

Physical Education Major

(With Health and Driver Ed. Endorsements)

Bachelor of Science Degree

Four Year Academic Plan

2009-2010 Bulletin

Fall Semester

Spring Semester

1st Year

By end of 1st Year, students must complete the following four courses in addition to Fall and Spring semester courses:

ES 130 Prevention & Treatment-3 credit hours; **ES 160** Personal & Community Health-3 credit hours;
ES 202 Introduction to Safety Ed-3 credit hours; and **ES 140** Standard First Aid- 1 credit hour; **ES 003**-1 credit hour

IN 140	University Seminar	3	ED 170	Education Internship	1
IN 150	CRWRRRI (must earn C)	3	IN 151	CRWRRRII (must earn C)	3
	Quantitative Reasoning/prep (score of 2 or below)	3		Quantitative Reasoning (MA 125 suggested)	3
ED 120/IN 251	Intro. to American Education	<u>3</u>		Communications Requirement	<u>3</u>
		16-18			16-18

2nd Year

By end of 2nd Year, students must complete the following four courses in addition to Fall and Spring semester courses:

ES 328 Health Related Fitness and Nutrition-2 credit hours; IN 250 US Studies-Cultures-3 credit hours; IN 251 US Studies-Structures (ES 221/IN151 suggested for Health Endorsement)-3 credit hours and **ES 015** Aquatics /or **ES 016** Fitness & Strength Training/or **ES 017** Fitness Dev./or **ES 014** Individual Activities/ or **ES 011** Dance & Creative Mvmt.-1 cr.

ES 401	Methods in Elementary Physical Ed.	3	ES 204	Foundations of Physical Education.	3
CH 121/CH 151	Gen. Chemistry & Lab	4	ED 219	Education Technology	1
ED 201	Human Development	<u>3</u>	BI 204	Essentials of Anatomy & Physiology	4
		16-17	ES 324	Human Sexuality & Family Life	2
			ES 436	Evaluation of PE	2
			ES 360	Sport Skills or Fine Arts*	<u>3</u>
					15-17

3rd Year

ES 310	Kinesiology	3	ED 310	Creating Communities of Learners	3-block
<i>ES 301</i>	<i>Driver Ed. or Natural Science</i>	3	ED 321	Secondary Methods & Assessment	3-block
IN 350	Global Studies or ICS #1	3	ES 460	Community Health Problems & Practices	3
ES 014	Individual Activities/or ES 015 Aquatic Fitness/or ES 016 Fitness & Strength Training	1	ES 402	Curriculum Dev. & Eval. In Health Ed	3
	International Cultures & Structures #1 or IN 350	3	ED 320	The Exceptional Child	3
ES 360	Sports Skills or Fine Arts*	<u>3</u>	ED 450	Middle School Philosophy & Practice	<u>2</u>
	*(based on selection completed 2 nd year Spring Semester)	15		(available in summer)	17

4th Year

ES 431	Adaptive & Physical Education	2	ES 488	Education Senior Seminar	2
ES 425	Secondary Curriculum Dev. of P.E.	3	ED 476/78	Supervised Teaching	12
Any Health Endorsement course		2-3	ES 422	<i>Advanced Driver Ed.</i> (available in summer)	<u>12</u>
If ES 221 Personal Health and Pollution					16
Not taken as IN 251 course					
International Cultures and Structures #2		3			
Natural Science or <i>Driver Ed</i>		3			
ED 440	Early Adolescents & the School	2			
	(available in summer)				
ED 425	Instructional Analysis Design & Assessment for Sec. Teachers	1			
ED 424	Teaching Literacy in Content Areas	<u>1</u>			
		17-18			

Total = 130 hours (33 hours per year)**

**Athletic team credit hours raise the total of credit hours. Athletic team credits are not required and may place you into overload charges.

- Courses **bolded** are for physical ed. major, underlined are for K-12 Health Endorsement (**ED 440** and **ED 450** required to teach Health in the middle schools), *italics* are for Driver Ed Endorsement, and if left in regular font, are General Education requirements (MPSL) See the Health endorsement listing on the ESS website for the full list of courses eligible to fulfill course work for Health endorsement.