

## Physical Education (K-12) Wake Forest University

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
B	Kinesiology, Fundamental Motor Skills & Movement Forms	HES 370	Biomechanics of Human Movement	
C	Anatomy or Physiology	HES 350	Human Physiology	
		HES 352	Human Gross Anatomy	
D	Fitness, Nutrition, & Obesity Prevention	HES 351	Nutrition Health & Disease	
E	Sports, Physical & Leisure Activities  (minimum required total of 2 semester hours)	HES 101	Exercise for Health	
		HES 112	Sports Proficiency	
		HES 116	Weight Training	
		HES 150, 151	Beginning/Intermediate Tennis	
		HES 160, 161	Beginning/Intermediate Golf	
		HES 163	Bowling	
		HES 170	Volleyball	
		HES 182	Beginning Ice Figure Skating	
		HES 183	Intermediate/Advanced Ice Figure Skating	
		HES 194	T'ai Chi	

Posted: 3/28/2011

Revised: Fall 2010

Reviewed: 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.wfu.edu/>