

NAME _____ ID# _____

CORE CURRICULUM – 43-45 Semester Hours (SH)

UNIVERSITY CORE

A. Core Foundations (12SH)

CORE 101	_____	3
CORE 102	_____	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.

*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)

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)

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 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 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 100, 200, 210, 300 SPAN 101: 102, 201: 202

SOCIAL/ BEHAV. SCI. OR HEALTH & WELLNESS (3SH)

HLTH 200 _____ 3*

PHYSICAL AND HEALTH EDUCATION (36 Hrs.)

BIOL 310	_____ (4)	Human Structure and Function I
ESHE 210	_____ (2)	Intro. Teaching K-12 Physical Education
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 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)
F/S	15 hrs.
F	
S	HLTH 200
F	ESHE 210
S	ESHE 210
S	ESHE 210, ESHE 294
F	ESHE 210, ESHE 294
F/S/SU	BIOL 322 or BIOL 310,
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
ESHE 384	_____ (3)	Methods of Teaching Secondary PE
ESHE 385	_____ (3)	Teaching PE for Inclusion
ESHE 386	_____ (3)	Applied PE Assessment
HLTH 382	_____ (3)	Methods of Teaching K-12 Health

F	ESHE 307, ESHE 371, w/ESHE 384 & 386
F	ESHE 307, ESHE 371, w/ESHE 380 & 386
S	ESHE 210
F	ESHE 210, w/ESHE 380 & 384
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
EDSP 361	_____ (3)	Intro Diverse Lrners & Sp Education
HLTH 363	_____ (3)	Comprehensive School Health I
HLTH 364	_____ (3)	Comprehensive School Health II
EDRD 416	_____ (3)	Content Reading and Literacy
ESHE 453	_____ (12)	Student Teaching in PHED K-12

F/S	GPA 2.5
F/S	GPA 2.5
F	HLTH 200
S	HLTH 200
F/S	GPA 2.5
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)
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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)
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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.
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)	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...take Praxis Core Math</i>	Total
	16		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	<i>Spring of Junior Year...take Praxis II @ end of spring semester</i>	Total
	15		16
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	3
*ESHE 386: App. Physical Education Assess.	3	or	
*HLTH 382: Health Education Methods K-12	3	YPACS courses	15
EDSP 361: Intro to Diverse Learners or YPACS course	3		
<i>Apply to the 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

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