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Physical Education (K-12)

Fall 2019 – Term I	Fall 2019 – Term II	Spring 2020 – Term I
PED 230 - Foundation of Physical Education & Sports (3 credit hours)	PED 332 - Kinesiology & Biomechanics* (4 credit hours) *BIO 143 or equivalent prerequisite must be satisfied prior to enrollment.	PED 138 - Yoga: Union of Mind and Body (3 credit hours)
Term Total – 3 credit hours	Term Total – 4 credit hours	Term Total – 3 credit hours

*Bio 143 (Introduction to Biology I) is a prerequisite for PED 332 & BIO 240. BIO 143 or equivalent prerequisite must be satisfied prior to enrollment.

This coursework can be completed in as few as four eight-week terms. For more information contact

Dr. BerNadette Lawson-Williams: (704) 330-1436 or blwilliams@jcsu.edu



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