

# Department of Health, Physical Education & Exercise Science

## BACHELOR OF SCIENCE IN EXERCISE SCIENCE

### Physical Education & Health Education- Teacher Licensure Fall 2024 Admission or Later

Curriculum ID: EXS.PE

Total Curriculum Hours: 120

#### FIRST YEAR

##### Semester I

| <u>Course #</u>     | <u>Course Title</u>                 | <u>Credit Hours</u> |
|---------------------|-------------------------------------|---------------------|
| ENG 101             | College English I                   | 3                   |
| MTH 103             | Mathematics                         | 3                   |
| PED 158 (F)         | Fundamentals of Physical Education  | 1                   |
| PED 170/170H (F, S) | Introduction to Physical Education  | 3                   |
| BIO 100             | Biological Science/ General Science | 3                   |
| BIO 100L            | Biological Science Lab              | 1                   |
| SEM 101/101H        | Spartan Seminar                     | 1                   |
| <b>Total</b>        |                                     | <b>15</b>           |

##### Semester II

| <u>Course #</u> | <u>Course Title</u>            | <u>Credit Hours</u> |
|-----------------|--------------------------------|---------------------|
| ENG 102         | College English II             | 3                   |
| CSC 150         | Computer Concepts              | 3                   |
| HED 170 (F, S)  | Personal & Community Health    | 3                   |
| FSN 110         | The Science of Human Nutrition | 3                   |
| ***XXX          | Social Sciences                | 3                   |
| SEM 102/102H    | Spartan Seminar                | 1                   |
| <b>Total</b>    |                                | <b>16</b>           |

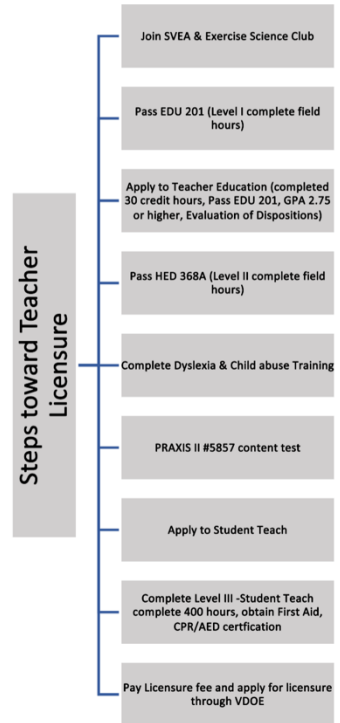
#### SECOND YEAR

##### Semester I

| <u>Course #</u>    | <u>Course Title</u>                                | <u>Credit Hours</u> |
|--------------------|--|---------------------|
| ENG 285            | Public Speaking                                    | 3                   |
| PED 133 (F, S, Su) | Beginning Swimming                                 | 1                   |
| PED 271 (F, S)     | Cooperative and Target Games ( <i>PED 158</i> )    | 1                   |
| EDU 201            | Foundation of Education [Level I Field Experience] | 3                   |
| PED 261 (F)        | Team Sports I: Invasion Games ( <i>PED 158</i> )   | 1                   |
| PED 287 (F, S)     | Human Anatomy & Physiology I                       | 3                   |
| PED 287L (F, S)    | Human Anatomy & Physiology I Lab                   | 1                   |
| *** XXX            | Humanities   | 3                   |
| <b>Total</b>       |  | <b>16</b>           |

##### Semester II

| <u>Course #</u>  | <u>Course Title</u>   | <u>Credit Hours</u> |
|------------------|---|---------------------|
| PSY 228          | Developmental Psychology  | 3                   |
| PED 262 (S)      | Team Sports II: Net/Wall & Striking/Fielding ( <i>PED 158</i> ) | 1                   |
| PED 220/220H (S) | Evaluation in Physical Education ( <i>General Math Course</i> ) | 3                   |
| PED 288 (S)      | Human Anatomy & Physiology II ( <i>PED 287</i> )                | 3                   |
| PED 288L (S)     | Human Anatomy & Physiology II Lab ( <i>PED 287L</i> )           | 1                   |
| HED 254 (S)      | School & Community Health Education Programs ( <i>HED 170</i> ) | 3                   |
| PED 151 (F)      | Rhythm & Folk Dance   | 1                   |
| SEM 201/201H     | Spartan Seminar   | 1                   |
| <b>Total</b>     |   | <b>16</b>           |



\*NOTE: STUDENTS MUST APPLY FOR ADMISSION TO TEACHER EDUCATION AT THE END OF 30 HRS.

Teacher Education Applications accepted by September 1, December 1, March 1, May 1 for acceptance the following term. Application link:

<https://forms.office.com/r/D2MwVKiGUd>

## PHYSICAL EDUCATION

### THIRD YEAR

#### Semester I

| <u>Course #</u>      | <u>Course Title</u>  | <u>Credit Hours</u> |
|----------------------|--|---------------------|
| ++HED 368A/368AH (F) | Curriculum & Methods in Health Education ( <i>HED 170</i> )<br>[Level II Field Experience] | 3                   |
| PED 356 (F)          | Kinesiology ( <i>PED 288, 288L</i> )   | 3                   |
| PED 390              | Curriculum & Instruction in Physical Education   | 3                   |
| PED 357 (F)          | Organization and Administration ( <i>PED 170, EDU 201</i> )                                | 3                   |
| PED 365/365H (F, S)  | Adapted Physical Education ( <i>PED 287</i> )  | 3                   |
| PED 251 (F, S)       | Modern Dance   | <u>1</u>            |
| <b>Total</b>         |  | <b>16</b>           |

#### Semester II

| <u>Course #</u>  | <u>Course Title</u>                               | <u>Credit Hours</u> |
|------------------|---|---------------------|
| PED 335/335H (S) | Skill Analysis ( <i>PED 158</i> )                 | 2                   |
| +PED 370 (S)     | Secondary PE Methods ( <i>PED 365, HED 368A</i> ) | 3                   |
| EXS 300 (F/S)    | Exercise Physiology ( <i>PED 288, 288L</i> )      | 3                   |
| EDU 381(F)       | Classroom Behavior Management                     | 3                   |
| **XXX            | Cultural Perspectives                             | <u>3</u>            |
| <b>Total</b>     |   | <b>14</b>           |

### FOURTH YEAR

#### Semester I

| <u>Course #</u>     | <u>Course Title</u>                                 | <u>Credit Hours</u> |
|---------------------|---|---------------------|
| +PED 380/380H (F)   | Elementary PE Methods ( <i>PED 365, HED 368A</i> )  | 3                   |
| PED 450/450H (F, S) | Motor Learning ( <i>PED 288 &amp; PED 288L</i> )    | 3                   |
| SED 405             | Reading in the Content Areas                        | 3                   |
| PED 480             | Principles of Physical Education ( <i>PED 365</i> ) | 3                   |
| **XXX               | Cultural Perspectives                               | <u>3</u>            |
| <b>Total</b>        |   | <b>15</b>           |

#### Semester II

| <u>Course #</u> | <u>Course Title</u>                         | <u>Credit Hours</u> |
|-----------------|---|---------------------|
| +++SED 499/499H | Level III Field Experience Student Teaching | <u>12</u>           |
| <b>Total</b>    |   | <b>12</b>           |

(Course Pre-Requisite)

+ Fieldwork hours required outside of scheduled class time

++ Must be accepted to Teacher Education before enrollment will be allowed.

++ +Must pass PRAXIS II--Form 5857 with a score of 160 prior to applying to Level III Student Teaching. Applications accepted by October 14 and March 14 for acceptance the following term. Application link: <https://forms.office.com/r/cd4RMpHj7Q>

\*\*Cultural Perspectives: (ENG 383/MUS 234/HIS 335/HIS 336/HRP 320 and HIS 371)

\*\*\*Humanities: (ENG 207/FIA 201/MUS 301)

\*\*\*\*Social Sciences: (SOC 101/HIS101/HIS 103/BUS 175/ECN 200)

**Driver's Education Endorsement:** PED 441 Driver's Education Task Analysis  
PED 444 Driver's Education (Practical, in Car) (PED 441)  
PED 443 Driver's Rehabilitation (PED 441 & 444)

**Lifeguarding Certification:** PED 325 (PED 133/134 and/or instructor's approval)