

EXERCISE, SPORT, AND HEALTH EDUCATION
Physical and Health Education Teaching Option (126 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 101/105 _____ 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 (76 Semester Hours)

GENERAL CONTENT (6Hrs)

BIOL 322 Human Anatomy and Physiology _____ (6) FS/SU

Prerequisites

BIOL 105

ESHE FOUNDATIONS (11 Hrs.)

EHSE 391 Exercise Science Foundations _____ (4) FS/SU H 200/BIOL105
 ESHE 395 Motor Behavior Foundations _____ (3) FS/SU PSYC 121
 HLTH 320 Health and Safety Foundations _____ (4) FS/SU H 200

PRAXIS I SCORES

Reading _____
 Writing _____
 Math _____

PHYSICAL AND HEALTH EDUCATION (34 Hrs.)

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

Prerequisites

H 200/E 294
 E 210/E 294
 E 210/E 294
 E 210
 E 210
 E 382/H 382
 E 382
 H 200
 E 210
 H 200

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 Exercise Preparation

PROFESSIONAL EDUCATION (6/7Hrs.)

EDUC 309 The School and the Student _____ (3/4) FS **2.5 GPA**
 EDRD 416 Content Reading and Literacy _____ (3) F

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)

(NOTE: To graduate with honors, a student must complete 60 semester hours at RU.)