# Bemidji State University

**Professional Education Plan of Study**

License: *Physical Education (K-12)*

**Name:**  **ID Number:**

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| ***I. Complete all of the following Professional Education Standards of Effective Practice (SEP) Courses.*** | | | | |
| *BSU Course ID and Name* | ***ALL STUDENTS*** | | *Complete this section* ***ONLY*** *if using a course from another school\** | |
| ***Semester &Year*** | ***Grade*** | *Course ID and Name* | *Where was this course taken?* |
|  | | | | |
| ED 3100 Intro. to the Foundations of Education (3 cr.)  *\*25 hours of field experience\** |  |  |  |  |
| ED 3110 Educational Psychology (3 credits) |  |  |  |  |
| ED 3140 Human Relations in Education (3 credits) |  |  |  |  |
| ED 3350 Pedagogy: Planning for Instruction (3 credits)  *\*25 hours of field experience\** |  |  |  |  |
| ED 3780 Adaptation and Management (3 credits) |  |  |  |  |
| ED 4737 Content Area Reading (3 credits)  *\*25 hours of field experience\** |  |  |  |  |
| HLTH 3400 Health & Drugs in Society (2 credits) |  |  |  |  |
| ED 4799 The Professional Teacher (1 credit) |  |  |  |  |
| ED 4840 Student Teaching, Secondary (12 credits)  *\*16 weeks of full-time student teaching\** |  |  |  |  |

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| ***II. Complete all of the following Physical Education Content/Methods Courses.*** | | | | |
| *BSU Course ID and Name* | ***ALL STUDENTS*** | | *Complete this section* ***ONLY*** *if using a course from another school\** | |
| ***Semester &Year*** | ***Grade*** | *Course ID and Name* | *Where was this course taken?* |
|  | | | | |
| BIOL 1110 Human Biology (4 credits) **OR**  BIOL 1400 Cellular Biology I (4 credits) |  |  |  |  |
| BIOL 1111 Anatomy & Phys. for Allied Health (5 cr.) |  |  |  |  |
| HLTH 2100 First Aid and CPR/AED (1 credit) |  |  |  |  |
| PHED 2100 Fdns. of PE, Ex. Sci. & Sport (3 credits) |  |  |  |  |
| PHED 3100 Motor Development (2 credits) |  |  |  |  |
| PHED 3110 Motor Learning (2 credits) |  |  |  |  |
| PHED 3120 Psychology of Sport (2 credits) |  |  |  |  |
| PHED 3200 Intro. to Sport Biomechanics (3 credits) |  |  |  |  |
| PHED 3300 Physiology of Exercise & Nutrition (3 cr.) |  |  |  |  |
| PHED 3449 Socio-Cultural & Eth Issues in Sport (3 cr.) |  |  |  |  |
| PHED 3504 Teaching Rhythms and Dance (2 credits)  *\*5 hours of field experience\** |  |  |  |  |
| PHED 3505 Teaching Elementary PHED (2 credits) |  |  |  |  |
| PHED 3604 Teaching Team Sports (2 credits) |  |  |  |  |
| PHED 3605 Teaching Individual Sports (2 credits) |  |  |  |  |
| PHED 3607 Teaching Fitness (2 credits)  *\*10 hours of field experience\** |  |  |  |  |
| PHED 4400 Curriculum & Assessment in PHED (3 cr.) |  |  |  |  |
| PHED 4500 Inclusive Physical Education (3 credits) |  |  |  |  |
| PHED 4920 Directed Group Study (1 credit) |  |  |  |  |
| PHED 4870 Practicum in PHED Teaching (1 credit)  *\*30 hours of field experience\** |  |  |  |  |

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| ***III. Complete ONE of the following Aquatics Elective Courses.*** | | | | |
| *BSU Course ID and Name* | ***ALL STUDENTS*** | | *Complete this section* ***ONLY*** *if using a course from another school\** | |
| ***Semester &Year*** | ***Grade*** | *Course ID and Name* | *Where was this course taken?* |
|  | | | | |
| PHED 1116 Advanced Swimming (1 credit) |  |  |  |  |
| PHED 2630 Lifeguard Training (3 credits) |  |  |  |  |
| PHED 2640 Water Safety Instructor (3 credits) |  |  |  |  |

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| ***If there are any gaps in your plan of study (other than student teaching), please indicate when and how you will fill the missing coursework/testing requirement(s).*** |
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***\*Please note: If you are using a course from another school, BSU will need official transcripts on file for all relevant institutions.***

***Final Plan of Study Approved by Certification Officer: Date:***