



SUNY NIAGARA
Physical Education Studies, A.S.

Overview

The Physical Education Studies program prepares students for success in Pre-K to 12 Physical Education teacher preparation programs. Courses are offered in a seamless sequence that meets the SUNY General Education requirements. Students learn first-hand about their career path through multiple opportunities for professional development that include shadowing professional educators in Western New York schools. The coordination of classroom learning and practical experiences lead to solid transfer opportunities at four-year institutions.

Careers

Careers related to your program of study:

- Physical Education Teacher Pre-K to12
- Coach
- Facility Management
- Certified Personal Trainer

Some careers may require more specialized education.

Contact

Program Coordinator

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Division

Nursing, Physical & Allied Health
716-614-5940

Visit full catalog for specific course offerings for each semester:

- <https://sunyniagara.edu/courses/physical-education-studies-a-s/>
- <https://tinyurl.com/yjtp3msv>

Program Requirements

First Semester

Credits

CIS ____ - Computer Elective	3
ENG 101 - Writing I	3
HPE 115 - Country/Folk Dance	1
HPE 123 - Co-Ed Gymnastics-Tumbling	1
HPE 135 - Adventure Education	1
HPE 136 - Foundations of Physical Education	3
____ ____ - Mathematics & Quantitative Reasoning	
General Education	3

Total Credit Hours: 15 Cr.

Second Semester

ENG 102 - Writing II	3
____ - Communication General Education Elective with SPE prefix	3
HPE 157 - Badminton	1
HPE 179 - Soccer Skills and Theory	1
HPE 180 - Basketball Skills and Theory	1
____ - Health/Physical Education Elective by Advisement	2

Natural Science & Scientific Reasoning (NSCI) Advisement Option 1

Must match Option 1 in third semester.

BIO 117/L - Human Biology w/ Lab AND	4
____ - Health/Physical Education Elective by Advisement	1
OR	

Natural Science & Scientific Reasoning (NSCI) Advisement Option 2 (If transferring to SUNY Cortland)

Must match Option 2 in third semester.

BIO 213/L - Human Anatomy and Physiology I w/ Lab	5
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Total Credit Hours: 16 Cr.

Third Semester

____ - Health/Physical Education Elective	3
HPE 260 - Personal Trainer	3
PSY 110 - Introduction to Psychology	3
____ - Health/Physical Education Elective	1

Natural Science & Scientific Reasoning (NSCI)

Advisement Option 1

Must match Option 1 in second semester.

BIO 213/L - Human Anatomy and Physiology I w/ Lab	5
OR	

Natural Science & Scientific Reasoning (NSCI)

Advisement Option 2 (If transferring to SUNY Cortland)

Must match Option 2 in second semester.

BIO 214/L - Human Anatomy and Physiology II w/ Lab	5
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Total Credit Hours: 15 Cr.

Fourth Semester

HPE 212/213L - Motor Behavior w/ Lab	4
HPE 225 - Kinesiology/Exercise & Sport	3
____ - Arts (ARTS) General Education Elective	3
____ - General Education Elective (HUMN, GLBL, or USCV)	3
____ - World Language General Education Elective	3

Total Credit Hours: 16 Cr.

The information provided is subject to change throughout the academic year. 2/19/2026