Exercise, Sport and Health Education (ESHE): Physical & Health Education (2022-23)

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/WI)  ______(3) & another WI course  ______(3)

General Education (30 cr.): 28 cr. met by required coursework. Students need at least 2 additional cr. in GE. 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:

 REAL Studies Minor in E
 • ENGL 112 (E/GE/WI)  ______(3)
 •  ______(3)
 •  ______(3)
 •  ______(3)
 •  ______(3)

OR

Minor designated as E

OR

Transfer of 15 or more cr and completion of 3 cr GE/E course

Analysis

REAL Studies Minor in A Satisfied by required coursework

 • HLTH 200 (A/GE)  ______(3)
 • ESHE 294 (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) *Required for licensure

_____ _______ _______ (3)

_____ _______ _______ (3)

_____ _______ _______ (3)

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 S ESHE 307, ESHE 371, w/ESHE 384 & 386

ESHE 384 (L) ______(3) Methods of Teaching Secondary PE F S 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

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

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)

Nine (9) hours requiring advisor approval.

_____ _______ _______ (3)  _____ _______ _______ (3)  _____ _______ _______ (3)

*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

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

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)
### 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.*

<table>
<thead>
<tr>
<th>Fall Semester</th>
<th>Credits</th>
<th>Spring Semester</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 111: Principles of College Composition</td>
<td>3</td>
<td>ENGL 112: Critical Reading &amp; Writing in the Digital Age</td>
<td>3</td>
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<tr>
<td>HLTH 200: Wellness Lifestyle</td>
<td>3</td>
<td>ESHE 210: Intro. Teaching K-12 Physical Education</td>
<td>2</td>
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<tr>
<td>MATH 100: Quantitative Reasoning OR MATH 121: Math Content for Teachers I OR MATH 125: Precalculus I</td>
<td>3</td>
<td>STAT 130: Understanding Statistics in Society OR STAT 200: Intro to Statistics</td>
<td>3</td>
</tr>
<tr>
<td>REAL Expression Course</td>
<td>3</td>
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<td>3</td>
</tr>
<tr>
<td>REAL Expression Course</td>
<td>3</td>
<td>Elective</td>
<td>3-4</td>
</tr>
<tr>
<td>UNIV 100: Introduction to Higher Education (Recommended)</td>
<td>1</td>
<td></td>
<td></td>
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<tr>
<td><strong>Total Freshman Year</strong></td>
<td>16</td>
<td><strong>Note: Take VCLA</strong></td>
<td>14-15</td>
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<th>Spring Semester</th>
<th>Credits</th>
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<tbody>
<tr>
<td>BIOL 310: Human Structure &amp; Function I</td>
<td>4</td>
<td><strong>ESHE 301: T&amp;P Fitness/Wellness</strong></td>
<td>3</td>
</tr>
<tr>
<td>*ESHE 294: Motor Development</td>
<td>3</td>
<td><strong>ESHE 304: T&amp;P Team Sports</strong></td>
<td>3</td>
</tr>
<tr>
<td>PSYC 121: Intro to Psychology</td>
<td>3</td>
<td><strong>ESHE 288: Coaching Fundamentals</strong></td>
<td>3</td>
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<tr>
<td>REAL Expression Course (300 or 400 level course)</td>
<td>3</td>
<td>Elective</td>
<td>3-4</td>
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<tr>
<td><strong>Total Sophomore Year</strong></td>
<td>16</td>
<td><strong>15-16</strong></td>
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<th>Spring Semester</th>
<th>Credits</th>
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<tr>
<td>*ESHE 374: Behavior Management in PE</td>
<td>3</td>
<td>ESHE 391: Exercise Science Foundations</td>
<td>3</td>
</tr>
<tr>
<td>*HLTH 363: Comp. School Health I OR YPACS course</td>
<td>3</td>
<td>EDSP 361: Intro to Diverse Learners OR YPACS course</td>
<td>3</td>
</tr>
<tr>
<td>EDUC 370: Introduction to Multicultural Education (Recommended course for licensure) OR Elective</td>
<td>3</td>
<td><strong>HLTH 364: Comp. School Health II OR YPACS course</strong></td>
<td>3</td>
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<tr>
<td>HLTH 465: Ex. Perform. &amp; Nutrition</td>
<td>3</td>
<td><strong>ESHE 385: Teaching PE for Inclusion</strong></td>
<td>3</td>
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<tr>
<td>*ESHE 388: Coaching the Athlete</td>
<td>3</td>
<td><strong>ESHE 371: Effective Teaching Skills in PE</strong></td>
<td>3</td>
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<tr>
<td><strong>Total Junior Year</strong></td>
<td>15</td>
<td><strong>Note: Take Praxis 2--Health and Physical Education: Content Knowledge assessment</strong></td>
<td>15</td>
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<th>Spring Semester</th>
<th>Credits</th>
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<tr>
<td>*ESHE 380: Methods Elementary</td>
<td>3</td>
<td>ESHE 453: Student Teaching</td>
<td>12</td>
</tr>
<tr>
<td>*ESHE 384: Methods Secondary</td>
<td>3</td>
<td>EDRD 416: Reading &amp; Literacy</td>
<td>3</td>
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<tr>
<td>*ESHE 386: App. Physical Education Assess.</td>
<td>3</td>
<td>OR</td>
<td></td>
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<tr>
<td>*HLTH 382: Health Education Methods K-12</td>
<td>3</td>
<td>ESHE 389: Coaching Fieldwork in ESHE</td>
<td>3</td>
</tr>
<tr>
<td>EDEF 320: Education Foundations OR YPACS course</td>
<td>3</td>
<td>YPACS courses/elective(s)</td>
<td>12</td>
</tr>
<tr>
<td><strong>Note: Apply to the Teacher Education Program</strong></td>
<td><strong>15</strong></td>
<td><strong>+Recommend HLTH 410 &amp; HLTH 412 (Driver Education Endorsement) for those wanting to be high school teachers.</strong></td>
<td><strong>15</strong></td>
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Total credit hours required for degree = 122

*Fall only   **Spring only