



**Bachelor of Science (B.S.Ed.) Degree  
Health and Physical Education Licensure Program (Pre K-12)  
Academic Advising Form 2006-2007  
rht.gmu.edu**

Name: \_\_\_\_\_ G#: \_\_\_\_\_ Advisor: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_ Email: \_\_\_\_\_ Catalog Year: \_\_\_\_\_

\*Contact 703-993-2060 to obtain your advisor's name, phone number, & email address \*Make an appointment for advisement

Previously degreed students may waive all GEN ED requirements [except BIOL 124/125] and apply for a degree upon completion of professional concentration courses.

**I. GENERAL EDUCATION (GEN ED) REQUIREMENTS (38)**

For current list of approved courses in GEN ED: <http://www.gmu.edu/departments/provost/gened/>

Requirement	Credits	Institution	Course #	Grade	Sem./Yr
Written Communication (Lower Level)	3				
Written Communication (Upper Level)	3				
Western Civilization	3				
Information Technology	3				
Social and Behavioral Sciences (e.g., HEAL 230)	3				
Literature	3				
Oral Communication	3				
Fine Arts	3				
Quantitative Reasoning	3				
Global Understanding (e.g., TOUR 210)	3				
Natural Science (BIOL 124 and 125)	8				

**II. PROFESSIONAL CONCENTRATION (82)**

Requirement	Credits	Institution	Course #	Grade	Sem./Yr
HEAL 110	3				
HEAL 205	4				
HEAL 220	3				
HEAL 310	3				
HEAL 325	3				
HEAL 330	3				
HEAL 405	3				
PHED 108	1				
PHED 110 or 150	1				
PHED 200	3				
PHED 201	3				
PHED 202	3				
PHED 273	2				
PHED 274	2				
PHED 275	2				
PHED 300	3				
PHED 306	3				
PHED 308	3				
PHED 365	3				
PHED 403	3				
PHED 404	3				
PHED 415 (GEN ED Synthesis)	12				
PHED 450	4				
PRLS 316	3				
PRLS 460	3				
EDRD 300	3				

**TOTAL CREDITS (120 REQUIRED)**

*45 hours of upper level credit*

**Optional - Endorsement in Driver Education (Secondary Level): HEAL 402 (3) and HEAL 403 (3)**

## COURSE DESCRIPTIONS

### **HEAL 110 Personal Health (3)**

Individual and family well being, through the integration of such topics as fitness, nutrition, human sexuality, consumer health, drug education, and mental health.

### **HEAL 205 Principles of Accident Causation and Prevention (4)**

Investigation of safety related problems, emphasis on fire, home, occupational, recreational, and vehicle safety; violence and property crime prevention. Identification, care, and treatment of various medical emergencies.

### **HEAL 220 Dimensions of Mental Health (3)**

Integration of behavioral and sociocultural factors in the study of mental health.

### **HEAL 310 Drugs and Health (3)**

Analysis of drug use, with emphasis on its positive aspects, alternatives to drug misuse and abuse.

### **HEAL 325 Health Aspects of Human Sexuality (3)**

Biological, behavioral, and sociocultural factors in human sexual behavior.

### **HEAL 330 Nutrition (3)**

Assessment of dietary habits and patterns in relation to nutrition requirements. Emphasis on weight control, diet and fitness, and current nutritional controversies.

### **HEAL 402 Introduction to Driver Education Instruction (3)**

Introduces vehicle operator's tasks in highway transportation system. Provides essential knowledge and skills to instruct driver education.

### **HEAL 403 Driver Education Practice and Administration (3)**

Applies driver education to simulated and actual driving environments. Provides essential knowledge and skills to administrate driver education.

### **HEAL 405 Teaching Methods in Health Education (K-12) (3) Prerequisite: BSED status or permission of instructor (POI)**

Content, methodology, and resource materials in teaching health education for elementary and physical education teaching majors.

### **PHED 108 Weight Training and Body Conditioning (1)**

### **PHED 110 Beginning Swimming (1)**

### **PHED 150 Intermediate Swimming (1)**

### **PHED 200 Professional Dimensions of Health, Recreation, and Physical Education (3) Open to non-majors**

Traces historical foundations of health, recreation, physical education, and sport.

### **PHED 201 Developmental Motor Patterns (3)**

Examination of developmental stages of motor patterns. Skill progressions are applied to teaching beginning through advanced learners.

### **PHED 202 Teaching Skillful Movement (3)**

Teaching strategies and behaviors are examined and practiced in a peer-teaching format. Activities from games, gymnastics, dance and fitness are content for peer teaching.

### **PHED 273 Net and Target Games (2) Open to BPRE and BSED PHED majors only**

Skill development, content knowledge, and officiating for selected net and target games.

### **PHED 274 Dance and Educational Gymnastics (2) Open to BPRE and BSED PHED majors only**

Dance and educational gymnastics skill development and content knowledge in dance, rhythms, and tumbling/apparatus skills.

### **PHED 275 Field and Invasion Games (2) Open to BPRE and BSED PHED majors only**

Skill development and content knowledge in field activities and two-sided invasion games.

### **PHED 300 Kinesiology (3) Prerequisites: BIOL 124 and 125**

Anatomical and mechanical study of human movement.

### **PHED 306 Psychomotor Learning (3) Prerequisite: BSED status**

Study of psychological aspects, learning theory, and practice conditions for learning motor skills.

### **PHED 308 Adapted Physical Education (3) Prerequisites: BSED status and BIOL 124 and 125**

Introduces the teacher candidate to disabilities among school aged children. National Standards, federal legislation, IEP's and developmental/inclusion models are applied.

### **PHED 365 Measurement and Evaluation of Physical Fitness (3) Prerequisites: BIOL 124 and 125**

Selection, administration, evaluation, and construction of measurement and evaluation instruments and techniques in physical education; statistical analysis of data and survey of selected instruments.

### **PHED 403 Elementary School Instruction in Physical Education (3) Prerequisites: PHED 201, 202, 273, 274, 275 and 306;**

*BSED status*

Includes content knowledge, teaching methods and field experience for Pre K-5.

### **PHED 404 Middle/High School Instruction in Physical Education (3) Prerequisites: PHED 201, 202, 273, 274, 275, 306 and 403; BSED**

*status*

Examines school curriculum, content and teaching practices with field experience for grades 6-12.

### **PHED 415 Student Teaching (9) Prerequisites: Completion of all courses in approved program; acceptance into student teaching**

Supervised clinical experience of a full semester in approved schools. Required experiences in elementary (7 weeks) and secondary (7 weeks) school settings.

### **PHED 450 Physiology of Exercise (4) Prerequisites: BIOL 124 and 125 and PHED 300**

Human physiology response to environmental changes and exercise.

### **PRLS 316 Outdoor Recreation and Leadership (3)**

Promotion of lifelong health and fitness via noncompetitive and informal outdoor activities. Introduction in safety, skills and leadership techniques. Sustainable use, conservation and stewardship of natural resources.

### **PRLS 460 Sport and Recreation Law (3) Prerequisite: 60 credits**

Emphasis on safety, liability, risk. Current law and liability issues for administrators of HFRR facilities and programs.