

PHYSICAL EDUCATION (K-12)

INTRODUCTION

The goals and objectives of the physical education program are in support of the College and departmental philosophy as well as keeping with the National Content Standards for Beginning Physical Education Teachers (NASPE document). These goals and objectives are stated clearly in writing, published in the Departmental Majors Handbook, on the departmental web site, as well as the K-12 program coordinators faculty web page. The goal of physical education program is to ensure competency of the teaching of physical education by prospective physical education teachers by supporting the elementary, middle, and secondary education program goals and competencies. In addition, the program believes in quality teaching that requires growth and development in six overlapping dimensions: content understandings, leadership, culturally relevant and inclusive teaching, connected pedagogy, reflective teaching, and continuous assessment.

I. General Education courses required by the College

Within the general education requirements of the College, the following:

PSY 210 Developmental Psychology OR PSY 310 Child and Adolescent Development (Prerequisite: PSY 100 or EDU 234)	3 c.h.	_____
SOC 335 Race and Ethnic Relations (Prerequisite: SOC 230, SOC 260, <u>or</u> EDU 232)	3 c.h.	_____

II. Physical Education Core Courses

HED 100, Contemporary Health Issues	2 c.h.	_____
HED 200, Responding to Emergencies	2 c.h.	_____
BIO 322, Human Anatomy and Physiology	3 c.h.	_____
BIO 342, Human Anatomy and Physiology Lab (Prerequisites BIO 101/141)	1 c.h.	_____
ESS 200, Foundations of Physical Education, Sport and Fitness	3 c.h.	_____
ESS 220, Principles of Strength Training and Conditioning	2 c.h.	_____
ESS 255, Lifespan Motor Development	3 c.h.	_____
ESS 300, Issues and Management of Sport and Physical Education	3 c.h.	_____
ESS 320, Assessment in Physical Education, Sport and Fitness	3 c.h.	_____
ESS 475, Motor Learning and Skill Performance	3 c.h.	_____
ESS 482, Kinesiology	3 c.h.	_____
ESS 485, Exercise Physiology	3 c.h.	_____
ESS 487, Exercise Physiology Lab	1 c.h.	_____
ESS 460, Senior Seminar	2 c.h.	_____

III. Theory and Practice of Skill Acquisition*

ESS 210, Selected Sports Activity	1 c.h.	_____
ESS 215, Outdoor Leisure Activities	1 c.h.	_____
PED 110,125,210, 310 or swimming proficiency	1 c.h.	_____
PED 120,121,122,126, physical fitness activities	1 c.h.	_____
PED 141,241, Badminton	1 c.h.	_____
PED 146,246,346,476, Tennis	1 c.h.	_____
PED 152, Folk and Square Dance	1 c.h.	_____
PED 161,162,163,164 (select two different)	2 c.h.	_____

***All activity courses (any course with a PED/DAN prefix) taken to fulfill the requirements for the Exercise and Sports Science major must be taken for a grade.**

IV. Professional Studies

EDU 232, Foundations of American Education	3 c.h.	_____
EDU 234, Educational Psychology	3 c.h.	_____
EDU 241, Instructional Media	1 c.h.	_____
ESS 743**, Teaching P.E. in the Elementary School for the Physical Educator	3 c.h.	_____
ESS 745**, Teaching P.E. in the Middle and Secondary School	3 c.h.	_____
ESS 746** Teaching P.E. for Individuals with Special Needs (K-12)	3 c.h.	_____

Block Semester (Student Teaching Semester – Full time)

EDU 440, Seminar in Education-Physical Education	1 c.h.	_____
EDU 450, Reading in the Content Areas	2 c.h.	_____
EDU 490, Observation and Directed Teaching	6 c.h.	_____

***Must be admitted to the Teacher Education program.**

****Admission to Teacher Education program before last Methods class is taken.**