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)
- 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.)

### Semester Two (16 Credits)
- 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 (3 cr.)
- MATH 1—(3 cr.)
- GN: PSY 100 General Psychology (3 cr.)
- PSED 250 Psychology of Learners in Diverse Communities (3 cr.)

### Semester Three (17 Credits)
- 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.)

### Semester Four (16 Credits)
- PETE 220 or 253 Physical Conditioning or Aquatics (1 cr.)
- HLTH 240 Health Emergencies (3 cr.)
- EXSC 203 Kinesiology-Mechanical Analysis (3 cr.)
- 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)
- PETE 308 Impacting the Whole Person through Experiential Education (3 cr.) *(Two weekend commitment)*
- EXSC 310 Exercise Physiology (3 cr.)
- HLTH 310 Family Health (3 cr.) *(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.)

### Semester Six (18 Credits)
- 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 (3 cr.)
- 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)
- 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.)

### Semester Eight (12 Credits)
- 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 REQUIRED for Certification
- 2.8 PETE QPA
- All PETE required courses
- 2.8 HLTH QPA
- All HLTH required courses

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

**TOTAL CREDITS** 133

Revised 05/04/2022
## 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
  - English Language and Literature—**one course** (1)
  - Fine Arts—Art, Communication Studies, Dance, Music, Theater
  - Modern Languages
  - Performing Arts—CMST 111 and DANC 111

#### GROUP B: Science (12)
- Must include at least four of the following
  - Biology—BIOL 116 and BIOL 117
  - Chemistry
  - Computer Science
  - Mathematics—two courses (2) and ( )
  - Physics
  - Psychology—PSY 100 (1)

#### GROUP C: Social Science (12)
- 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

Revised 05/05/2022