

NAME _____ ID# _____

CORE CURRICULUM – 43-45 Semester Hours (SH)

UNIVERSITY CORE

A. Core Foundations (12SH)

CORE 101	_____	3
CORE 102	_____	3
HNRS 103*	_____	3
CORE 201, POSC 201 or MKTG 201	_____	3
CORE 202 or POSC 202	_____	3

NOTE: Courses listed in multiple areas can only be used to fulfill a single area requirement.

Students can use only one course with their major prefix to fulfill core requirements.

* Honors course – will replace CORE 101 & 102 for those students in the RU honors program

B. Core Skills & Knowledge (16SH)

Courses must be from different disciplines:

MATHEMATICAL SCIENCES (3SH)
 MATH 121 _____ 3**

NATURAL SCIENCES (4 SH)
 BIOL 105 _____ 4**

HUMANITIES (3 SH)
 _____ 3
 One of the following: CLSS 110, ENGL 200 HIST 101, 102 PHIL 111, 112, 114 POSC 110 RELN 111, 112, 203, 206

SOCIAL/BEHAV. SCIENCES (3 SH)
 PSYC 121 _____ 3**

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)

Courses must be from different disciplines:

U. S. PERSPECTIVES (3 SH)
 _____ 3
 One of the following: APST 200, ECON 101, 205, 206 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 CCST 103 GEOG 101, 102, 140, 280 HIST 101, 102 INST 101 ITEC 112 PEAC 200 RELN 112, 205 SOCY 121 THEA 180 WMST 101

B. Supporting Skills & Knowledge (9-11SH)

NATURAL SCI. OR MATHEMATICAL SCIENCES (3/4 SH)
 STAT 200 _____ 3**

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, 114 POSC 110 RELN 111, 112, 203, 206 Or ART 100, 215, 216 DNCE 111 MUSC 100, 121, 123 THEA 100, 180 Or ARAB 101:102, 201:202 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 100, 200, 210, 300 SPAN 101: 102, 103, 201: 202

SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)
 HLTH 200 _____ 3**

Physical and Health Education

Required Courses (79 Semester Hours)

PHYSICAL AND HEALTH EDUCATION (43 Semester Hours)

				Offered	Pre-requisites
BIOL	310	_____ (4)	Human Structure and Function I	F	BIOL 105
BIOL	311	_____ (4)	Human Structure and Function II	S	BIOL 105
ESHE	210	_____ (2)	Intro. to Teaching K-12 Physical Education	F	15 hrs
ESHE	294	_____ (2)	Motor Development	S	ESHE 210
ESHE	301	_____ (2)	T&P Fitness/Wellness	S	HLTH 200, ESHE 294
ESHE	302	_____ (2)	T&P Individual/Dual Activities	F	ESHE 210, ESHE 294
ESHE	304	_____ (2)	T&P Team Sport Activities	S	ESHE 210, ESHE 294
ESHE	306	_____ (2)	T&P of Coop Games & Activities	F	ESHE 210
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 & 311, GPA 2.5
ESHE	475	_____ (3)	Applied PE Assessment	F	ESHE 210, GPA 2.5
HLTH	320	_____ (3)	Health and Safety Foundations	F/S/SU	HLTH 200, GPA 2.5
HLTH	362	_____ (3)	Community Health and Disease	F	HLTH 200, GPA 2.5
HLTH	451	_____ (3)	Drug Use and Abuse Education	F/S/SU	GPA 2.5
HLTH	453	_____ (3)	Human Sexuality	S	56 hrs, GPA 2.5
HLTH	465	_____ (3)	Exercise, Performance & Nutrition	F/S/SU	BIOL 322or BIOL 310 & 311, GPA 2.5

PROFESSIONAL EDUCATION (18 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 210
ESHE	384	_____ (3)	Methods of Teaching Secondary PE	F	ESHE 210
ESHE	385	_____ (2)	Teaching PE for Inclusion	S	ESHE 210
HLTH	382	_____ (4)	Methods of Teaching K-12 Health	S	ESHE 210, GPA 2.5
EDEF	320	_____ (3)	Introduction to Professional Education	F/S	GPA 2.5
EDRD	416	_____ (3)	Content Reading and Literacy	F/S	GPA 2.5

PROFESSIONAL STUDENT TEACHING (12 Hrs.)

ESHE	453	_____ (12)	%Student Teaching in PHED K-12	F/S	%To enroll and to graduate, GPA must be a 2.5 overall and a 2.5 in major (all ESHE and HLTH courses except professional education); see admission/retention requirements for teacher education program
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ELECTIVES (6 Hrs.)

_____	_____	_____ (3)	* Electives must be approved by your advisor before you register for them.		
_____	_____	_____ (3)	Recommended electives include; ESHE 201 (3), ESHE 350 (3), HLTH 410 (3), and HLTH 412 (3).		
			*To graduate with honors, 60 semester hours must be completed at RU.		

Physical and Health Education Teaching SAMPLE 4 Year Plan

*Must be taken in designated semester. Courses in **Bold** are required in Core Curriculum.

Fall Semester		Spring Semester	
Freshman Year (Pre-teaching)	Cr.	Freshman Year	Cr.
*University Core A: Core 101	3	* University Core A: Core 102	3
University Core B: Humanities/VPA	3	University Core B: PSYC 121	3
College Core A: Global Perspectives	3	College Core B: HLTH 200	3
College Core A: US Perspectives	3	University Core B: Humanities/VPA/Foreign Language	3
University Core B: Math 137	3	University Core B: BIOL 105	4
	Total 15	<i>Spring of Freshmen Year....take Praxis I</i>	Total 16
Sophomore Year (Pre-teaching)	Cr.	Sophomore Year	Cr.
* University Core A: Core 201, POSC 201 or MKTG 201	3	* University Core A: Core 202 or POSC 202	3
ESHE 210: Intro to Teaching	2	ESHE 385: Teaching PE for inclusion	2
ESHE 294: Motor Development	2	ESHE 301: T&P Fitness/Wellness	2
University Core B: Humanities/VPA	3	ESHE 304: T&P Team Sports	2
ESHE 306: T&P Cooperative Activities	2	ESHE/HLTH elective *	3
*BIOL 310: Structure & Function I	4	*BIOL 311: Structure & Function II	4
	Total 16	<i>Spring of Sophomore Year...complete Praxis I</i>	Total 16
Junior Year	Cr.	Junior Year	Cr.
ESHE 302: T&P Individual/Dual Sports	2	ESHE 391: Exercise Science Foundations	4
HLTH 320: Health & Safety	3	HLTH 382: Health Education Methods K-12	4
HLTH 362: Community Health and Disease	3	HLTH 465: Nutrition	3
HLTH 451: Drug Use and Abuse	3	EDEF 320: Education Foundations	3
College Core B: STAT 200	3	HLTH 453: Human Sexuality	3
	Total 14	<i>Spring of Junior Year...take Praxis II @ end of spring semester</i>	Total 17
Senior Year	Cr.	Senior Year	Cr.
ESHE 388: Coaching the Athlete	3	ESHE 453: Student Teaching	12
ESHE 380:Methods Elementary	3	ESHE/HLTH elective*	3
ESHE 384: Methods Secondary	3		
ESHE 475: App. Physical Education Assess.	3		
EDRD 416: Reading & Literacy	3		
Apply to College of Education Teacher Education Program	Total 15	*Students must complete 6 hours of ESHE/HLTH electives...we recommend HLTH 410 & HLTH 412 (Driver Education Endorsement) for those wanting to be high school teachers.	Total 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 of the VCLA, Praxis I, and Praxis II prior to be admitted in the College of Education and Human Development's Teacher Education Program.