## PHYSICAL EDUCATION MAJOR (With Health and Driver Education Endorsements)

### Four Year Academic Plan for Bachelor of Science Degree

#### 2013-2014 BULLETIN

### FIRST YEAR

**FIRST YEAR**

<table>
<thead>
<tr>
<th>FALL SEMESTER (17 Cr)</th>
<th>SPRING SEMESTER (16 Cr)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COURSE NUMBER</strong></td>
<td><strong>COURSE NAME</strong></td>
</tr>
<tr>
<td>IN 140</td>
<td>UNIVERSITY SEMINAR</td>
</tr>
<tr>
<td>IN 150*</td>
<td>CRWRRI</td>
</tr>
<tr>
<td>MA **</td>
<td>QUANTITATIVE REASON</td>
</tr>
<tr>
<td>ES 202</td>
<td>INTRO TO SAFETY</td>
</tr>
<tr>
<td>ES 160</td>
<td>PERSONAL &amp; COMMUNITY HEALTH</td>
</tr>
<tr>
<td>ES 140</td>
<td>STANDARD FIRST AID</td>
</tr>
</tbody>
</table>

*IN 150 & IN 151 MUST EARN A C OR HIGHER
**MATH COURSE NUMBER IS BASED ON ACT MATH SCORE. SCORE OF 22 REQUIRED FOR HIGHEST PLACEMENT. ACT + Writing of 22 MUST BE MET/ATTEMPTED BEFORE BEGINNING OF SECOND YEAR TO QUALIFY FOR ES 401

### SECOND YEAR

**SECOND YEAR**

<table>
<thead>
<tr>
<th>FALL SEMESTER (17 Cr)</th>
<th>SPRING SEMESTER (18 Cr)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COURSE NUMBER</strong></td>
<td><strong>COURSE NAME</strong></td>
</tr>
<tr>
<td>IN 250</td>
<td>HI 203 OR 204</td>
</tr>
<tr>
<td>ES 401</td>
<td>METHODS OF ELEM PE</td>
</tr>
<tr>
<td>ES 320</td>
<td>SPORTS SKILLS</td>
</tr>
<tr>
<td>ED 201</td>
<td>HUMAN DEVELOPMENT</td>
</tr>
<tr>
<td>AR/TH/MH</td>
<td>FINE ARTS</td>
</tr>
<tr>
<td>ES 325</td>
<td>GROWTH &amp; MOTOR DEVELOPMENT</td>
</tr>
<tr>
<td>ES 324</td>
<td>HUMAN SEXUALITY</td>
</tr>
</tbody>
</table>

ACT +Writing of a 22 MUST BE PASSED AND PHYSICAL EDUCATION TEACHER CANDIDATE IS ACCEPTED INTO SCHOOL OF EDUCATION BEFORE END OF FALL SEMESTER OF THIRD YEAR.

### THIRD YEAR

**THIRD YEAR**

<table>
<thead>
<tr>
<th>FALL SEMESTER (15+ Cr)</th>
<th>SPRING SEMESTER (11+ Credits for endorsements)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>COURSE NUMBER</strong></td>
<td><strong>COURSE NAME</strong></td>
</tr>
<tr>
<td></td>
<td>INTERNATIONAL CULTURES &amp; STRUCTURES #1</td>
</tr>
<tr>
<td>IN 350</td>
<td>GLOBAL STUDIES</td>
</tr>
<tr>
<td>ES 310</td>
<td>KINESIOLOGY</td>
</tr>
<tr>
<td>ES 425</td>
<td>SECONDARY CURRICULUM DEV OF PE</td>
</tr>
<tr>
<td>ES 352</td>
<td>GROUP FITNESS PRACT.</td>
</tr>
<tr>
<td>ES 431</td>
<td>ADAPTIVE PE</td>
</tr>
<tr>
<td>ES 200</td>
<td>DRUGS IN SOCIETY</td>
</tr>
<tr>
<td>ES 301</td>
<td>DRIVER ED METHODS</td>
</tr>
</tbody>
</table>

*NEEDED FOR HEALTH ENDORSEMENT FOR MIDDLE SCHOOL COURSES IN BOLD ARE REQUIRED FOR HEALTH ENDORSEMENT AND/OR DRIVER EDUCATION ENDORSEMENT

PE Content Test must be passed before Student Teaching
### FOURTH YEAR

#### FALL SEMESTER (15+ Cr)

<table>
<thead>
<tr>
<th>COURSE NUMBER</th>
<th>COURSE NAME</th>
<th>CREDIT HOURS</th>
<th>COURSE NUMBER</th>
<th>COURSE NAME</th>
<th>CREDIT HOURS</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>INTERNATIONAL CULTURES &amp; STRUCTURES #2</td>
<td>3</td>
<td>ED 488</td>
<td>EDUCATION SENIOR SEMINAR</td>
<td>3</td>
</tr>
<tr>
<td>EN3XX/ ED 424</td>
<td>TEACHING LITERACY IN CONTENT AREA</td>
<td>3**</td>
<td>ED 476/478</td>
<td>STUDENT TEACHING</td>
<td>12</td>
</tr>
<tr>
<td>ED 425</td>
<td>INSTRUCTIONAL ANALYSIS DESIGN</td>
<td>1</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>NATURAL SCIENCE OR MATH COURSE for B.S. #2</td>
<td>3-4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ED 440*</td>
<td>EARLY ADOLESCENTS &amp; THE SCHOOL</td>
<td>2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ES 423</td>
<td>ADV MET. IN DR. ED.</td>
<td>3</td>
<td></td>
<td></td>
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</tbody>
</table>

**TOTAL = 129 HOURS (33 HOURS PER YEAR)**

*NEEDED FOR HEALTH ENDORSEMENT FOR MIDDLE SCHOOL

**ED 424 will become EN 3XX with a new title in Spring 2014.

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**Driver Education Endorsement Required Courses - Plan of Study**

1. Of the “Select any combination of courses to total six credit hours” these are required for the Physical Education major:
   - ES 140 Standard Red Cross First Aid (2)
   - ES 160 Personal and Community Health (3)
   - ES 431 Adaptive Physical Education (2)

2. Of the “Select any combination of courses to total six credit hours” these are required or options for the Health endorsement:
   - ES 200 Drugs in our Society (1)
   - ES 402 Cur. Dev. & Evaluation in Health Ed. (3)

3. An off campus, returning student could complete the required courses in one calendar year.

**Health Education Endorsement Courses - Plan of Study**

Courses offered in 2011-2012 Bulletin

School of Education students may add the Health Endorsement to either a secondary teaching certificate or a Teaching Certificate for PE K-12.

A minimum of twenty-four credit hours of health specific course work and passing of the HealthContent examination is required by the State of Illinois. Specific course work for the endorsement follows:

**Required courses: (11 credit hours)**

- ES 140 Standard Red Cross First Aid (2)
- ES 160 Personal and Community Health (3)
- ES 402 Curriculum Dev & Evaluation in Health Education (3)
- ES 428 Community Health Problems and Practices (3)

**Select 10 – 13 credit hours from the courses listed below:**

- ES 200 Drugs in our Society (1)
- ES 202 Introduction to Safety Education (3)
- ES 321 Health and Pollution (2)
- ES 324 Human Sexuality and Family Life (2)
- ES 325 Growth and Motor Development (2)
- ES 328 Health Related Nutrition (2)
- ES 433 Programs in School Health (2)
- ES 360 Topics in Health (3)
- BI 102 Topics in Biology (4) (Diff. Titles offered each sem.)
- BI 108 Diversity of Life (3)
- BI 120 Human Biology (3)

- BI 130 Environmental Biology (4)
- BI 204 Essentials of Anatomy and Physiology (4)
- BI 320 Field Ecology for Teachers (4)
- ED 237 Health, Nutrition, and Welfare of Young Children (3)
- NU 102 Medical Terminology (3)

**Select 0 to 3 credit hours from the courses listed below:**

- PS 130 Introductory Psychology (3)
- PS 310 Principles of Psychopathology (3)
- PS 340 Lifespan Development (3)
- CO 331 Relational Communication (3)
- SO 232 Deviant Behavior (3)
- SO 310 Racial and Ethnic Group Relations (3)
- SO 315 Human Behavior and Social Environment (3)
- SO 321 Community Mental Health (3)
- SO 351 The Family (3)