

Health and Physical Education (PHED) 2018-2019

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

To schedule an advising appointment: rht.gmu.edu/health-and-physical-education/advising

Visit us at rht.gmu.edu/phed



❖ **Mason Core, 38 credits:** For current list of approved courses: catalog.gmu.edu/mason-core/

- Written Communication (Lower Level) - (ENGH 101^C)
- Written Communication (Upper Level) - (ENGH 302^C)
- Oral Communication - 3 credits
- Information Technology - 3 Credits
- Quantitative Reasoning - 3 Credits - (MATH 106^C)
- Literature - 3 Credits
- Arts - 3 Credits
- Western Civilization - 3 Credits
- Social and Behavioral Sciences - 3 Credits (i.e. HEAL 230^C)
- Global Understanding - 3 Credits
- Natural Science - 8 Credits (BIOL 124^C & 125)

❖ **Pre-Bachelor in Health & Physical Education (BPRED), 49 credits:**

- ATEP 120: First Aid & Emergency Care
- ATEP 300: Functional Anatomy
- EDRD 300: Literacy and Curriculum Integrtn
- EDUC 302: Human Growth & Development
- HEAL 110: Personal Health
- HEAL 200: School & Community Safety
- HEAL 250: Introduction to School Health
- KINE 310: Exercise Physiology I
- PHED 202: Teaching Skillful Movement
- PHED 218: Technology in Health & PE
- PHED 273: Net and Target Games
- PHED 274: Dance & Educational Gymnastics
- PHED 275: Field and Invasion Games
- PHED 276: Health-Related Fitness Education
- PHED 306: Psychomotor Learning
- PHED 320: Student Assessment in Health & PE
- PHED 340: Social and Cultural Issues in PE
- PRLS 316: Leadership and Outdoor Education

BSEd Status: 24 credits: Pre-reqs BIOL 124, 125, C or better in PHED 202, 2.5 GPA, pass Praxis I/VCLA, 10 Prof. Dev. Pts & accepted application

- HEAL 405: Teach. Methods in Health Ed. K-12
- PHED 308: Adapted Physical Education
- PHED 403: Elementary School Instruct. in PE
- PHED 404: Middle/HS School Instruct. in PE
- PHED 415: Student Teaching in PE
- C or better required in all BSEd courses

ELECTIVES: 9 Credits

Suggested Academic Plan (to be supplemented by Mason Core)

| Semester | Courses | Credits | Prerequisites | Campus* |
|--------------------------------|---|---------|---|-------------|
| 1 st Year Fall | HEAL 110 Personal Health | 3 | | FX/Net |
| | PHED 202 ^C Teaching Skillful Movement | 3 | | PW |
| | PHED 275 Field and Invasion Games | 3 | | FX |
| | ELECTIVE | 3 | | NET |
| 1 st Year Spring | BIOL 124 ^C Human Anatomy & Physiology | 4 | | FX/PW |
| | PHED 273 Net and Target Games | 3 | | FX |
| | PHED 274 Dance & Educational Gymnastics | 2 | | FX |
| | HEAL 200 School and Community Safety | 1 | | PW/FX/NET |
| 1 st Year Summer | Pass VCLA and Praxis Core Academic Skills or approved substitutes | | | |
| 2 nd Year Fall | ATEP 300 Functional Anatomy | 3 | BIOL 124 ^C | PW |
| | BIOL 125 Human Anatomy & Physiology | 4 | BIOL 124 ^C | FX/PW |
| | EDUC 302 Human Growth and Development | 3 | | FX |
| | PHED 276 Health-Related Fitness Education | 3 | | FX |
| 2 nd Year Spring | HEAL 250 Introduction to School Health | 3 | | PW/NET |
| | ELECTIVE | 3 | | PW/FX/NET |
| | PHED 218 Technology in Health and Physical Education | 2 | | FX - hybrid |
| | PHED 320 Student Assessment in Health & Physical Educ. | 3 | | PW |
| 3 rd Year Fall | PHED 306 Psychomotor Learning | 3 | | PW |
| | KINE 310 Exercise Physiology I | 3 | | Net |
| | PRLS 316 Leadership and Outdoor Education | 3 | BIOL 124 ^C & 125 | PW |
| | ELECTIVE | 3 | | PW/FX/NET |
| 3 rd Year Spring | ATEP 120 First Aid & Emergency Care | 2 | | PW-Hybrid |
| | PHED 340 Social and Cultural Issues PE (Writing Intensive) | 3 | | PW/FX/NET |
| | PHED 403 ^C Elementary School Instruction in Phys Ed. | 3 | BSEd Status | PW |
| | EDRD 300 Literacy and Curriculum Integration | 3 | | FX |
| 4 th Year Fall | Student Teaching Application by Sep 1 st for Spring placement and Feb 1 st for Fall Placement** | | | |
| | PHED 308 ^C Adapted Physical Education | 3 | BSEd Status | PW |
| | PHED 404 ^C Middle & HS Instruction in Physical Education | 3 | BSEd Status; PHED 403 ^C | PW |
| | HEAL 405 ^C Teaching Methods in Health Education (K-12) | 3 | BSEd Status, HEAL 250 | PW |
| 4 th Year Spring | **PHED 415 Student Teaching in PE - Capstone | 12 | Complete all PHED coursework, pass Praxis II, and approved Student Teaching application | 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 202.

* All campus locations are subject to change. All classes listed as PW are located on the Science and Technology Campus (SciTech)

**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 2.5 Year Academic Plan (Assumes all Mason Core requirements have been met)

| Semester | Courses | Credits | Prerequisites | Campus* |
|--------------------------------|---|---------|--|-------------|
| 1 st Year Fall | PHED 202 ^c Teaching Skillful Movement | 3 | | PW |
| | PHED 275 Field and Invasion Games | 3 | | FX |
| | HEAL 110 Personal Health | 3 | | FX/Net |
| | PHED 306 Psychomotor Learning | 3 | | PW |
| 1 st Year Spring | Pass VCLA and Praxis Core Academic Skills or approved substitutes | | | |
| | HEAL 250 Introduction to School Health | 3 | | NET |
| | HEAL 200 School and Community Health | 1 | | |
| | PHED 218 Technology in Health and Physical Education | 2 | | FX - hybrid |
| | PHED 273 Net and Target Games | 3 | | FX |
| | PHED 274 Dance & Educational Gymnastics | 2 | | FX |
| | PHED 320 Student Assessment in Health and Physical Educ. | 3 | | PW |
| 1 st Year Summer | EDUC 302 Human Growth & Development | 3 | | FX |
| | ATEP 300 Functional Anatomy | 3 | BIOL 124 ^c | PW |
| | ELECTIVE | 3 | | PW/FX/NET |
| 2 nd Year Fall | PHED 276 Health-Related Fitness Education | 3 | | FX |
| | KINE 310 Exercise Physiology I | 3 | BIOL 124 ^c & 125 | PW/Net |
| | PHED 308 ^c Adapted Physical Education | 3 | <i>BSEd status</i> | PW |
| | PHED 403 ^c Elementary School Instruction in Physical Educ | 3 | <i>BSEd Status</i> | PW |
| | PRLS 316 Leadership and Outdoor Education | 3 | | PW |
| 2 nd Year Spring | Student Teaching Application by Feb 1 st for Fall Placement and Sep 1 st for Spring placement** | | | |
| | ATEP 120 First Aid & Emergency Care | 2 | | PW-Hybrid |
| | HEAL 405 ^c Teaching Methods in Health Education (K-12) | 3 | <i>BSEd status, HEAL 250</i> | PW |
| | PHED 340 Social and Cultural Issues in PE (Writing Intensive) | 3 | | PW/FX/NET |
| | PHED 404 ^c Middle & HS Instruction in Physical Education | 3 | <i>BSEd Status; PHED 403^c</i> | PW |
| | EDRD 300 Literacy and Curriculum Integration | 3 | | FX |
| 2 nd Year Summer | ENGH 302 Advanced Composition | 3 | <i>Lower –level ENGH^c</i> | FX/Net |
| | ELECTIVE | 3 | | PW/FX/NET |
| | ELECTIVE | 3 | | PW/FX/NET |
| 3 rd Year Fall | **PHED 415 Student Teaching in PE - Capstone | 12 | <i>Complete all PHED coursework, pass Praxis II, and approved Student Teaching application</i> | 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 202.

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