

# Health and Physical Education (PHED) 2015-2016

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

For advising, contact Ms. Linda Krout at [lkrou@gmu.edu](mailto:lkrou@gmu.edu), visit us at [rht.gmu.edu/phed](http://rht.gmu.edu/phed)



❖ **Mason Core, 38 credits:** For current list of approved courses: [masoncore.gmu.edu](http://masoncore.gmu.edu)

- 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 (BPRED), 58 credits:**

- ATEP 120: First Aid & Emergency Care
- ATEP 300: Functional Anatomy
- EDRD 300: Literacy and Curricul Integtrn
- EDUC 302: Human Growth & Develop.
- HEAL 110: Personal Health
- HEAL 200: School & Community Safety
- HEAL 220: Dimensions of Mental Health
- HEAL 310: Drugs and Health
- HEAL 325: Health Aspects:Hum.Sexuality
- KINE 200: Princpls Health Relad Fitness
- KINE 310: Exercise Physiology I
- KINE 320 Principles of Human Nutrition
- PHED 199: Intro to Teaching Health & PE
- PHED 201: Developmental Motor Patern
- PHED 202: Teaching Skillful Movement
- PHED 218: Technology in Health & PE
- PHED 273: Net and Target Games
- PHED 274: Dance/Educ Gymnastics
- PHED 275: Field and Invasion Games
- PHED 306: Psychomotor Learning
- PHED 320: Student Assessment in Health & PE
- PHED 340: Social and Cultural Issues PE
- PRLS 316: Outdoor Education/Ldrshp

❖ **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 Ed.
- PHED 404: Mid/Sec Sch Instr in PE
- PHED 415: Std Teach in Phys Educ
- C or better required in all BSEd courses

**Suggested Academic Plan (to be supplemented by Mason Core)**

Semester	Courses	Credits	Prerequisites	Campus
1 <sup>st</sup> Year Fall	PHED 201 Developmental Motor Patterns	3		PW
	PHED 202 Teaching Skillful Movement	3		PW
	PHED 275 Field & Invasion Games	2		FX
	PHED 199 Intro to Teaching Health and PE	1		PW
1 <sup>st</sup> Year Spring	BIOL 124 Human Anatomy & Physiology	4		FX/PW
	PHED 273 Net & Target Games	2		FX
	PHED 274 Dance & Ed. Gymnastics	2		FX
	HEAL 110 Personal Health	3		FX/Net
	HEAL 200 School & Community Safety	1		Net
1 <sup>st</sup> Year Summer	Pass VCLA and Praxis Core Academic Skills or approved substitutes			
2 <sup>nd</sup> Year Fall	ATEP 300 Functional Anatomy	3	<i>BIOL 124</i>	FX
	BIOL 125 Human Anatomy & Physiology	4	<i>BIOL 124</i>	FX/PW
	EDUC 302 Human Growth and Development	3		PW
	HEAL 220 Dimensions of Mental Health	3		PW
	PRLS 316 Leadership and Outdoor Education	3		PW
2 <sup>nd</sup> Year Spring	KINE 200 Resistance Training for H-R Fitness	2	<i>ATEP 300; co-req KINE 310</i>	FX
	KINE 310 Exercise Physiology I	3	<i>ATEP 300; co-req KINE 200</i>	NET
	KINE 320 Principles of Human Nutrition	3		NET
	PHED 218 Technology in Health and PE	2		FX
	PHED 320 Student Assessment in Health & PE	2		PW
3 <sup>rd</sup> Year Fall	PHED 306 Psychomotor Learning	3		PW
	HEAL 325 Health Aspects of Human Sexuality	3		FX/Net
	HEAL 310 Drugs & Health	3		FX
3 <sup>rd</sup> Year Spring	ATEP 120 First Aid & Emergency Care	2		Net
	PHED 340 Social and Cultural Issues in PE	3		PW
	PHED 403 Elementary Instruction in PE	3	<i>BSEd Status, co-req PHED 306</i>	PW
	EDRD 300 Literacy and Curriculum Integration	3		PW
4 <sup>th</sup> Year Fall	Student Teaching Application by Sep 1 <sup>st</sup> for Spring placement and Feb 1 <sup>st</sup> for Fall Placement*			
	PHED 308 Adapted PE	3	<i>BSEd Status</i>	PW
	PHED 404 Middle & HS Instruction in PE	3	<i>BSEd Status; PHED 403 &amp; 75 Credits</i>	PW
	HEAL 405 Teaching Methods in Health Ed. (K-12)	3	<i>BSEd Status</i>	FX
4 <sup>th</sup> Year Spring	*PHED 415 Student Teaching in PE -Capstone	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.

*Note: Our school and agency partners require Mason students to be fingerprinted and pass a criminal background check prior to field experience work. Students must assume the risk that classes may be deferred and their program delayed due to the individual severity of notations on such a check and review by individual agencies.*

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

Semester	Courses	Credits	Prerequisites	Campus
1 <sup>st</sup> Year Fall	PHED 199 Intro to Teaching Health and PE	1		PW
	PHED 201 Developmental Motor Patterns	3		PW
	PHED 202 Teaching Skillful Movement	3		PW
	HEAL 110 Personal Health	3		FX/Net
	PHED 275 Field & Invasion Games	2		FX
	HEAL 220 Dimensions of Mental Health	3		FX
1 <sup>st</sup> Year Spring	Pass VCLA and Praxis Core Academic Skills or approved substitutes			
	PHED 218 Technology in Health and PE	2		PW
	PHED 273 Net & Target Games	2		FX
	PHED 274 Dance & Ed. Gymnastics	2		FX
	PHED 306 Psychomotor Learning	3		PW
	PHED 320 Student Assessment in Health and PE	2		PW
	HEAL 200 School & Community Safety	1		Net
1 <sup>st</sup> Year Summer	EDUC 302 Human Growth & Development	3		FX
	ATEP 300 Functional Anatomy	3	<i>BIOL 124</i>	PW
2 <sup>nd</sup> Year Fall	HEAL 310 Drugs & Health	3		FX
	HEAL 325 Health Aspects of Human Sexuality	3		FX/Net
	KINE 200 Principles of Health Related Fitness	2	<i>ATEP 300; co-req KINE 310</i>	FX
	KINE 310 Exercise Physiology I	3	<i>ATEP 300; co-req KINE 200</i>	Net
	PHED 308 Adapted PE	3	<i>BSEd status</i>	PW
	PHED 403 Elementary Instruction in PE	3	<i>BSEd status; co-req PHED 306</i>	PW
2 <sup>nd</sup> Year Spring	Student Teaching Application by Feb 1 <sup>st</sup> for Fall Placement and Sep 1 <sup>st</sup> for Spring placement*			
	ATEP 120 First Aid & Emergency Care	2		Net
	HEAL 405 Teaching Methods in Health Ed. (K-12)	3	<i>BSEd status</i>	PW
	PHED 340 Social and Cultural Issues in PE	3		PW
	PHED 404 Middle & HS Instruction in PE	3	<i>BSEd Status; PHED 403 &amp; 75 Credits</i>	PW
	EDRD 300 Literacy and Curriculum Integration	3		FX
2 <sup>nd</sup> Year Summer	KINE 320 Principles of Human Nutrition	3		Net
	PRLS 316 Leadership and Outdoor Education	3		PW
3 <sup>rd</sup> Year Fall	*PHED 415 Student Teaching in PE -Capstone	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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