

# Exercise, Sport and Health Education (ESHE): Physical & Health Education (2021-22)

Student Name \_\_\_\_\_ ID \_\_\_\_\_

## REAL Curriculum Requirements

### REAL Foundations

MATH 100 (GE), MATH 121 (GE)  
or MATH 125 (GE) \_\_\_\_\_ (3)  
ENGL 111 (GE) \_\_\_\_\_ (3)

### REAL Cornerstones & General Education

Writing Intensive (WI): ENGL 112 (E/GE) \_\_\_\_\_ (3) & another WI course \_\_\_\_\_ (3)  
Personal & Professional Development (PPD): HLTH 200  
General Education (30 cr.): 28 cr. met by required coursework. Students need at least 2 additional cr. in GE coursework. May use E minor or elective coursework to fulfill GE requirements.

## Fulfilling R, E, A & L Area Requirements

### Reasoning

Satisfied by major requirements

### Expression

Satisfy the E area (15+ cr.) by completing:

- A REAL Studies Minor in E
- ENGL 112 (E/GE/WI) (3)
- \_\_\_\_\_ ( )
- \_\_\_\_\_ ( )
- \_\_\_\_\_ ( )
- \_\_\_\_\_ ( )

### OR

Minor designated as E

### Analysis

REAL Studies Minor in A Satisfied by required coursework

- HLTH 200 (A/GE) (3)
- ESHE 294 (A) (3)
- EDEF 320 (A) (3)
- EDSP 361 (A/GE) (3)
- ESHE 388 (A) (3)
- PSYC 121 (A/GE) (3)

### Learning

Satisfied by major requirements

## Required Courses Outside of the Major (10 cr.)

BIOL 310 (R/GE) \_\_\_\_\_ (4)  
PSYC 121 (A/GE) \_\_\_\_\_ (3)  
STAT 130 (R/GE) or 200 (R/GE) \_\_\_\_\_ (3)

## Electives (5-8 cr.)

EDUC 370 (L/GE) \_\_\_\_\_ (3) \*Recommended course for licensure  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PHYSICAL AND HEALTH EDUCATION MAJOR REQUIREMENTS (80 cr.)

### Major Courses (38 cr.)

			Term	Pre-requisites
ESHE 210	_____ (2)	Intro. Teaching K-12 Physical Education	F/S	15 hrs.
ESHE 294 (A)	_____ (3)	Motor Development	F	
ESHE 288 (L/GE)	_____ (3)	Coaching Fundamentals	S	
ESHE 301	_____ (3)	T&P Fitness/Wellness	S	HLTH 200
ESHE 302	_____ (3)	T&P Individual/Dual Activities	F	ESHE 210
ESHE 304	_____ (3)	T&P Team Sport Activities	S	ESHE 210
ESHE 307	_____ (3)	T&P Movement Concepts & Skill Themes	S	
ESHE 371	_____ (3)	Effective Teaching Skills in PE	S	ESHE 210, ESHE 294
ESHE 374	_____ (3)	Behavior Management in PE	F	ESHE 210, ESHE 294
ESHE 388 (A)	_____ (3)	Coaching the Athlete	F	
ESHE 391	_____ (3)	Exercise Science Foundations	F/S/SU	BIOL 322 or BIOL 310,
HLTH 200 (A/GE)	_____ (3)	Wellness Lifestyle	F/S/SU	
HLTH 465	_____ (3)	Exercise, Performance & Nutrition	F/S/SU	HLTH 200, BIOL 322 or BIOL 310

### Professional Education (15 cr.)

**NOTE:** Must have a 2.5 GPA in professional education coursework.

ESHE 380 (L)	_____ (3)	Methods of Teaching Elementary PE	F	ESHE 307, ESHE 371, w/ESHE 384 & 386
ESHE 384 (L)	_____ (3)	Methods of Teaching Secondary PE	F	ESHE 307, ESHE 371, w/ESHE 380 & 386
ESHE 385	_____ (3)	Teaching PE for Inclusion	S	ESHE 210
ESHE 386 (R)	_____ (3)	Applied PE Assessment	F	ESHE 210, w/ESHE 380 & 384
HLTH 382 (L)	_____ (3)	Methods of Teaching K-12 Health	F	ESHE 210, HLTH 200

## \*Students must complete either the Teacher Education Focus or the Youth Physical Activity & Coaching Focus

### Teacher Education Focus (27 cr.) -Includes teacher licensure. Students must have a 2.5 GPA and pass VCLA and Praxis II in order to student teach.

EDEF 320 (A)	_____ (3)	Introduction to Professional Education	F/S	GPA 2.5
EDSP 361 (A/GE)	_____ (3)	Intro Diverse Learners & Spec Education	F/S	
HLTH 363	_____ (3)	Comprehensive School Health I	F	HLTH 200
HLTH 364	_____ (3)	Comprehensive School Health II	S	HLTH 200
EDRD 416	_____ (3)	Content Reading and Literacy	F/S	GPA 2.5/Admitted to TEP
ESHE 453	_____ (12)	Student Teaching in PHED K-12	F/S	

### Youth Physical Activity and Coaching Focus (27 cr.) – Does NOT include teacher licensure

ESHE 389 (L) \_\_\_\_\_ (3) Coaching Fieldwork in ESHE F/S ESHE 388 (pre- or co-requisite)  
Choose 15 hours from the following: ESHE 212, ESHE 214, ESHE 305, ESHE 341, ESHE 345, ESHE 350, ESHE 358, ESHE 360, ESHE 370, EDEF 320, EDSP 361, HLTH 363, HLTH 364, HLTH 451, HLTH 453, HLTH 410, HLTH 412, HLTH 320

\_\_\_\_\_ (3) \_\_\_\_\_ (3) \_\_\_\_\_ (3)

\_\_\_\_\_ (3) \_\_\_\_\_ (3)

Nine (9) hours requiring advisor approval.

\_\_\_\_\_ (3) \_\_\_\_\_ (3) \_\_\_\_\_ (3)

## Exercise Sport & Health Education: Physical & Health Education

Students must complete a REAL Studies minor in **Analysis (A) and Expression (E)** or complete a minor designated as **A and E**.  
 Required coursework in program satisfies REAL studies minor in **Analysis**. Sample 4-year plan includes a REAL Studies minor in **Expression**.  
*Students should consult with their academic advisor to develop a schedule reflective of their unique goals.*

<b>Freshman Year</b>			
<b>Fall Semester</b>	<b>Credits</b>	<b>Spring Semester</b>	<b>Credits</b>
ENGL 111: Principles of College Composition	3	ENGL 112: Critical Reading & Writing in the Digital Age	3
HLTH 200: Wellness Lifestyle	3	ESHE 210: Intro. Teaching K-12 Physical Education	2
MATH 100: Quantitative Reasoning OR MATH 121: Math Content for Teachers I OR MATH 125: Precalculus I	3	STAT 130: Understanding Statistics in Society OR STAT 200: Intro to Statistics	3
REAL Expression Course	3	REAL Expression Course	3
REAL Expression Course	3	Elective	3-4
UNIV 100: Introduction to Higher Education (Recommended)	1		
	<b>16</b>	<i>Note: Take VCLA</i>	<b>14-15</b>
<b>Sophomore Year</b>			
<b>Fall Semester</b>	<b>Credits</b>	<b>Spring Semester</b>	<b>Credits</b>
BIOL 310: Human Structure & Function I	4	**ESHE 301: T&P Fitness/Wellness	3
*ESHE 294: Motor Development	3	**ESHE 304: T&P Team Sports	3
*ESHE 302: T&P Individual/Dual Sports	3	**ESHE 307: T&P Move. Conc. & Skill Themes	3
PSYC 121: Intro to Psychology	3	**ESHE 288: Coaching Fundamentals	3
REAL Expression Course (300 or 400 level course)	3	Elective	3-4
	<b>16</b>		<b>15-16</b>
<b>Junior Year</b>			
<b>Fall Semester</b>	<b>Credits</b>	<b>Spring Semester</b>	<b>Credits</b>
*ESHE 374: Behavior Management in PE	3	ESHE 391: Exercise Science Foundations	3
*HLTH 363: Comp. School Health I OR YPACS course	3	EDSP 361: Intro to Diverse Learners OR YPACS course	3
EDUC 370: Introduction to Multicultural Education (Recommended course for licensure) OR Elective	3	**HLTH 364: Comp. School Health II OR YPACS course	3
HLTH 465: Ex. Perform. & Nutrition	3	**ESHE 385: Teaching PE for Inclusion	3
*ESHE 388: Coaching the Athlete	3	**ESHE 371: Effective Teaching Skills in PE	3
	<b>15</b>	<i>Note: Take Praxis 2--Health and Physical Education: Content Knowledge assessment</i>	<b>15</b>
<b>Senior Year</b>			
<b>Fall Semester</b>	<b>Credits</b>	<b>Spring Semester</b>	<b>Credits</b>
*ESHE 380: Methods Elementary	3	ESHE 453: Student Teaching	12
*ESHE 384: Methods Secondary	3	EDRD 416: Reading & Literacy	3
*ESHE 386: App. Physical Education Assess.	3	<b>OR</b>	
*HLTH 382: Health Education Methods K-12	3	ESHE 389: Coaching Fieldwork in ESHE	3
EDEF 320: Education Foundations OR YPACS course	3	YPACS courses/elective(s)	12
<i>Note: Apply to the Teacher Education Program</i>	<b>15</b>	<b>+Recommend HLTH 410 &amp; HLTH 412 (Driver Education Endorsement) for those wanting to be high school teachers.</b>	<b>15</b>

Total credit hours required for degree = 122

\*Fall only    \*\*Spring only