

**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
<ul style="list-style-type: none"> ___ 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.) 	<ul style="list-style-type: none"> ___ 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
<ul style="list-style-type: none"> ___ 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.) 	<ul style="list-style-type: none"> ___ 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
<ul style="list-style-type: none"> ___ 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.) 	<ul style="list-style-type: none"> ___ 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
<ul style="list-style-type: none"> ___ 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.) <p>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</p>	<ul style="list-style-type: none"> ___ 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.) <p align="center">Apply for Graduation!</p> <p>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</p>	

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		NOTE: Directed GE, plus 1 category fulfills Group A	
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 (2)			_____
Philosophy			_____
GROUP B: Science (12)		NOTE: Directed GE fulfills Group B	
<i>Must include at least four of the following*</i>			
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	
<i>Must include at least four of the following*</i>			
Economics			_____
Geography			_____
History			_____
Political Science			_____
Sociology— SOC 111 (1)			_____
ADDITIONAL (OVERLAY) REQUIREMENTS			
<i>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.</i>			
(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		_____