

NAME _____ ID# _____

CORE CURRICULUM – 43-44 Semester Hours (SH)

UNIVERSITY CORE

A. Core Foundations (12SH)

CORE 101	_____	3
CORE 102	_____	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 two courses with their major prefix to fulfill core requirements.

*See your degree audit for other courses that may satisfy the CORE 201 and/or CORE 202 requirements.

B. Core Skills & Knowledge (16SH)

MATHEMATICAL SCIENCES (3SH)

MATH	137	_____	3
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NATURAL SCIENCES (4 SH)

BIOL	105	_____	4
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HUMANITIES (3 SH)

_____	_____	_____	3
One of the following: CLSS 110, ENGL 200			
HIST	101, 102	PHIL 111, 112, 200	POSC 110
RELN	111, 112, 203, 206		

SOCIAL/BEHAV. SCIENCES (3 SH)

PSYC	121	_____	3
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VISUAL & PERFORMING ARTS (3 SH)

_____	_____	_____	3
One of the following: ART 100, 215, 216			
CVPA	266	DNCE 111	MUSC 100, 121, 123
THEA	100, 180		

COLLEGE CORE

A. National & International Perspectives (6SH)

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, 202	FORL 103	GEOG 101, 102, 140, 280
HIST	101, 102	INST 101	ITEC 112
PEAC	200	RELN 112, 205	SOCY 121
THEA	180	WGST 200	

B. Supporting Skills & Knowledge (9-10SH)

NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)

STAT	200	_____	3
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HUMANITIES, VISUAL & PERFORMING ARTS, OR FOREIGN LANGUAGES (3-4 SH)

_____	_____	_____	3-4
One of the following: CLSS 110			
ENGL	200	HIST 101, 102	PHIL 111, 112, 200
POSC 110	RELN 111, 112, 203, 206	Or	ART 100, 215, 216
DNCE 111	MUSC 100, 121, 123	THEA 100, 180	Or
ARAB 100, 200, 210, 300	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 101:102, 201:202, 300	SPAN 101: 102, 201: 202

SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)

HLTH	200	_____	3
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Physical & Health Education (PHED) Program – 122 Total Credit Hours

PHYSICAL AND HEALTH EDUCATION (46 SH)

				Term	Pre-requisites
BIOL	310	_____ (4)	Human Structure and Function I	F	BIOL 105 (must pass with a C or better)
ESHE	210	_____ (2)	Intro. Teaching K-12 Physical Education F/S	F/S	15 hrs.
ESHE	294	_____ (3)	Motor Development	F	
ESHE	301	_____ (3)	T&P Fitness/Wellness	S	HLTH 200
ESHE	302	_____ (3)	T&P Individual/Dual Activities	F	ESHE 210, GPA 2.5
ESHE	304	_____ (3)	T&P Team Sport Activities	S	ESHE 210, GPA 2.5
ESHE	307	_____ (3)	T&P Movement Concepts & Skill Themes	S	GPA 2.5
ESHE	371	_____ (3)	Effective Teaching Skills in PE	S	ESHE 210, ESHE 294, GPA 2.5
ESHE	374	_____ (3)	Behavior Management in PE	F	ESHE 210, ESHE 294, GPA 2.5
ESHE	388	_____ (3)	Coaching the Athlete	F/S	56 hrs. GPA 2.5
ESHE	391	_____ (4)	Exercise Science Foundations	F/S/SU	BIOL 322 or BIOL 310, GPA 2.5
HLTH	320	_____ (3)	Health and Safety Foundations	F/S/SU	
HLTH	363	_____ (3)	Comprehensive School Health I	F	HLTH 200, GPA 2.5
HLTH	364	_____ (3)	Comprehensive School Health II	S	HLTH 200, GPA 2.5
HLTH	465	_____ (3)	Exercise, Performance & Nutrition	F/S/SU	HLTH 200, BIOL 322 or BIOL 310, GPA 2.5

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

EDEF	320	_____ (3)	Introduction to Professional Education	F/S	GPA 2.5
ESHE	380	_____ (3)	Methods of Teaching Elementary PE	F	ESHE 307, ESHE 371, w/ESHE 384 & 386, GPA 2.5
ESHE	384	_____ (3)	Methods of Teaching Secondary PE	F	ESHE 307, ESHE 371, w/ESHE 380 & 386, GPA 2.5
ESHE	385	_____ (3)	Teaching PE for Inclusion	S	ESHE 210, GPS 2.5
ESHE	386	_____ (3)	Applied PE Assessment	F	ESHE 210, w/ESHE 380 & 384, GPA 2.5
HLTH	382	_____ (3)	Methods of Teaching K-12 Health	S	ESHE 210, HLTH 200, GPA 2.5

OPTIONS (15 SH) – Choose one option below. (Please note that the Youth Sport Focus does not lead to teaching licensure).

K-12 School Focus (15 SH) - Choose this option for Virginia Teaching Licensure

EDRD	416	_____ (3)	Content Reading and Literacy	F/S	GPA 2.5
ESHE	453	_____ (12)	Student Teaching in PHED K-12		Requires admission to Teacher Education Program

Youth Sport Focus (15 SH) – Choose 12 credit hours, plus ESHE 364 (3) Pre-Professional Fieldwork

ESHE	201	_____ (3)	Intro Athletic Training	ESHE	214	_____ (3)	Intro Fitness, Strength, & Conditioning
ESHE	341	_____ (3)	Legal Issues in Sport Management	ESHE	350	_____ (3)	Sport/Exercise Psych.
ESHE	360	_____ (3)	Marketing/Promotion in ESHE	EDSP	361	_____ (3)	Intro. Diverse Learning/Special Ed.
ESHE	370	_____ (3)	Sociocultural Aspects of Sport				

Physical and Health Education Teaching SAMPLE 4 Year Plan

*Courses currently offered Fall- or Spring-only. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
Freshman Year	Cr.	Freshman Year	Cr.
University Core A: Core 101	3	University Core A: Core 102	3
University Core B: VPA	3	University Core B: Humanities	3
College Core A: Global Perspectives	3	College Core B: HLTH 200	3
College Core A: US Perspectives	3	ESHE 210: Intro to PE Teaching	2
University Core B: Math 137	3	University Core B: BIOL 105	4
	Total	<i>Spring of Freshmen Year....take VCLA</i>	Total
	15		15
Sophomore Year (Pre-teaching)			
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	HLTH 320: Health & Safety	3
*ESHE 294: Motor Development	3	*ESHE 301: T&P Fitness/Wellness	3
*ESHE 302: T&P Individual/Dual Sports	3	*ESHE 304: T&P Team Sports	3
*BIOL 310: Structure & Function I	4	*ESHE 307: T&P Move. Conc. & Skill Themes	3
	Total	<i>Spring of Sophomore Year...complete Praxis Core Math</i>	Total
	16		15
Junior Year			
Junior Year	Cr.	Junior Year	Cr.
College Core B: Humanities/VPA/FORL	3	ESHE 391: Exercise Science Foundations	4
HLTH 465: Nutrition	3	*HLTH 382: Health Education Methods K-12	3
*HLTH 363: Comp. School Health I	3	*HLTH 364: Comp. School Health II	3
*ESHE 374: Behavior Management in PE	3	*ESHE 371: Effective Teaching Skills in PE	3
College Core B: STAT 200	3	*ESHE 385: Teaching PE for Inclusion	3
	Total	<i>Spring of Junior Year...take Praxis II @ end of spring semester</i>	Total
	15		16
Senior Year			
Senior Year	Cr.	Senior Year (K-12 School or Youth Sport Focus)	Cr.
ESHE 388: Coaching the Athlete	3	ESHE 453: Student Teaching	12
*ESHE 380: Methods Elementary	3	EDRD 416: Reading & Literacy	3
*ESHE 384: Methods Secondary	3	or	
*ESHE 386: App. Physical Education Assess.	3	Youth Sport Focus classes	12
EDEF 320: Education Foundations	3	ESHE 364: Pre-Professional Fieldwork	3
<i>Apply to College of Education Teacher Education Program</i>	Total	*We recommend HLTH 410 & HLTH 412 (Driver Education Endorsement) for those wanting to be high school teachers.	Total
	15		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 scores on the VCLA, Praxis Core Math, and Praxis II prior to be admitted in the College of Education and Human Development's Teacher Education Program.