



College of Education and Human Development Physical and Health Education (Teaching)



Department of Health and Human Performance

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The Physical and Health Education concentration in the Department of Health and Human Performance is designed for students interested in teaching Physical Education and Health Education in grades PreK-12. Students in this concentration enter the Teacher Education Program and complete program requirements leading to a teaching licensure in the Commonwealth of Virginia. Graduates of this program obtain positions as licensed teachers in public school physical and health education programs. Some students seek positions in private schools or community based physical activity programs. The teaching license is often supplemented with positions of athletic coaching, driver education, and/or intramural directors.

Undergraduate Program:

Students are required to complete core curriculum requirements as determined by the department and major requirements for a total of 122 hours for the bachelor of science degree.

The combined curriculum of physical education and health education prepares students for PreK-12 teaching positions. Students are also required to complete six hours of electives that strengthens employment potential in public schools such as coaching, driver education (endorsement), or technology. Some students might consider a minor in another academic area (e.g. biology, English, math, special education).

Students complete a semester long field experience in the public schools having two placements, one in an elementary school setting and the other in a middle or high school setting.

While not expected to be superior performers in all sports, students are expected to develop considerable physical performance and teaching skills in several physical activity and health areas. All students should enjoy working with children.

Students interested in transferring to RU in Physical and Health Education Teaching from a VCCS are strongly encouraged to complete an Associate of Arts, Associate of Science or Associate of Arts and Science including the following courses:

- MATH 137 (MTH 158)
- BIOL 105 (BIO 101)
- PSYC 121 (PSY 200)
- STAT 200 (MTH 157, 240 or 241)
- HLTH 200 (HLT 116)

Extracurricular Activities:

Students are encouraged to take part in the Physical Exercise and Activity Kamp (PEAK) which is offered to the community at a small cost for children aged 5-10 to participate in physical activity on the weekends conducted by our Physical and Health Education students.

Students are also encouraged to join the Exercise, Sport, and Health Education student Club (ESHE Club). This club provides many informational activities and events which are great opportunities for meeting students and working with people in the community.

Admission to Teacher Education:

The minimum grade point average of 2.5 on all college work, in the major, and professional education is required for admission to the teacher education program. Other requirements include combined coursework in physical education and health education, departmental screenings and passing scores on the Teacher Licensure Exams: Praxis Core, the Virginia Communication and Literacy Assessment (VCLA) and Praxis II - Health and Physical Education : Content Knowledge. Students are required to successfully complete one semester of student teaching in the public schools.

Information for licensure exams can be found at the following website (www.ets.org). Students are encouraged to visit the Learning Assistance and Resource Center (LARC) for Praxis Core tutoring to enhance a successful completion of the exam.

Students who would like to learn more about adding the driver education endorsement can visit this website:

<http://www.radford.edu/content/cehd/home/departments/eshe/resources/driver-education.html>



Physical and Health Education Teaching SAMPLE 4 Year Plan

*Must be taken in designated semester.

Courses in **Bold** are program specific requirements met through Core Curriculum.

Fall Semester		Spring Semester	
Freshman Year (Pre-teaching)	Cr.	Freshman Year	Cr.
*University Core A: Core 101	3	* University Core A: Core 102	3
University Core B: Humanities/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 Language	3
University Core B: Math 121	3	University Core B: BIOL 105	4
	Total 15	Spring of Freshmen Year....take Praxis Core Math & VCLA	Total 15
Sophomore Year (Pre-teaching)	Cr.	Sophomore Year	Cr.
* University Core A: Core 201	3	* University Core A: Core 202	3
University Core B: PSYC 121	3	ESHE 385: Teaching PE for inclusion	2
ESHE 294: Motor Development	2	ESHE 301: T&P Fitness/Wellness	2
ESHE 302: T&P Individual/Dual Sports	2	ESHE 304: T&P Team Sports	2
ESHE 306: T&P Cooperative Activities	2	ESHE/HLTH elective *	3
BIOL 310: Human Structure & Function I	4	BIOL 311: Human Structure & Function II	4
	Total 16	Spring of Sophomore Year...complete Praxis Core Math & VCLA	Total 16
Junior Year	Cr.	Junior Year	Cr.
University Core B: Humanities/VPA	3	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 and Abuse	3	EDEF 320: Education Foundations	3
College Core B: STAT 200	3	HLTH 320: Health & Safety	3
	Total 15	Spring of Junior Year...take Praxis II @ end of spring semester	Total 17
Senior Year	Cr.	Senior Year	Cr.
ESHE 388: Coaching the Athlete	3	ESHE 453: Student Teaching	12
ESHE 380:Methods Elementary	3	ESHE/HLTH elective*	3
ESHE 384: Methods Secondary	3		
ESHE 475: App. Physical Education Assess.	3		
EDRD 416: Reading & Literacy	3		
Apply to College of Education Teacher Education Program	Total 15	*Students must complete 6 hours of ESHE/HLTH electives...we recommend HLTH 410 & HLTH 412 (Driver Education Endorsement) for those wanting to be high school teachers.	Total 15

All programs in the College of Education and Human Development are routinely under review to meet state, federal and accreditation requirements. Therefore, this program is subject to change for students entering fall 2015.