

**Candidates for Health Education and Physical Education
Double Major—133 Credits SEQUENCE OF
COURSES/REQUIREMENTS**

This Outline is a Suggested Plan of Study

↓IMPORTANT INFORMATION BELOW↓

- ☐ Clearances needed annually
- ☐ Act 34-Criminal Background
- ☐ Act 114-FBI Fingerprinting
- ☐ Act 151 Child Abuse Clearance
- ☐ PSAHPERD Membership

Students are strongly urged to take the BASIC SKILLS ASSESSMENT for Educators (Reading, Mathematics & Writing) assessed by either ACT, SAT, or PRAXIS 1 CORE prior to beginning their matriculation at ESU. All students must pass the Basic Skills Assessments before the end of **Semester 4** in order to continue in this program. (*PA House Bill 1816*). **PRAXIS 1 Test Numbers:** Reading 5713, Mathematics 5733, and Writing 5723.

SEMESTER ONE (18 CREDITS)		SEMESTER TWO (16 CREDITS)	34
_____ PETE 124 or PETE 125- Fundamental Movement Activities (1 cr.) OR Introduction to Sport _____ PETE 100 Fundamental Content Knowledge in PE (2 cr.) (FALL ONLY) _____ HLTH 230 Community Health (3 cr.) _____ ENGL 103 English Composition (3 cr.) _____ FYE 100 First Year Experience (3 cr.)—University Studies _____ PSED 161 Foundations of Education (3 cr.) _____ SPED 102 Diversity of the Learner (3 cr.)		_____ PETE 124 OR PETE 125- Introduction to Sport Games (1 cr.) _____ GN: CMST 111 Introduction to Communication (3 cr.) _____ HPLW 105 Health Promotion and Lifetime Wellness (3cr.) _____ MATH 1 – (3 cr.) _____ GN: PSY 100 General Psychology (3 cr.) _____ PSED 250 Psychology of Learners in Diverse Communities (3 cr.)	
ALL STUDENTS MUST PASS THE PRAXIS 1 CORE ASSESSMENT FOR EDUCATORS BEFORE THE END OF SEMESTER 4 IN ORDER TO CONTINUE IN THIS PROGRAM IN TEACHER CERTIFICATION TRACK			
SEMESTER THREE (17 CREDITS)		SEMESTER FOUR (16 CREDITS)	33
_____ PETE 220 or 253 Physical Conditioning or Aquatics (1 cr.) _____ HLTH 210 Foundations of Health Science (3 cr.) _____ MATH 2 (3 cr.) _____ BIO 116 Anatomy & Physiology 1 Lecture (3 cr.) (FALL ONLY) _____ BIO 117 A & P Lab (1 cr.) (FALL ONLY) _____ ENGLISH Literature (3 cr.) _____ HLTH 215 Skills Based Health Education (3 cr.)		_____ PETE 220 or 253 Physical Conditioning or Aquatics (1 cr.) _____ HLTH 240 Health Emergencies (3 cr.) _____ EXSC 203 Kinesiology-Mechanical Analysis (3 cr.) GN: _____ DANC 111 World Dance (3 cr.) _____ GN: SOC 111 Introduction to Sociology (3 cr.) _____ REED 350 Teaching Reading to Community of Diverse. Learners (3 cr.)	
SEMESTER FIVE (18 CREDITS)		SEMESTER SIX (18 CREDITS)	36
_____ PETE 308 Impacting the Whole Person through Experiential Education (3 cr.) (Two weekend commitment) _____ EXSC 310 Exercise Physiology (3 cr.) _____ HLTH 310 Family Health (3cr.) (FALL ONLY) _____ HLTH 341 Nutrition Education (1.5 cr.) _____ HLTH 356 Drug & Alcohol Teacher Prep (1.5) _____ General Education (3 cr.) _____ General Education (3 cr.)		_____ General Education (3 cr.) _____ General Education (3 cr.) _____ PETE 309 Teaching Game for Understanding (1 cr.) _____ PETE 310 Pedagogical Content Knowledge for Elementary Physical Education (3cr.) _____ PETE 343 Analysis of Teaching Physical Education (2 cr.) _____ PETE 344 Motor Learning & Development (3 cr.) _____ HLTH 350 Promoting Emotional Well-Being (3 cr.) (SP ONLY)	
SEMESTER SEVEN (18 CREDITS)		SEMESTER EIGHT (12 CREDITS)	30
_____ PETE 400 PE Teaching & Assessing Strategies (3 cr.) _____ PETE 442 Movement for Secondary Grades (1 cr.) _____ PETE 345 Adapted Physical Education (3 cr.) _____ PETE 445 Organization and Administration of PE (2 cr.) _____ HLTH 365 School Health Programs (3 cr.) _____ HLTH 461 Methods in Health Ed. (3 cr.) _____ HLTH 462 Assessment in School Health (3 cr.) SUCCESSFULLY COMPLETED THE FOLLOWING CLEARANCES↓ ACT 24 Reporting Arrests and Convictions ACT 34 PA Criminal History ACT 114 FBI Fingerprinting ACT 151 PA Child Abuse Mandated Reporter Training Certificate		_____ PETE 440 PE Student Teaching (3 cr.) _____ PETE 440 PE Student Teaching (3 cr.) _____ HLTH 431 Health Student Teaching (5/6 cr.) _____ HLTH/PETE 499 Student Teaching Internship (1 cr.) Apply for Graduation! Eligibility for Student Teaching: Minimum Requirements 2.8 Overall QPA 3.0 Overall QPA is <u>REQUIRED</u> for Certification 2.8 PETE QPA All PETE required courses 2.8 HLTH QPA All HLTH required courses	
TOTAL CREDITS			133

GE REQUIREMENTS (45 CREDITS)				
REQUIRED COURSES: (9 Credits)				
ENGL 103	3 Credits	Must be completed within first 45 credits at ESU	_____	
FYE 100	3 Credits	Must be completed within first year of study at ESU	_____	
HPLW 105	3 Credits	Must be completed within first 60 Credits at ESU	_____	
BREADTH REQUIREMENT: (36 Credits)				
GROUP A: Arts and Letters (12)Credits Must include at least four of the following		NOTE: Directed GE, plus 1 category fulfills Group A		
English Language and Literature—one course (1)			_____	
Fine Arts—Art, Communication Studies, Dance, Music, Theater			_____	
Modern Languages			_____	
Performing Arts—CMST 111 and DANC 111 (2)			_____	
Philosophy			_____	
GROUP B: Science (12)		NOTE: Directed GE fulfills Group B		
Must include at least four of the following*				
Biology –BIOL 116 and BIOL 117 (1)			_____	
Chemistry Computer Science			_____	
Mathematics- two courses (2) () and ()			_____	
Physics			_____	
Psychology—PSY 100 (1)			_____	
PLEASE NOTE				
GROUP C: Social Science (12)		NOTE: Directed GE, plus 3 categories fulfill Group C		
Must include at least four of the following*				
Economics			_____	
Geography			_____	
History			_____	
Political Science			_____	
Sociology—SOC 111 (1)			_____	
ADDITIONAL (OVERLAY) REQUIREMENTS				
The following requirements will be embedded into courses across the University, including GE Breadth courses, courses within the major programs, and elective courses, and should not require students to complete additional credits for graduation.				
(W2)	Level II Writing requirement—PETE 343			_____
(W3)	Level III Writing requirement—PETE 400 and HLTH 462			_____
(G)	Global Diversity and Citizenship (SLOI) requirement PETE 345, SOC 111			_____
(C)	Communication (SLOIII) requirement—CMST 111			_____
(I)	Information Literacy/Technology (SLO IV) requirement HLTH 210			_____
(A)	Artistic Expression (SLO VI) requirement DANC 111			_____
(M)	Science Breadth Course with Math Competency Prerequisite			_____