

REMEMBER:

RESEARCH SHOWS THAT THOSE WHO ARE
SUCCESSFUL AT AN ACTIVITY AND **ENJOY IT**
ARE MORE LIKELY TO CONTINUE IT!!



FOR MORE INFORMATION

Professor Michael Gosset

Physical Education Unit Coordinator

mgosset@hostos.cuny.edu

(718) 518-6736

LIBERAL ARTS OPTION

BEGINNING FALL 2020

PHYSICAL EDUCATION

Physical Education



SEE INSIDE...

WHAT PED COURSES ARE OFFERED? 1-CREDIT:

- Beginning Swimming
- Karate
- Black & Puerto Rican Dance
- Beginning Volleyball
- Yoga
- Personal Fitness
- Weight Training

3-credit classes

- PED 201 Foundations of Physical Education, Exercise Science, and Sport
- PED 202 Motor Learning

WHEN ARE THE COURSES OFFERED?

- DAYS
- EVENINGS
- WEEKENDS

PHYS. ED. OPTION

How it works:

- TWO tracks:
- Physical Education Teacher (Public, Private)
- Physical Science (Physical Therapy Ass't)

STUDENTS IN EACH OPTION TAKE

PED 201 Foundations of Phys. Ed. (Writing Intensive)

PED 202 Motor Learning (Prereq: PED 201/BIO 140)

PED 100 Personal Fitness PLUS 1 or 2 addt'l classes

THEY ALSO TAKE:

DEPENDING ON THE OPTION

- EDU 101 Foundations of Education
- or
- An additional Biology class

