

WATSON COLLEGE OF EDUCATION
UNIVERSITY OF NORTH CAROLINA WILMINGTON
Academic Concentration for Elementary Education Majors

18 hours required – not all classes offered each term

Physical Activity, Wellness and Childhood Obesity

- **Required:**
- [PED 345 - Childhood Obesity](#)
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- **Choose 15 hours from the following courses:**
- [CHHS 210 - Creating Happiness and Well-Being](#)
- [HEA 105 - Individual Well-Being](#)
- [HEA 207 - Nutrition and Behavior](#)
- [HEA 304 - Comprehensive School Health Education, Grades K-12](#)
- [PED 386 - Physical Activity Pedagogy I](#)
- [PED 388 - Teaching Healthful Living in Elementary Schools II](#)
- [PED 415 - Adapted Physical Activity](#)