

EXERCISE, SPORT, AND HEALTH EDUCATION
Physical and Health Education Teaching Option (125 Semester Hours)
Program of Studies – Progress Sheet

Student: _____ ID: _____

GENERAL EDUCATION
Required Courses (50 Semester Hours)

Area 1: Communication (9 hrs)

ENGL 101 _____ 3
 ENGL 102 _____ 3
 COMM 114 _____ 3

Area 4: Humanities (6 hrs)

ENGL _____ 3
 PHIL or RELN _____ 3

Area 7: Physical and Natural Sciences (8 hrs)

BIOL 105 _____ 4
 _____ _____ 4

Area 2: Fine Arts (3 hrs)

_____ _____ 3

Area 5: International and Intercultural Studies (3 hrs)

_____ _____ 3

Area 8: Social and Behavioral Sciences (12 hrs)

HIST _____ 3
 PSYC 121 _____ 3
 _____ _____ 3*
 _____ _____ 3*

Area 3: Health and Wellness (3 hrs)

HLTH 200 _____ 3

Area 6: Mathematical Sciences (6 hrs)

STAT 200 _____ 3
 _____ _____ 3

*These 2 courses must come from 2 other disciplines. ANTH, APST, ECON, GEOG, POSC, SOCY

PHYSICAL AND HEALTH EDUCATION
Required Courses (75 Semester Hours)

GENERAL CONTENT (6Hrs)

BIOL 322 Human Anatomy and Physiology _____ (6) FS/SU BIOL 105 **Prerequisites** VCLA _____

ESHE FOUNDATIONS (7 Hrs.)

ESHE 395 Motor Behavior Foundations _____ (3) FS/SU PSYC 121
 HLTH 320 Health and Safety Foundations _____ (3) FS/SU H 200
 ESHE 462 Senior Capstone Experience _____ (1) FS

PRAXIS I SCORES

Reading _____
 Writing _____
 Math _____

PHYSICAL AND HEALTH EDUCATION (38 Hrs.)

ESHE 210 Introduction to the Teaching Profession _____ (2) S
 ESHE 294 Motor development _____ (2) FS
 ESHE 301 T&P Fitness/Wellness _____ (2) F H 200
 ESHE302 T&P Individual/Dual Activities _____ (2) FS E 210
 ESHE 304 T&P Team Sport Activities _____ (2) FS E 210
 ESHE 306 T & P Coop Games and Activities _____ (2) F/SU E 210
 ESHE 382 Methods of Teaching K-12 PE _____ (4) F E 210
 ESHE 385 Teaching PE for Inclusion _____ (2) S E 210/H 200
 ESHE 391 Exercise Science Foundations _____ (4) FS/SU H 200/BIOL105
 ESHE 475 Applied Physical Education Assessment _____ (3) F/SU E 210
 HLTH 362 Community Health and Disease _____ (3) F H 200
 HLTH 382 Methods of Teaching K-12 Health _____ (4) S E 210
 HLTH 451 Drug Use and Abuse Education _____ (3) FS/SU
 HLTH 465 Exercise, Performance, and Nutrition _____ (3) FS/SU H 200

Prerequisites

PRAXIS II SCORE

ESHE Cognate Options 6hrs.

(Drivers Ed.)
 HLTH 410 Driver Ed. Theory
 HLTH 412 Driver Ed. Task Anal.
 -"required" for high school health

(Sport Admin)

ESHE 212: Intro to Sp Manage
 ESHE 415: Sport Admin
(Coaching)

ESHE 388 Coaching
 ESHE 350 Sport Psychology
(Martial Arts)

ESHE 310/362 Self-Defense
 ESHE 361 Martial Arts
(Athletic Injuries)

ESHE 201 Intro.to Ath. Train.
 ESHE 340 Gen. Med Cond.
(Strength and Conditioning)

ESHE 305 Strength and Cond.
 ESHE 396 Exercise Prescription

PROFESSIONAL EDUCATION (6Hrs.)

EDEF 320 Introduction to Professional Education _____ (3) FS **2.5 GPA**
 EDRD 416 Content Reading and Literacy _____ (3) F **(Fall Only!!)**

PROFESSIONAL STUDENT TEACHING FIELDWORK (12 Hrs.)

ESHE 453 Student Teaching in PHE K-12 _____ (12) FS

ESHE COGNATE CONTENT (6Hrs.) Choose list at right

_____ (3) _____ (3)

Physical and Health Education Teaching Concentration
Tentative Sequence -- 125 Credit Hours

<i>Fall Semester</i>		<i>Spring Semester</i>	
Freshman Year (32 Hours) <i>(Pre-Teaching)</i>	Cr.	<i>(Pre-Teaching)</i>	Cr.
ENGL 101 (area 1)	3	ENGL 102 (area 1)	3
COMM 114 (area 1)	3	ESHE 210: Intro. to Teaching	2
PHIL or RELN (area 4)	3	INT/INC STUDIES (area 5)	3
HISTORY (area 8)	3	SCIENCE (area 7)	4
BIOL 105 (area 7)	4	MATH/STAT/ITEC (area 6)	3
	Total 16	**Spring of Freshmen Year....take Praxis I	Total 15
Sophomore Year (32 Hours) <i>(Pre-Teaching)</i>		<i>(Pre-Teaching)</i>	
HLTH 200 (area 3)	3	HLTH 320: Health & Safety	3
PSYC 121 (area 8)	3	ESHE 294: Motor Development	2
BIOL 322: Anatomy & Phys.	6	ENGL (area 4)	3
SOCIAL SCIENCE (area 8)*	3	STAT 200 (area 6)	3
		SOCIAL SCIENCE (area 8)*	3
		FINE ART (area 2)	3
	Total 15	**Spring of Sophomore Year....Complete Praxis I	Total 17
Junior Year (36 Hours) <i>(In-Program)</i>		<i>(In-Program)</i>	
ESHE 391: Exercise Science Foundations	4	ESHE 395: Motor Behavior Foundations	3
ESHE 385: Teaching PE for inclusion	2	HLTH 382: Health Education Methods K-12	4
EDEF 320: Introduction to Pro. Education	3	ESHE 304: T & P Team Sports	2
HLTH 362: Community Health and Disease	3	ESHE 302: T & P Ind./Dual Sports	2
ESHE/HLTH Cognate	3	HLTH 451: Drug Use/Abuse	3
		HLTH 465: Nutrition	3
	Total 15	**Spring of Junior Year....take Praxis II @ end of spring semester **Apply to College of Education Teacher Education Program	Total 17
Senior Year (30 Hours) <i>(In-Program)</i>		<i>(In-Program)</i>	
ESHE 306: T & P Coop Games	2	ESHE 453: Student Teaching (F/S)	12
ESHE 382: Physical Education Methods K-12	4	ESHE/HLTH Cognate	3
ESHE 475: App. Physical Education Assess.	3	ESHE 462: Senior Capstone Experience	1
ESHE 301: T & P Fitness/Wellness	2		
EDRD 416: Content Reading	3		
	Total 14		Total 16