

College of Education and Human Development

Exercise, Sport & Health Education: Physical and Health Education (Teaching)

Department of Health and Human Performance
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Why Choose Physical and Health Education?

The Physical and Health Education concentration in the Exercise, Sport & Health Education major is designed for students interested in teaching Physical Education and Health Education in grades PreK-12. Students in this concentration enter the Teacher Education Program and complete program requirements leading to teaching licensure in the Commonwealth of Virginia. Graduates of this program obtain positions as licensed teachers in public school physical and health education programs. Some students seek positions in private schools or community based physical activity programs. The teaching license is often supplemented with positions of athletic coaching, driver education, and/or intramural directors.

Transferring to RU in Physical and Health Education from Germanna?

- Completion of an Associate of General Studies: Health and Physical Education Specialization
- Encouraged to take the following courses:
 - MATH 137 (MTH 158 or higher)
 - BIOL 105 (BIO 101)
 - **PSYC 121 (PSY 200 or 201)**
 - STAT 200 (MTH 245)
 - HLTH 200 (HLT 116 and 110)
 - BIOL 310 (BIO 141, 145, 231 or NAS 171)

*Course in **RED** is in addition to requirements

About Physical and Health Education

- Prepares students for PreK-12 teaching positions and/or positions related to youth sports
- Includes coursework to strengthen potential in public schools such as coaching, driver education, and technology
- All students pursuing teacher licensure complete a semester-long field experience in public schools having two placements: one in an elementary setting and the other in a middle or high school setting.

Admission to the Teacher Education Program

- Achieve and maintain a minimum 2.5 overall, in-major, and professional education GPA
- Passing scores on Teacher Licensure Exams: PRAXIS Core Math, Virginia Communication and Literacy Assessment (VCLA), and PRAXIS II (Health and Physical Education)
- Combined coursework in physical education and health education, departmental screenings
- Complete one semester of student teaching in public schools.

Extracurricular Activities

- Physical Exercise and Activity for Kids (PEAK) program which is offered to the community at a small cost for children aged 5-10 to participate in physical activities on the weekends.
- Health and Human Performance Majors Club
- A variety of leadership, community service, and professional development opportunities are available.

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.