

NAME _____ ID# _____

CORE CURRICULUM – 43-45 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 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 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: CVPA 266 ENGL 201 FORL 103 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205 SOCY 121 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 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 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 RUSS 100, 200, 210, 300 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)

BIOL 322	_____ (6)	Human Anatomy and Physiology
ESHE 294	_____ (2)	Motor Development
ESHE 301	_____ (2)	T&P Fitness/Wellness
ESHE 302	_____ (2)	T&P Individual/Dual Activities
ESHE 304	_____ (2)	T&P Team Sport Activities
ESHE 306	_____ (2)	T&P of Coop Games & Activities
ESHE 391	_____ (4)	Exercise Science Foundations
ESHE 395	_____ (3)	Motor Behavior
ESHE 475	_____ (3)	Applied PE Assessment
HLTH 362	_____ (3)	Community Health and Disease
HLTH 451	_____ (3)	Drug Use and Abuse Education
HLTH 453	_____ (3)	Human Sexuality
HLTH 465	_____ (3)	Exercise, Performance & Nutrition

Offered

F/S/SU
F/S
F/S
F/S
F/S
F/SU
F/S/SU
F/S
F/SU
F
F/S/SU
S
F/S/SU

Pre-requisites

BIOL 105
ESHE 210
HLTH 200, ESHE 210
ESHE 210, ESHE 294
ESHE 210, ESHE 294
ESHE 210
BIOL 322 or BIOL 310 & 311, GPA 2.5
PSYC 121, GPA 2.5
ESHE 210, GPA 2.5
HLTH 200, GPA 2.5
GPA 2.5
56 hrs, GPA 2.5
BIOL 322or BIOL 310 & 311, GPA 2.5

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

ESHE 210	_____ (2)	Intro. to Teaching K-12 Physical Education	S	15 hrs
ESHE 382	_____ (4)	Methods of Teaching K-12 PE	F	ESHE 210, GPA 2.5
ESHE 385	_____ (2)	Teaching PE for Inclusion	S/SU	ESHE 210
HLTH 382	_____ (4)	Methods of Teaching K-12 Health	S	ESHE 210, GPA 2.5
EDEF 320	_____ (3)	Introduction to Professional Education	F/S	GPA 2.5
EDRD 416	_____ (3)	Content Reading and Literacy	F/S	GPA 2.5

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

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.

<i>Fall Semester</i>		<i>Spring Semester</i>	
Freshman Year (Pre-Teaching)	Cr.		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: MATH 137	3	University Core B: BIOL 105	4
	Total 15	<i>Spring of Freshmen Year....take Praxis I</i>	Total 15
Sophomore Year (Pre-Teaching)			
University Core A: Core 201	3	University Core A: Core 202	3
University Core B: PSYC 121	3	University Core B: Humanities or VPA	3
ESHE 294: Motor Development	2	ESHE 385: Teaching PE for inclusion	2
ESHE 302: T & P Individual/Dual Sports	2	ESHE 301: T & P Fitness/Wellness	2
ESHE 306: T & P Cooperative Activities	2	ESHE 304: T & P Team Sports	2
College Core B: STAT 200	3	ESHE/HLTH Elective *	3
	Total 15	<i>Spring of Sophomore Year....Complete Praxis I</i>	Total 15
Junior Year (In-Program)			
BIOL 322: Anatomy & Phys.	6	ESHE 391: Exercise Science Foundations	4
HLTH 453: Human Sexuality	3	HLTH 382: Health Education Methods K-12	4
HLTH 362: Community Health and Disease	3	HLTH 465: Nutrition	3
HLTH 451: Drug Use/Abuse	3	ESHE/HLTH Elective*	3
	Total 15	<i>Spring of Junior Year....take Praxis II @ end of spring semester</i>	Total 14
Senior Year (In-Program)			
ESHE 395: Motor Behavior Foundations	3	ESHE 453: Student Teaching (F/S)	12
ESHE 382: Physical Education Methods K-12	4	ESHE/HLTH Elective* (HLTH 410)	3
ESHE 475: App. Physical Education Assess.	3		
EDEF 320: Introduction to Prof. Education	3		
EDRD 416: Content Reading & Literacy	3	<i>ESHE/HLTH Elective* (HLTH 412) Summer III</i>	
<i>Apply to College of Education Teacher Education Program</i>	Total 16	* Students must complete 9 hours of ESHE/HLTH electives...we recommend HLTH 410 & HLTH 412 (Driver Education Endorsement) for those wanting to be high school teachers.	Total 15

PHED Teacher Candidates need a ≥ 2.5 overall, in-major, and professional education GPA to be eligible for student teaching. Student teaching requires passing of the VCLA, Praxis I, and Praxis II prior to being admitted in the College of Education and Human Development's Teacher Education Program.