PHYSICAL AND HEALTH EDUCATION TEACHING COGNATE

The Cognate in Physical and Health Education Teaching is available for ESHE students in the Exercise and Sport Science Concentration. Students must complete the ESHE foundations requirements and two (2) ESHE cognates to meet concentration requirements.

Students choosing Physical and Health Education Teaching as one of their cognates must complete a minimum of 24 hours of coursework in the cognate.

Students should exercise careful thought as to the ESHE cognates that provide the most appropriate academic training to meet their needs. They should consult with an ESHE advisor early in the program of study.

ESHE FOUNDATIONS (12 to 16 Hrs.)

Area 1: Exercise Science Foundations 4 or 6
ESHE 391 Exercise Science (4)
OR
ESHE 390 Kinesiology (3) and
ESHE 392 Exercise Physiology (3)

Area 2: Motor Behavior Foundations 4 or 6
ESHE 395 Motor Behavior (4)
OR
ESHE 350 Sport & Exercise Psychology (3) and ESHE 394 Motor Control (3)

Area 3: Health and Safety Foundations 4
ESHE 320 Health and Safety Foundations (4)

COGNATE COURSEWORK (24 hours minimum)

Required Courses (20 hours).
ESHE 210 Introduction to the Teaching Profession (2)
ESHE 294 Motor Development (2)
ESHE 301/302/304 Theory and Practice Skills Course (2)
ESHE 380 or 384 Physical Education Methods Course (3)
ESHE 385 Teaching Physical Education for Inclusion (2)
ESHE 475 Applied Physical Education Assessment (3)
HLTH 380 or 384 Health Education Methods Course (3)
HLTH 451 or 458 Health Education Content Course (3)

Electives. Choose from the following to total 24 hours (minimum)
ESHE 301/302/304 Theory and Practice Skills Course/s (2 or 4)
EDUC 309 The School and the Student (3)
ESHE 310 Educational Programs in Martial Arts (2)
RCPT 317 Adventure Programming (2)
ESHE 380 or 384 Physical Education Methods Course (3)
ESHE 400 Practicum in ESHE - PHED Teaching (3)
HLTH 380 or 384 Health Education Methods Course (3)
HLTH 451 or 458 Health Education Content Course (3)

STUDENT: ____________________________ STUDENT ID: _______