

Health and Physical Education (PHED) 2014-2015

Bachelor of Science in Education (B.S.Ed) in Physical Education

For advising, contact Ms. Linda Krout at lkrou@gmu.edu, visit us at rht.gmu.edu

- ❖ **Mason Core, 38 credits:** For current list of approved courses: <http://provost.gmu.edu/gened/approved-course-listing/>
 - Oral Communication - 3 credits
 - Written Communication (Lower Level) - (**ENGH 101**)
 - Written Communication (Upper Level) - (**ENGH 302**)
 - Information Technology - 3 Credits
 - Quantitative Reasoning - 3 Credits - (**MATH 106**)
 - Arts - 3 Credits
 - Global Understanding - 3 Credits
 - Literature - 3 Credits
 - Natural Science - 8 Credits (**BIOL 124 & 125**)
 - Social and Behavioral Sciences - 3 Credits (**i.e. HEAL 230**)
 - Western Civilization - 3 Credits
- ❖ **Pre-Bachelor in Health & Physical Education (BPRE), 58 credits:**
 - ATEP 300: Functional Anatomy
 - EDRD 300: Literacy and Curricul Integtrn
 - HEAL 110: Personal Health
 - HEAL 205: Prin of Accident Caus./Prev
 - HEAL 220: Dimensions of Mental Health
 - HEAL 310: Drugs and Health
 - HEAL 325: Health Aspects:Hum.Sexuality
 - HEAL 330 or KINE 320 Nutrition
 - KINE 200: Princpls Health Relad Fitness
 - KINE 310: Exercise Physiology I
 - PHED 110 or 150 or 159: Swimming
 - PHED 200: Prof Dimen of Phys Educ
 - PHED 201: Developmental Motor Patern
 - PHED 202: Teaching Skillful Movement
 - PHED 273: Net and Target Games
 - PHED 274: Dance/Educ Gymnastics
 - PHED 275: Field and Invasion Games
 - PHED 306: Psychomotor Learning
 - PHED 340: Social and Cultural Issues PE
 - PRLS 316: Outdoor Education/Ldrshp
 - PRLS 460: Sport and Rec Law
- ❖ **BSEd Status, 24 credits:** Pre-reqs BIOL 125, C or better in PHED 201, 202, 2.5 GPA, pass Praxis I/VCLA, 10 Prof. Dev. Pts & accepted application
 - PHED 403: Elem Sch Instr in PHED
 - PHED 308: Adapted Physical Education
 - HEAL 405: Teach. Methods in Health Edu
 - PHED 404: Mid/Sec Sch Instr in PE
 - PHED 415: Std Teach in Phys Educ
 - C or better required in all BSEd courses

Total: 120 Credits

Suggested Academic Plan (to be supplemented by Mason Core and Electives)

Semester	Courses	Credits	Prerequisites	Campus
1 st Year Fall	BIOL 124 Human Anatomy & Physiology	4		FX/PW
	PHED 201 Developmental Motor Patterns	3		PW
	PHED 202 Teaching Skillful Movement	3		PW
	PHED 275 Field & Invasion Games	2		FX
	PHED 110, 150, or 159 (Swimming)	1		FX/PW
1 st Year Spring	BIOL 125 Human Anatomy & Physiology	4	<i>BIOL 124</i>	FX/PW
	PHED 273 Net & Target Games	2		FX
	PHED 274 Dance & Ed. Gymnastics	2		FX
	HEAL 110 Personal Health	3		FX
1 st Year Summer	Pass VCLA and Praxis Core Academic Skills or approved substitutes			
2 nd Year Fall	HEAL 220 Dimensions of Mental Health	3		FX
	PHED 200 Professional Dimensions of HRPE	3		FX/PW
	ATEP 300 Functional Anatomy	3	<i>BIOL 125</i>	PW
	PRLS 316 Outdoor Ed & Leadership	3		PW
2 nd Year Spring	KINE 200 Resistance Training for H-R Fitness	2	<i>BIO 125, ATEP 300; co-requisite KINE 310</i>	FX
	KINE 310 Exercise Physiology I	3	<i>BIO 125, ATEP 300; co-requisite KINE 200</i>	PW
	HEAL 330 or KINE 320 Nutrition	3		PW
	HEAL 205 Accident Causation & Prevention	4		FX
3 rd Year Fall	PHED 340 Social and Cultural Issues in PE	3		PW
	HEAL325 Health Aspects of Human Sexuality	3		FX
	HEAL 310 Drugs & Health	3		FX
3 rd Year Spring	PHED 306 Psychomotor Learning	3		PW
	PRLS 460 Sport & Recreation Law	3	<i>60 credits</i>	Net
	PHED 403 Elementary Instruction in PE	3	<i>BSEd Status, PHED 201, 202, 273, 274, 275; PHED 306 co-req.</i>	PW
4 th Year Fall	Student Teaching Application by Sep 1 st for Spring placement and Feb 1 st for Fall Placement*			
	PHED 308 Adapted PE	3	<i>BIO 125, BSEd Status</i>	FX
	PHED 404 Middle & HS Instruction in PE	3	<i>BSEd Status and PHED 306, & 403</i>	PW
	HEAL 405 Teaching Methods in Health (K-12)	3	<i>BSEd Status</i>	PW
	EDRD 300 Literacy and Curric. Inst. in PE	3		FX
4 th Year Spring	*PHED 415 Student Teaching & Synthesis	12	<i>Complete all PHED coursework, pass Praxis II, and accepted Student Teaching application</i>	FX/PW

Academic Requirements: 120 total credits; 45 Upper Level Credit Hours; 30 Hours (with 12 being upper level major courses); GMU Residency Requirement; Completion of General Education Requirements (38 credits); GPA of at least 2.0 and 2.5 in major. Must complete PHED 415 within 5 years of PHED 201 and 202.

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Suggested Two Year Academic Plan (Assumes all Mason Core requirements have been met)

Semester	Courses	Credits	Prerequisites	Campus
1 st Year Fall	PHED 200 Professional Dimensions of HRPE	3		FX/PW
	PHED 201 Developmental Motor Patterns	3		PW
	PHED 202 Teaching Skillful Movement	3		PW
	HEAL 110 Personal Health	3		FX
	PHED 275 Field & Invasion Games	2		FX
	PHED 110, 150, or 159 (Swimming)	1		FX/PW
1 st Year Spring	Pass VCLA and Praxis Core Academic Skills or approved substitutes			
	HEAL 310 Drugs & Health	3		FX
	HEAL 220 Dimensions of Mental Health	3		FX
	PHED 306 Psychomotor Learning	3		PW
	PHED 273 Net & Target Games	2		FX
	PHED 274 Dance & Ed. Gymnastics	2		FX
1 st Year Summer	HEAL 205 Accident Causation & Prevention	4		FX
	ATEP 300 Functional Anatomy	3	<i>BIOL 125</i>	PW
2 nd Year Fall	KINE 200 Principles of Health Related Fitness	2	<i>BIOL 125, and ATEP 300; co-req KINE 310</i>	FX
	KINE 310 Exercise Physiology I	3	<i>BIOL 125, and ATEP 300; co-req KINE 200</i>	PW
	HEAL 325 Health Aspects of Human Sexuality	3		FX
	PHED 403 Elementary Instruction in PE	3	<i>BSEd status; PHED 201, 202, 273, 274, 275; co-requisite PHED 306</i>	PW
	PHED 308 Adapted PE	3	<i>BSEd status; BIO 124 and 125</i>	FX
2 nd Year Spring	Student Teaching Application by Feb 1 st for Fall Placement and Sep 1 st for Spring placement*			
	HEAL 330 Nutrition	3		PW
	HEAL 405 Teaching Methods in Health (K-12)	3	<i>BSEd status</i>	PW
	PHED 340 Social and Cultural Issues in PE	3		FX
	PHED 404 Middle & HS Instruction in PE	3	<i>BSEd Status; PHED 306, & 403</i>	PW
	EDRD 300 Literacy and Curriculum Integration	3		FX
2 nd Year Summer	PRLS 460 Sport & Recreation Law	3	<i>60 credits</i>	Net
	PRLS 316 Outdoor Ed & Leadership	3		PW
3 rd Year Fall	*PHED 415 Student Teaching & Synthesis	12	<i>Complete all PHED coursework, pass Praxis II, and accepted Student Teaching application</i>	FX/PW

Academic Requirements: 120 total credits; 45 Upper Level Credit Hours; 30 Hours (with 12 being upper level major courses); GMU Residency Requirement; Completion of General Education Requirements (38 credits); GPA of at least 2.0 and 2.5 in major. Must complete PHED 415 within 5 years of PHED 201 and 202.