

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

Minimum of two (2) semester hours is 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	EXER 100	Introduction to Sport & Exercise Science	
B	Kinesiology, Fundamental Motor Skills & Movement Forms	EXER 320	Biomechanics of Sport and Exercise	
C	Anatomy or Physiology	BIOL 218, 219	Anatomy & Physiology I, II	
		EXER 310	Exercise Physiology	
D	Fitness, Nutrition, & Obesity Prevention	EXER 210	Nutrition	
E	Sports, Physical & Leisure Activities (minimum required total of 2 semester hours)	PHED	Any Physical Education Activity	

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.salem.edu/>