

Exercise, Sport and Health Education: Physical & Health Education (ESHE: PHHE)

NAME _____

ID# _____

Core Coursework Requirements (30-36 cr.)

Foundational Writing

ENGL 111 _____ 3

Foundational Math

_____ 3

One of the following: MATH 100, 110, 119, 121, 122, 125, 126, 132, 138, 168, 171

Courses that satisfy the requirement, but are not offered Fall 2020 forward: MATH 114, 116, 137

Scientific & Quantitative Reasoning

STAT 130 or 200 _____ 3 BIOL 105 _____ 4

Humanistic or Artistic Expression

_____ 3-4 _____ 3-4

Two of the following: ART 100, 215, 216; CLSS 110; CCST 110; CVPA 266; DNCE 111; ENGL 200, 201, 202, 203; HIST 101, 102; MUSC 100, 121, 123; PEAC 200; PHIL 111, 112, 200; POSC 110; RELN 111, 112, 203, 206; THEA 100, 180; ARAB 300; FREN 300, 320; GRMN 300; LATN 350; RUSS 300; WGST 200

Cultural or Behavioral Analysis

PSYC 121 _____ 3 _____ 3

PSYC 121 and one of the following: ANSC 101, 106; APST 200; CCST 103; ECON 101, 105, 106; GEOG 101, 102, 103, 140, 201, 202, 203, 280; HIST 111, 112; INST 101; ITEC 112; PEAC 200; POSC 120; RELN 112, 205; SOCY 110, 121; WGST 200

Writing Intensive

_____ 3 _____ 3

Two of the following: ANSC 201, 203, 410, 430; ART 202; CORE 201, 202; ENGL 112, 210, 300, 306, 309, 470; HHUM 210; MKTG 201; PHRE 202; POSC 201, 202; THEA 281 (add additional courses as approved)

*Courses taken for Core Coursework credit may not be cross credited (used to satisfy requirements in two Core Coursework categories), but course may be cross credited to majors, minors, and certificates.

PHYSICAL AND HEALTH EDUCATION (39 Hrs.)

BIOL	310	_____ (4)	Human Structure and Function I
ESHE	210	_____ (2)	Intro. Teaching K-12 Physical Education F/S
ESHE	294	_____ (3)	Motor Development
ESHE	301	_____ (3)	T&P Fitness/Wellness
ESHE	302	_____ (3)	T&P Individual/Dual Activities
ESHE	304	_____ (3)	T&P Team Sport Activities
ESHE	307	_____ (3)	T&P Movement Concepts & Skill Themes
ESHE	371	_____ (3)	Effective Teaching Skills in PE
ESHE	374	_____ (3)	Behavior Management in PE
ESHE	391	_____ (3)	Exercise Science Foundations
HLTH	200	_____ (3)	Wellness Lifestyle
HLTH	320	_____ (3)	Health and Safety Foundations
HLTH	465	_____ (3)	Exercise, Performance & Nutrition

Offered Pre-requisites

F	BIOL 105 (must pass with a C or better)
15 hrs.	
F	
S	HLTH 200
F	ESHE 210
S	ESHE 210
S	
S	ESHE 210, ESHE 294
F	ESHE 210, ESHE 294
F/S/SU	BIOL 322 or BIOL 310,
F/S/SU	
F/S/SU	HLTH 200
F/S/SU	HLTH 200, BIOL 322 or BIOL 310

PROFESSIONAL EDUCATION (15 Hrs.) NOTE: Must have a 2.5 GPA in professional education to student teach and graduate.

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

All students must complete either the Teacher Education Focus or the Youth Physical Activity & Coaching Focus

Teacher Education Focus (27 Hrs.) – Includes teacher licensure.

EDEF	320	_____ (3)	Introduction to Professional Education	F/S	GPA 2.5
EDSP	361	_____ (3)	Intro Diverse Lrners & Sp Education	F/S	GPA 2.5
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
ESHE	453	_____ (12)	Student Teaching in PHED K-12	F/S	

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

ESHE 389 _____ (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, ESHE 388, EDEF 320, EDSP 361, HLTH 363, HLTH 364, HLTH 451, HLTH 453, HLTH 410, HLTH 412

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

_____ (3) _____ (3)

The additional nine (9) hours requiring advisor approval.

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

Electives (9+ credit hours) _____ () _____ () _____ ()

ESHE: Physical and Health Education 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.
ENGL 111	3	Writing Intensive course	3
Humanistic or Artistic Expression	3	Humanistic or Artistic Expression	3
HLTH 200	3	Cultural or Behavioral Analysis	3
MATH 125	3	ESHE 210: Intro to PE Teaching	2
Elective	3	University Core B: BIOL 105	4
	Total 15	<i>Spring of Freshmen Year take VCLA</i>	Total 15
Sophomore Year (Pre-teaching)			
	Cr.	Sophomore Year	Cr.
Writing Intensive course	3	Elective	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 16	<i>Spring of Sophomore Year take Praxis Core Math</i>	Total 15
Junior Year			
	Cr.	Junior Year	Cr.
College Core B: Humanities/VPA/FORL	3	ESHE 391: Exercise Science Foundations	3
College Core B: STAT 200	3	EDEF 320: Education Foundations or YPACS course	3
HLTH 465: Nutrition	3	*ESHE 385: Teaching PE for Inclusion	3
*ESHE 374: Behavior Management in PE	3	*ESHE 371: Effective Teaching Skills in PE	3
*HLTH 363: Comp. School Health I or YPACS course	3	*HLTH 364: Comp. School Health II or YPACS course	3
	Total 15	<i>Spring of Junior Year take Praxis II @ end of spring semester</i>	Total 15
Senior Year			
	Cr.	Senior Year (K-12 School or Youth Sport Focus)	Cr.
*ESHE 380: Methods Elementary	3	ESHE 453: Student Teaching	12
*ESHE 384: Methods Secondary	3	EDRD 416: Reading & Literacy or	3
*ESHE 386: App. Physical Education Assess.	3		
*HLTH 382: Health Education Methods K-12	3	YPACS courses/elective(s)	15
EDSP 361: Intro to Diverse Learners or YPACS course	3		
<i>Apply to the Teacher Education Program</i>	Total 15	*We recommend HLTH 410 & HLTH 412 (Driver Education Endorsement) for those wanting to be high school teachers.	Total 15

Teacher Education 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 applying to the Teacher Education Program. Minimum credit hours required for degree = 121