this map as you plan each semester's schedule, before checking in with your advisor. The Map is designed primarily for freshmen coming to college for the first time, but transfer students may also use the RhodeMap with the understanding that they have most likely completed several requirements through transfer of credit, and will be starting further into the program. Maps assume a Fall start.

GRADUATION REQUIREMENTS: The following requirements must be completed by undergraduate degree candidates at Rhode Island College in order to graduate:

- General Education program, including a second language requirement
- College Math Competency (which is separate from the Gen Ed math requirement)
- College Writing Competency (satisfied by FYW with a minimum grade of C)
- Academic Major—see check chart above.
- A minimum of 120 credit hours, with a minimum of 45 credit hours taken at RIC. Of the 45 credit hours, a minimum of 15 credit hours must be in the major (12 of which must be at the 300- or 400-level).
- A minimum overall grade point average of 2.75



SEMESTER 1	CR	SEMESTER 1 CHECKPOINTS ✓
First Year Writing (FYW 100)	4	<input type="checkbox"/> FYW 100P is a 6 credit option. To decide which FYW to take, check the Directed Self-Placement test at www.ric.edu/firstyearwriting ; minimum grade of B
Gen Ed--Second Lang 101 (based on placement, a course higher than 101/102 may be taken). If language requirement satisfied: another Gen Ed Distribution course.	4	<input type="checkbox"/> Language placement test with Dept. of Modern Languages (optional)
HPE 102 Personal Health	3	<input type="checkbox"/> Minimum grade of B-
HPE 140 Introduction to Movement Sciences	3	<input type="checkbox"/> Minimum grade of B-
HPE 206 Fundamental Movement and Its Analysis	3	<input type="checkbox"/> Minimum grade of B-
Requirements and GPA		<input type="checkbox"/> Aim for 16 earned credits (While 12 is fulltime, 16 credits are preferred to stay on track to graduate in 4 years) <input type="checkbox"/> Minimum overall 2.75 GPA <input type="checkbox"/> Math competency completed
# CREDITS EARNED	17	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Sept.

SEMESTER 2	CR	SEMESTER 2 CHECKPOINTS ✓
FYS 100 First Year Seminar	4	
HPE 243 Principles of Health Education*	3	<input type="checkbox"/> Prereq. HPE 102; Minimum grade of B-
FNED 346 Schooling in a Democratic Society*	4	<input type="checkbox"/> Prereq. FYW minimum grade of B; Minimum grade of B-
HPE 207 Motor Skill Development for Lifetime Wellness I*	3	<input type="checkbox"/> Prereq. HPE 206; Minimum grade of B-
Gen Ed--Second Lang 102* (if needed) or elective	1-4	<input type="checkbox"/> Prereq. Second Lang 101; Complete Second Lang 102, grade C or better
Requirements and GPA		<input type="checkbox"/> Need a minimum of 30 earned credits <input type="checkbox"/> Minimum overall 2.75 GPA <input type="checkbox"/> Apply for School of Education (FSEHD) admission at the end of this semester
# CREDITS EARNED	15-18	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Feb.

SEMESTER 3	CR	SEMESTER 3 CHECKPOINTS ✓
HPE 208 Motor Skill Development for Lifetime Wellness II*	3	<input type="checkbox"/> Prereq. HPE 206; Minimum grade of B-
HPE 301 Principles of Teaching Activity*	3	<input type="checkbox"/> Prereq. HPE 140, 206 and 243, and admission into the School of Ed.; Minimum grade of B-
Math Gen Ed. or another Gen Ed Distribution course	4	<input type="checkbox"/> Math Gen Ed. completed
BIOL 108 Basic Principles of Biology (Gen Ed Natural Science)	4	<input type="checkbox"/> Prereq. Math competency; minimum grade of C
CEP 315 Educational Psychology*	4	<input type="checkbox"/> Prereq. admission to teacher preparation program
Requirements and GPA		<input type="checkbox"/> Need minimum of 45 earned credits, <input type="checkbox"/> Minimum overall 2.75 GPA
# CREDITS EARNED	18	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Sept.



SEMESTER 4	CR	SEMESTER 4 CHECKPOINTS ✓
HPE 247 Rhythmic Movement (Sp)*	3	<input type="checkbox"/> Prereq. HPE 206; Minimum grade of B-
HPE 302 Practicum in Team Activities (Sp)*	3	<input type="checkbox"/> Prereqs. HPE 207 and HPE 301, and admission to School of Ed.; Minimum grade of B-
BIOL 231 Human Anatomy*	4	<input type="checkbox"/> Prereq. minimum of C in BIOL 108; Minimum grade of C
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L); Social and Behavioral Science (SB).	4	
SPED 300 Introduction to the Characteristics and Education of Children and Youth w. Disabilities	4	<input type="checkbox"/> Minimum grade of B-/B (see advisor).
Requirements and GPA		<input type="checkbox"/> Need minimum of 60 earned credits <input type="checkbox"/> Minimum overall 2.75 GPA
# CREDITS EARNED	18	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Feb.

SEMESTER 5	CR	SEMESTER 5 CHECKPOINTS ✓
BIOL 335 Human Physiology* (Gen Ed-Advanced Quantitative/Scientific Reasoning)	4	<input type="checkbox"/> Prereqs. BIOL 108 and 231 <input type="checkbox"/> Minimum grade of C
HPE 325 Assessment in Health and Physical Education (F)*	3	<input type="checkbox"/> Prereqs. HPE 301; Minimum grade of B-
HPE 409 Adapted Physical Education (F)*	3	<input type="checkbox"/> Prereqs. SPED 300 and current enrollment in at least one HPE practicum course. Minimum grade of B-/B (see advisor).
HPE 413 Practicum in Creative Movement and Dance (F)*	3	<input type="checkbox"/> Preres. HPE 247 and HPE 302, and admission to School of Ed.; Minimum grade of B-
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L), or Social and Behavioral Science (SB).	4	
Requirements and GPA		<input type="checkbox"/> Take PLT and PE Content Test <input type="checkbox"/> Aim for minimum of 75 earned credits <input type="checkbox"/> Minimum 2.75 GPA
# CREDITS EARNED	17	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Sept.

SEMESTER 6	CR	SEMESTER 6 CHECKPOINTS ✓
Choose Connections course (Gen Ed-C)*	4	<input type="checkbox"/> Prereqs are 45 completed credits and FYW and FYS.
HPE 414 Practicum in Individual and Dual Activities (Sp)*	3	<input type="checkbox"/> Prereqs. HPE 208, 302 413 and admission to School of Ed.; Minimum grade B-
Gen Ed Distribution course from one of these GE categories: Arts (A); History (H); Literature (L), or Social and Behavioral Science (SB).	4	<input type="checkbox"/>
Gen Ed. if needed, or elective	3-4	<input type="checkbox"/>
Requirements and GPA		<input type="checkbox"/> Aim for minimum of 90 earned credits <input type="checkbox"/> Minimum overall 2.75 GPA <input type="checkbox"/> Apply for degree audit online through MyRI
# CREDITS EARNED	14-15	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Feb.



SEMESTER 7	CR	SEMESTER 7 CHECKPOINTS ✓
HPE 323 Teaching in Adventure Education*	3	<input type="checkbox"/> Completion of two of the practicums
HPE 411 Kinesiology (F)*	3	<input type="checkbox"/> Prereqs. BIOL 231, HPE 206, and admission to School of Ed.; Minimum grade of B-
HPE 412 Organization and Administration of Physical Education Programs: Prekindergarten through Grade Twelve (F)*	3	<input type="checkbox"/> HPE 301 and HPE 302, and admission to School of Ed. <input type="checkbox"/> Minimum grade of B-
HPE 420 Physiological Aspects of Exercise (F)*	3	<input type="checkbox"/> Prereqs. BIOL 335 and admission to School of Ed.; Minimum grade of B-
Requirements and GPA		<input type="checkbox"/> All ten GE courses and second lang. req. completed <input type="checkbox"/> Submit Preparing to Teach Portfolio <input type="checkbox"/> Aim for minimum of 105 earned credits <input type="checkbox"/> Minimum overall 2.75 GPA
# CREDITS EARNED	12	<input type="checkbox"/> Make appointment with advisor to discuss your schedule for next semester in Sept.

SEMESTER 8	CR	SEMESTER 8 CHECKPOINTS ✓
HPE 423 Student Teaching Seminar in Physical Education*	2	<input type="checkbox"/> Prereq. concurrent enrollment in HPE 425 <input type="checkbox"/> Minimum grade of B-
HPE 425 Student Teaching in Physical Education*	10	<input type="checkbox"/> Prereqs. concurrent enrollment in HPE 423; approved Preparing to Teach Portfolio, passing score on Praxis, and completion of all other FSHEd admission and retention requirements <input type="checkbox"/> Graded S/U
		<input type="checkbox"/> Need minimum of 120 earned credits <input type="checkbox"/> Minimum overall 2.75 GPA
# CREDITS EARNED	12	Attend Gradfest and Commencement

For more information, check the Health and Physical Education Department website:

<http://www.ric.edu/healthPhysicalEducation/index.php>

Specialization in Adapted Physical Education

Students who anticipate working with special populations in Physical Education must meet the following additional requirement in order to qualify to take the HPE 444: Specialization in Adapted Physical Education course: Maintain a minimum grade of B in each of the following courses: HPE 302, HPE 409, HPE 413, HPE 414 and HPE 415; and SPED 300. The purpose of HPE 444 is to offer an additional option for undergraduates to earn an Adapted Physical Education Certificate through RIDE. The alternative option must be earned by maintaining a B in all classes listed above. The course consists of a minimum of three full weeks of documented hands on experience with K-12 schoolchildren in an adapted physical education setting under the supervision of a certified Adapted Physical Educator in the State of Rhode Island. All competencies for certification will be met during this period of time.

Also consider the 18 credit Minor in Coaching: HPE 201, 205, 243, 278, 308 and 408, and current certification in first aid and CPR.