

NAME _____ ID# _____

CORE CURRICULUM – 43-45 Semester Hours (SH)

UNIVERSITY CORE

A. Core Foundations (12SH)

CORE 101	_____	3
CORE 102	_____	3
CORE 103*	_____	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 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

**Program requirements met through Core Curriculum

B. Core Skills & Knowledge (16SH)

Courses must be from different disciplines:

MATHEMATICAL SCIENCES (3SH)
MATH 137 _____ 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, 200 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, 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 (9-11SH)

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, 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**

Physical & Health Education (PHED) Program – 122 Total Credit Hours

PHYSICAL AND HEALTH EDUCATION (49 Semester Hours)

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	388	_____ (3)	Coaching the Athlete
ESHE	391	_____ (4)	Exercise Science Foundations
HLTH	320	_____ (3)	Health and Safety Foundations
HLTH	363	_____ (3)	Comprehensive School Health I
HLTH	364	_____ (3)	Comprehensive School Health II
HLTH	465	_____ (3)	Exercise, Performance & Nutrition

Offered Pre-requisites

F	BIOL 105 (must pass with a C or better)
F/S	15 hrs.
F	
S	HLTH 200
F	ESHE 210, GPA 2.5
S	ESHE 210, GPA 2.5
S	GPA 2.5
S	ESHE 210, ESHE 294, GPA 2.5
F	ESHE 210, ESHE 294, GPA 2.5
F/S	56 hrs. GPA 2.5
F/S/SU	BIOL 322 or BIOL 310, GPA 2.5
F/S/SU	
F	HLTH 200, GPA 2.5
S	HLTH 200, GPA 2.5
F/S/SU	HLTH 200, BIOL 322 or BIOL 310, GPA 2.5

PROFESSIONAL EDUCATION (18 Hrs.) 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 Hrs.) – Choose one option below. (Please note that the Youth Sport Focus does not lead to teaching licensure).

K-12 School Focus (15 Hrs.) - 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 Hrs.) – 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 15	<i>Spring of Freshmen Year....take VCLA</i>	Total 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 16	<i>Spring of Sophomore Year...complete Praxis Core Math</i>	Total 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 15	<i>Spring of Junior Year...take Praxis II @ end of spring semester</i>	Total 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 15	*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 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.