Physical Education, B.S. *major* (Teacher Licensure)

A total of 120 semester credits are needed for the **Physical Education (Teacher Licensure) B.S.** degree and include the following:

- Completion of a minimum of 40 upper division credits (level 3000/4000)
- Completion of all required major credits
- Completion of Core Curriculum credits (Minnesota Transfer Curriculum [MnTC] Goal Areas 1-10 with a minimum of 40 credits) required for all baccalaureate degrees
- Completion of BSU Focus and Nisidotaading Course Requirements

Dual Degrees
Students wishing to complete two degrees concurrently, (example: Bachelor of Science and Bachelor of Arts) must complete a minimum of an additional 30 credits above the required 120 credits.

Multiple Credentials
Any additional major, minor or certificate in a degree must have at least 6 credits of course work not used to meet the requirements of another major, minor or certificate in the degree.

Required Credits: 79
Required GPA: 2.50

I REQUIRED COURSES

Select 1 of the following courses:

- BIOL 1110 Human Biology (4 credits)
- BIOL 1400 Cellular Principles (4 credits)

Complete the following courses:

- BIOL 1111 Anatomy and Physiology for Allied Health I (4 credits)
- HLTH 2100 First Aid and CPR/AED (1 credit)
- PHED 2100 Foundations of Physical Education, Exercise Science, and Sport (3 credits)
- PHED 3100 Motor Development (2 credits)
- PHED 3110 Motor Learning (2 credits)
- PHED 3120 Psychology of Sport (2 credits)
- PHED 3200 Introduction to Sport Biomechanics (3 credits)
- PHED 3300 Physiology of Exercise and Nutrition (3 credits)
- PHED 3449 Socio-Culture and Ethical Issues in Sport (3 credits)
- PHED 3504 Teaching Rhythms and Dance (2 credits)
- PHED 3505 Teaching Elementary Physical Education (2 credits)
- PHED 3604 Teaching Team Sports (2 credits)
- PHED 3605 Teaching Individual Sports (2 credits)
- PHED 3607 Teaching Fitness (2 credits)
- PHED 4400 Curriculum and Assessment in Physical Education (3 credits)
- PHED 4500 Inclusive Physical Education (3 credits)

Complete the following course:

- PHED 4920 DGS: (1 credit)

Complete the following course:

- PHED 4870 Practicum in Physical Education Teaching (1 credit)

II REQUIRED AQUATICS ELECTIVES

Select 1 of the following courses:

- PHED 1116 Advanced Swimming (1 credit)
- PHED 2630 Lifeguard Training (3 credits)
- PHED 2640 Water Safety Instructor (3 credits)

REQUIRED PROFESSIONAL EDUCATION COURSES

Complete the following courses with a minimum 2.50 GPA:

- ED 3100 Introduction to the Foundations of Public School Education (3 credits)
- ED 3110 Educational Psychology (3 credits)
- ED 3140 Human Relations In Education (3 credits)
- ED 3350 Pedagogy: Planning for Instruction (3 credits)
- ED 3780 Adaptation and Management: Designing the Learning Environment (3 credits)
- ED 4737 Content Area Reading (3 credits)
- ED 4799 The Professional Teacher (1 credit)

Complete the following course:

- HLTH 3400 Health and Drugs in Society (2 credits)

Complete 12 credits of student teaching:

- ED 4830 Student Teaching - Secondary (1-12 credits)

Program Learning Outcomes | Physical Education, B.S. (Teacher Licensure)

1. Collaboration: Identifies strategies to become an advocate in the school & community to promote a variety of physical activity opportunities (C6) 2. Identifies & actively seeks community resources to enhance physical activity opportunities (B7).

2. Growth & Development: Designs safe instruction that meets student developmental needs in the physical, cognitive, and social/emotional domains (B7, B8) 2. Understands the biological, psychological, sociological, experiential, & environmental factors that influence developmental readiness to learn & refine movement skills (A4) 3. Identifies, selects, implements appropriate learning/practice opportunities based on understanding the student, learning environment, task (C1).

3. Diverse Students: Identify, select, & implement appropriate instruction that is sensitive to students' strengths/weaknesses, multiple needs, learning styles, & prior experiences (B11).

4. Management & Motivation: Uses managerial routines that create smoothly functioning learning experiences & environments (C2) 2. Uses a variety of developmentally appropriate practices to motivate students to participate in physical activity in and out of school (C3) 3. Uses strategies to help students demonstrate responsible & social behaviors that promote positive relationships & a productive learning envirionment (B6).

5. Communication: Demonstrates effective communication skills (e.g. use of language, clarity, conciseness, pacing, giving & receiving feedback, age appropriate language, non-verbal communication (D2) 2. Communicates managerial & instructional information in a variety of ways (e.g. bulletin boards, music, task cards, posters, Internet, video) 3. Communicates in ways that demonstrate sensitivity to all students (e.g. ethnic, cultural, socio-economic, ability, gender differences) (D3).

6. Planning & Instruction: Identifies, develops, & implements appropriate program & instructional goals (B4, B5) 2. Develops plans linked to program & instructional goals, & student needs (B4, B5) 3. Uses instructional strategies,

based on content, student needs, & safety issues, to facilitate learning (C1, C9) 4. Designs & implements learning experiences that are safe, appropriate, relevant, and based on principles of effective instruction (C2, C9) 5. Applies disciplinary & pedagogical knowledge in developing & implementing effective learning environments & experiences (C2, C9) 6. Provides learning experiences that allow students to integrate knowledge & skills from multiple subject areas (B4) 7. Selects & implements appropriate teaching resources & curriculum materials (B5) 8. Uses effective demonstrations & explanations to link physical activity concepts to learning experiences. 9. Develops & uses appropriate instructional cues & prompts to facilitate competent motor skill performance (A3)

7. Student Assessment: Uses a variety of appropriate authentic & traditional assessment techniques to assess student understanding & performance, provide feedback, & communicate student progress (C2) 2. Involves students in self & peer assessment 3. Interprets & uses learning & performance data to make informed curricular and/or instructional decisions (C2, C4).

8. Reflection: Uses a reflective cycle that describes teaching, justification of teaching performance, critique of teaching performance, setting of teaching goals, & implementation of change.

9. Technology: Demonstrates knowledge of current technologies & their application in physical education.

SUGGESTED SEMESTER SCHEDULE FOR PHYSICAL EDUCATION MAJOR, B.S. (TEACHER LICENSURE)

Students are encouraged to take the required Physical Education, B.S. courses in approximate numerical order. This schedule is intended to help students plan their courses in an orderly fashion; however, these are only suggestions. Students are encouraged to consult the course descriptions for prerequisites.

Freshman

- BIOL1110
  or BIOL1400
- PHED2100
- Liberal Education requirements

Sophomore

- BIOL1111
- HLTH2100
- PHED3100
- PHED3110
- PHED3120
- PHED3200
- PHED3300
- Required Electives in Major
- Liberal Education requirements
- Take the Pre-professional Skills Test

Junior

- Begin Professional Education Courses
- PHED3449
- PHED3504
- PHED3505
- PHED3604
- PHED3605
- PHED3607
- Required Electives in Major
- Liberal Education requirements

Senior

- PHED4400
- PHED4500
- PHED4870
- PHED4920
- Complete Professional Education Courses including student teaching