

NAME _____ ID# _____

CORE CURRICULUM – 43-44 Semester Hours (SH)

UNIVERSITY CORE

A. Core Foundations (12SH)

CORE 101	_____	3
CORE 102	_____	3
CORE 103*	_____	3
CORE 201	_____	3
CORE 202	_____	3

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only one course with their major prefix to fulfill core requirements.

* Honors course – will replace CORE 101 & 102 for those students in the RU honors program

**Program requirements met through Core Curriculum

B. Core Skills & Knowledge (16SH)

Courses must be from different disciplines:

MATHEMATICAL SCIENCES (3SH)
 MATH 137 _____ 3**

NATURAL SCIENCES (4 SH)
 BIOL 105 _____ 4**

HUMANITIES (3 SH)
 _____ _____ 3
 One of the following: ENGL 201, 202, 203, HIST 101, 102, PHIL 111, 112, 114, RELN 111, 112, 200, 202, 206

SOCIAL/BEHAV. SCIENCES (3 SH)
 PSYC 121 _____ 3**

VISUAL & PERFORMING ARTS (3 SH)
 _____ _____ 3
 One of the following: ART 111, 215, 216, CVPA 266, DNCE 111, MUSC 100, 121, 123 THEA 100, 180

COLLEGE CORE

A. National & International Perspectives (6SH)

Courses must be from different disciplines:

U. S. PERSPECTIVES (3 SH)
 _____ _____ _____ 3
 One of the following: APST 200, ECON 101, 105, 106, ENGL 203, GEOG 201, 202, 203, HIST 111, 112, POSC 120, SOCY 110

GLOBAL PERSPECTIVES (3SH)
 _____ _____ _____ 3
 One of the following: ANTH/SOCY 121, ENGL 201, CVPA 266, GEOG 101, 102, 140, 280, HIST 101, 102, INST 101, ITEC 112, PEAC 200, RELN 112, 205, THEA 180, WMST 101

B. Supporting Skills & Knowledge (9-11SH)

NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)

STAT 200 _____ 3**

HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)

_____ _____ _____ 3-4
 One of the following: ENGL 201, 202, 203, HIST 101, 102, PHIL 111, 112, 114, RELN 111, 112, 200, 202, 206 Or ART 111, 215, 216, DNCE 111, MUSC 100, 121, 123, THEA 100, 180, Or CHNS 101: 102, 201: 202, FORL 100, 109, 209, 309, 409, 200: 210, FREN 100, 200:210, 300, 320, GRMN 100, 200: 210, 300, LATN 101: 102, 201, 350, SPAN 101: 102, 201: 202

SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)

HLTH 200 _____ 3**

**Physical and Health Education
 Required Courses (77 Semester Hours)**

PHYSICAL AND HEALTH EDUCATION (38 Semester Hours)

			Offered	Pre-requisites
BIOL 322	_____ (6)	Human Anatomy and Physiology	F/S/SU	BIOL 105
ESHE 294	_____ (2)	Motor Development	FS	ESHE 210
ESHE 301	_____ (2)	T&P Fitness/Wellness	F/S	ESHE 210
ESHE 302	_____ (2)	T&P Individual/Dual Activities	F/S	ESHE 210
ESHE 304	_____ (2)	T&P Team Sport Activities	F/S	ESHE 210
ESHE 306	_____ (2)	T&P Fitness/Wellness	F/SU	ESHE 210
ESHE 391	_____ (4)	Exercise Science Foundations	F/S/SU	HLTH 200 & BIOL 322
ESHE 395	_____ (3)	Motor Behavior	F/S	PSYC 121
ESHE 475	_____ (3)	Applied PE Assessment	F/SU	ESHE 210
HLTH 362	_____ (3)	Community Health and Disease	F	HLTH 200
HLTH 451	_____ (3)	Drug Use and Abuse Education	F/S/SU	
HLTH 453	_____ (3)	Human Sexuality	S	
HLTH 465	_____ (3)	Exercise, Performance & Nutrition	F/S/SU	BIOL 322or BIOL 311, HLTH 200

PROFESSIONAL EDUCATION (18 Hrs.) NOTE: Must have a 2.5 gpa in professional education to student teach and graduate.

ESHE 210	_____ (2)	Introduction to Teaching PHED	S	
ESHE 382	_____ (4)	Methods of Teaching K-12 PE	F	ESHE 210
ESHE 385	_____ (2)	Teaching PE for Inclusion	S/SU	ESHE 210
HLTH 382	_____ (4)	Methods of Teaching K-12 Health	S	ESHE 210
EDEF 320	_____ (3)	Introduction to Professional Education	F/S	2.5 GPA
EDRD 416	_____ (3)	Content Reading and Literacy	F/S	2.5 GPA

PROFESSIONAL STUDENT TEACHING (12 Hrs.)

ESHE 453	_____ (12)	%Student Teaching in PHED K-12	F/S	%To enroll and to graduate, gpa must be a 2.5 overall and a 2.5 in major (all ESHE and HLTH courses except professional education); see admission/retention requirements for teacher education program
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ELECTIVES (9 Hrs.)

_____	_____	_____ (3)
_____	_____	_____ (3)
_____	_____	_____ (3)

* Electives must be approved by your advisor before you register for them. Recommended electives include; ESHE 201 (3), ESHE 305 (3), ESHE 362 (3), ESHE 388 (3), HLTH 320 (3), HLTH 410 (3), and HLTH 412 (3).
 **To graduate with honors, 60 semester hours must be completed at RU.

Physical and Health Education Teaching 4 Year Plan

*Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
Freshman Year: (32 Hours) (Pre-Teaching)	Cr.	Freshman Year (Pre-Teaching)	Cr.
*University Core A: Core 101	3	* University Core A: Core 102	3
University Core B: Humanities or VPA	3	ESHE 210: Intro. to Teaching	2
College Core A: Global Perspectives	3	College Core B: HLTH 200	3
College Core A: US Perspectives	3	College Core B: Humanities/VPA/Foreign Lang	3
University Core B: BIOL 105	4	University Core B: Math 137	3
	Total 16	**Spring of Freshmen Year-take Praxis I	Total 14
Sophomore Year (32 Hours) (Pre-Teaching)		Sophomore Year (Pre-Teaching)	
* University Core A: Core 201	3	* University Core A: Core 202	3
University Core B: Psychology 121	3	ESHE 294: Motor Development	2
BIOL 322: Anatomy & Phys.	6	University Core B: Humanities or VPA	3
ESHE 302: T & P Ind./Dual Sports	2	College Core B: STAT 200	3
		ESHE/HLTH Elective	3
		ESHE 304: T & P Team Sports	2
	Total 14	**Spring of Sophomore Year...Complete Praxis I	Total 16
Junior Year (36 Hours) (In-Program)		(In-Program)	
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	HLTH 453: Human Sexuality	3
HLTH 362: Community Health and Disease	3	HLTH 451: Drug Use/Abuse	3
ESHE/HLTH Elective	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 16
Senior Year (30 Hours) (In-Program)		Senior Year (In-Program)	
ESHE 306: T & P Coop Games	2	ESHE 453: Student Teaching (F/S)	12
ESHE 382: Physical Education Methods K-12	4		
ESHE 475: App. Physical Education Assess.	3		
ESHE 301: T & P Fitness/Wellness	2		
EDRD 416: Content Reading	3		
ESHE/HLTH Elective	3		
	Total 17		Total 12