

# Health and Physical Education (PHED) 2017-2018

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

To schedule an advising appointment: [rht.gmu.edu/health-and-physical-education/advising](http://rht.gmu.edu/health-and-physical-education/advising)

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- ❖ **Mason Core, 38 credits:** For current list of approved courses: [catalog.gmu.edu/mason-core/](http://catalog.gmu.edu/mason-core/)
  - Written Communication (Lower Level) - (ENGH 101<sup>C</sup>)
  - Written Communication (Upper Level) - (ENGH 302<sup>C</sup>)
  - Oral Communication - 3 credits
  - Information Technology - 3 Credits
  - Quantitative Reasoning - 3 Credits - (MATH 106<sup>C</sup>)
  - Literature - 3 Credits
  - Arts - 3 Credits
  - Western Civilization - 3 Credits
  - Social and Behavioral Sciences - 3 Credits (i.e. HEAL 230<sup>C</sup>)
  - Global Understanding - 3 Credits
  - Natural Science - 8 Credits (BIOL 124<sup>C</sup> & 125)
- ❖ **Pre-Bachelor in Health & Physical Education (BPRE), 58 credits:**
  - ATEP 120: First Aid & Emergency Care
  - ATEP 300: Functional Anatomy
  - EDRD 300: Literacy and Curriculum Integrtn
  - 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 of Human Sexuality
  - KINE 310: Exercise Physiology I
  - KINE 320 Principles of Human Nutrition
  - PHED 199: Intro to Health & Physical Education
  - 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 & Educational Gymnastics
  - PHED 275: Field and Invasion Games
  - PHED 276: Health Related Fitness Educ
  - PHED 306: Psychomotor Learning
  - PHED 320: Student Assessment in Health & PE
  - PHED 340: Social and Cultural Issues in PE
  - PRLS 316: Leadership & Outdoor Education
- ❖ **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 Physical Educ.
  - PHED 308: Adapted Physical Education
  - HEAL 405: Teach. Methods in Health Ed. K-12
  - PHED 404: Mid/HS 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	HEAL 110 Personal Health	3		FX/Net
	PHED 202 <sup>C</sup> Teaching Skillful Movement	3		PW
	PHED 275 Field & Invasion Games	2		FX
	PHED 199 Intro to Health and Physical Education	1		PW
1 <sup>st</sup> Year Spring	BIOL 124 <sup>C</sup> Human Anatomy & Physiology	4		FX/PW
	PHED 201 <sup>C</sup> Developmental Motor Patterns	3		PW
	PHED 273 Net & Target Games	2		FX
	PHED 274 Dance & Educational Gymnastics	2		FX
	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	BIOL 124 <sup>C</sup>	PW
	BIOL 125 Human Anatomy & Physiology	4	BIOL 124 <sup>C</sup>	FX/PW
	EDUC 302 Human Growth and Development	3		FX
	HEAL 220 Dimensions of Mental Health	3		Net
	PHED 276 Health Related Fitness Education	2		FX
	PRLS 316 Leadership and Outdoor Education	3		PW
2 <sup>nd</sup> Year Spring	KINE 310 Exercise Physiology I	3	BIOL 124 <sup>C</sup> & 125	PW/NET
	KINE 320 Principles of Human Nutrition	3		NET
	PHED 218 Technology in Health and Physical Education	2		FX
	PHED 320 Student Assessment in Health & Physical Educ.	2		PW
3 <sup>rd</sup> Year Fall	PHED 306 Psychomotor Learning	3		PW
	HEAL 325 Health Aspects of Human Sexuality	3		Net
	HEAL 310 Drugs & Health	3		Net
3 <sup>rd</sup> Year Spring	ATEP 120 First Aid & Emergency Care	2		PW-Hybrid
	PHED 340 Social and Cultural Issues in PE (Writing Intensive)	3		PW
	PHED 403 <sup>C</sup> Elementary School Instruction in Phys Ed.	3	BSEd Status, PHED 201 <sup>C</sup> , 202 <sup>C</sup>	PW
	EDRD 300 Literacy and Curriculum Integration	3		FX
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 <sup>C</sup> Adapted Physical Education	3	BSEd Status	PW
	PHED 404 <sup>C</sup> Middle & HS Instruction in Physical Education	3	BSEd Status; PHED 273, 274, 275, 306, 403	PW
	HEAL 405 <sup>C</sup> Teaching Methods in Health Education (K-12)	3	BSEd Status	PW
4 <sup>th</sup> 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 201 and 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 <sup>st</sup> Year Fall	PHED 199 Intro to Health and Physical Education	1		PW
	PHED 202 <sup>c</sup> Teaching Skillful Movement	3		PW
	PHED 275 Field & Invasion Games	2		FX
	HEAL 110 Personal Health	3		FX/Net
	HEAL 220 Dimensions of Mental Health	3		Net
	PRLS 316 Leadership and Outdoor Education	3		PW
1 <sup>st</sup> Year Spring	Pass VCLA and Praxis Core Academic Skills or approved substitutes			
	PHED 201 <sup>c</sup> Developmental Motor Patterns	3		PW
	PHED 218 Technology in Health and Physical Education	2		FX
	PHED 273 Net & Target Games	2		FX
	PHED 274 Dance & Educational Gymnastics	2		FX
	PHED 306 Psychomotor Learning	3		PW
	PHED 320 Student Assessment in Health and Physical Educ.	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	BIOL 124 <sup>c</sup>	PW
2 <sup>nd</sup> Year Fall	HEAL 310 Drugs & Health	3		Net
	HEAL 325 Health Aspects of Human Sexuality	3		Net
	PHED 276 Health Related Fitness Education	2		FX
	KINE 310 Exercise Physiology I	3	BIOL 124 <sup>c</sup> & 125	PW/Net
	PHED 308 <sup>c</sup> Adapted Physical Education	3	BSEd status	PW
	PHED 403 <sup>c</sup> Elementary School Instruction in Physical Educ	3	BSEd Status, PHED 201 <sup>c</sup> , 202 <sup>c</sup>	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		PW-Hybrid
	HEAL 405 <sup>c</sup> Teaching Methods in Health Education (K-12)	3	BSEd status	PW
	PHED 340 Social and Cultural Issues in PE (Writing Intensive)	3		PW
	PHED 404 <sup>c</sup> Middle & HS Instruction in Physical Education	3	BSEd Status; PHED 273, 274, 275, 306, 403	PW
2 <sup>nd</sup> Year Summer	EDRD 300 Literacy and Curriculum Integration	3		FX
	ENGH 302 Advanced Composition	3	Lower-level ENGH <sup>c</sup>	FX/Net
3 <sup>rd</sup> Year Fall	KINE 320 Principles of Human Nutrition	3		Net
	**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 201 and 202.

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