



# Physical Education, B.S. *major*

## (Teacher Licensure)

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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 Diversity and Educational Equity (3 credits)
- ED 3350 Principles and Strategies of Teaching (3 credits)
- ED 3780 Inclusive Teaching and Classrooms (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 environment (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