

**College of Education and Human Development/School of Recreation, Health, and Tourism**

**Physical Education, BSEd**

**Catalog Year: 2019 - 2020**

			<b>Grades</b>	
<b>Mason Core Requirements: 38 credits</b>	<b>Course Information</b>	<b>Credits</b>	<b>Earned</b>	<b>Needed</b>
Written Communication:	ENGH 101 (100)	3		
Oral Communication:		3		
Quantitative Reasoning	MATH 106 Recommended	3		
Information Technology		3		
Arts		3		
Global Understanding		3		
Literature		3		
*Natural Science RequirementL				
*BIOL 124	Human Anatomy and Physiology	4		
*BIOL 125	Human Anatomy and Physiology	4		
Social & Behavioral Sciences		3		
Western Civilization/World History		3		
Written Communication:	ENGH 302	3		
*Synthesis/Capstone	*Satisfied by Major Requirements (PHED 415)			

**Major Requirements (82 credits)**

APEP 120	First Aid and Emergency Care	2		
APEP 300	Functional Anatomy	3		
EDRD 300	Literacy and Curriculum Integration	3		
EDUC 302	Human Growth and Development	3		
HEAL 110	Personal Health	3		
HEAL 200	School and Community Safety	1		
HEAL 250	Introduction to School Health	3		
HEAL 405	Teaching Methods in Health Education (K-12) (C or better)	3		
KINE 310	Exercise Physiology I	3		
PHED 202	Teaching Skillful Movement (C or better)	3		
PHED 218	Technology in Health and Physical Education	2		
PHED 273	Net and Target Games	3		
PHED 274	Dance and Educational Gymnastics	2		
PHED 275	Field and Invasion Games	3		
PHED 276	Health-Related Fitness Education	3		
PHED 306	Psychomotor Learning	3		
PHED 308	Adapted Physical Education (C or better)	3		
PHED 320	Student Assessment in Health and Physical Education	3		
PHED 340	Social and Cultural Issues in Physical Education	3		
PHED 403	Elementary School Instruction in Physical Ed (C or better)	3		
PHED 404	Middle and High School Instruction in Physical Ed (C or better)	3		
PHED 415	Student Teaching in Physical Education	12		
PRLS 316	Leadership and Outdoor Education	3		

**Degree Notes**

Any remaining credits may be completed with elective courses to bring the degree total to 120 with 45 of these credits at the 300/400 level. Students must earn at least 10 professional development points to achieve BSEd status and 20 additional points to apply for student teaching. Professional development points may be earned by attending or volunteering at various events and activities. Additionally, students will be expected to achieve and maintain the healthy zone of health related fitness as measured by FitnessGram® throughout their program. Accommodations will be made for students with documented physical disabilities.

**Transfer students can apply for BSEd status by having:**

earned a minimum of 45 credits from their previous institution with a cumulative GPA of 2.50 or by completing 12 credits at Mason with a minimum of a 2.50 GPA;

Recommended passing scores of 150 for the Praxis Core Academic Skills for Educators in Math (5732) and 470 composite score on VCLA Reading and Writing or passing scores on approved substitute tests.

have earned passing grades in

BIOL 124 Human Anatomy and Physiology

BIOL 125 Human Anatomy and Physiology

PHED 202 Teaching Skillful Movement C or better

earned at least 10 professional points.

# Health and Physical Education (PHED) 2019-2020

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

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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 (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 <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 and Invasion Games	3		FX
	HEAL 250 Introduction to School Health	3		NET
1 <sup>st</sup> Year Spring	BIOL 124 <sup>C</sup> Human Anatomy & Physiology	4		FX/PW
	PHED 273 Net and Target Games	3		FX
	PHED 274 Dance & Educational Gymnastics	2		FX
	ELECTIVE	3		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
	PHED 276 Health-Related Fitness Education	3		FX
2 <sup>nd</sup> Year Spring	HEAL 200 School and Community Safety	1		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 <sup>rd</sup> Year Fall	PHED 306 Psychomotor Learning	3		PW
	KINE 310 Exercise Physiology I	3	BIOL 124 <sup>C</sup> & 125	NET
	PRLS 316 Leadership and Outdoor Education	3		PW
	ELECTIVE	3		PW/FX/NET
3 <sup>rd</sup> Year Spring	ATEP 120 First Aid & Emergency Care	2		PW/FX
	PHED 340 Social and Cultural Issues PE (Writing Intensive)	3		PW
	PHED 403 <sup>C</sup> Elementary School Instruction in Phys Ed.	3	BSEd Status PHED 202	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 403 <sup>C</sup>	PW
	HEAL 405 <sup>C</sup> Teaching Methods in Health Education (K-12)	3	BSEd Status, HEAL 250	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 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 202 <sup>c</sup> Teaching Skillful Movement	3		PW
	PHED 275 Field and Invasion Games	3		FX
	HEAL 110 Personal Health	3		FX/Net
	HEAL 250 Introduction to School Health	3		PW
1 <sup>st</sup> Year Spring	Pass VCLA and Praxis Core Academic Skills or approved substitutes			
	PHED 306 Psychomotor Learning	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 <sup>st</sup> Year Summer	EDUC 302 Human Growth & Development	3		FX
	ATEP 300 Functional Anatomy	3	BIOL 124 <sup>c</sup>	PW
	ELECTIVE	3		PW/FX/NET
2 <sup>nd</sup> Year Fall	PHED 276 Health-Related Fitness Education	3		FX
	KINE 310 Exercise Physiology I	3	BIOL 124 <sup>c</sup> & 125	PW/Net
	PHED 308 <sup>c</sup> Adapted Physical Education	3	<b>BSEd status</b>	PW
	PHED 403 <sup>c</sup> Elementary School Instruction in Physical Educ	3	<b>BSEd Status, PHED 202</b>	PW
	PRLS 316 Leadership and Outdoor Education	3		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/FX
	HEAL 405 <sup>c</sup> Teaching Methods in Health Education (K-12)	3	<b>BSEd status, HEAL 250</b>	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	<b>BSEd Status; PHED 403<sup>c</sup></b>	PW
EDRD 300 Literacy and Curriculum Integration	3		FX	
2 <sup>nd</sup> Year Summer	ENGH 302 Advanced Composition	3	Lower –level ENGH <sup>c</sup>	FX/NET
	ELECTIVE	3		PW/FX/NET
	ELECTIVE	3		PW/FX/NET
3 <sup>rd</sup> Year Fall	**PHED 415 Student Teaching in PE - Capstone	12	Complete all PHED coursework, pass Praxis II, and approved Student Teaching application	PW

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