

# PHYSICAL EDUCATION, BSED

Banner Code: E1-BSED-PHED

## Academic Advising

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Completing this degree fulfills requirements for licensure in Health and Physical Education (PK-12) in Virginia. Students complete a student teaching experience in their final semester.

## Admissions & Policies

### Admissions

#### Four-Year Students

Students entering as freshmen with an interest in majoring in physical education will initially be accepted with BPRE status (Pre-Bachelor in Health and Physical Education). Students must successfully complete a minimum of 45 credits and attain a cumulative GPA of 2.50 to apply to the BSED in Physical Education Program. In addition:

- Recommended: submit passing score 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
- have earned at least 10 professional points (<https://rht.gmu.edu/health-and-physical-education/professional-development-plan>).

#### Degree-Seeking Transfer Students

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 (<https://rht.gmu.edu/health-and-physical-education/professional-development-plan>).

### Policies

For policies governing all undergraduate degrees, see the AP.5 Undergraduate Policies section of the catalog.

### Student Teaching Internship

To enroll in PHED 415 Student Teaching in Physical Education (Mason Core), physical education majors must:

- have a minimum 2.50 GPA in the last 60 credits of coursework
- have passed and electronically submitted test scores for the VCLA and PRAXIS II exams to George Mason University and provide a paper copy of the test scores to the internship coordinator
- have satisfactorily completed all required Mason core and professional concentration courses.

The application must be completed one full semester before taking PHED 415 Student Teaching in Physical Education (Mason Core). Application deadlines are listed below and forms are located online ([http://rht.gmu.edu/programs/phed/student\\_teaching](http://rht.gmu.edu/programs/phed/student_teaching)).

#### Application Deadlines

- Fall Semester—February 1
- Spring Semester—September 1

## Requirements

### Degree Requirements

Total credits: 120

#### Mason Core

Code	Title	Credits
	Written Communication	6
	Oral Communication	3
	Information Technology	3
	Quantitative Reasoning	3
MATH 106	Quantitative Reasoning (Mason Core) (recommended course)	
	Literature	3
	Arts	3
	Western Civilization/World History	3
	Social and Behavioral Sciences	3
	Global Understanding	3
	Natural Science:	
BIOL 124	Human Anatomy and Physiology	4
BIOL 125	Human Anatomy and Physiology	4
	Synthesis/Capstone <sup>1</sup>	
	Total Credits	38

<sup>1</sup> Fulfilled by PHED 415 Student Teaching in Physical Education (Mason Core), listed below in professional sequence.

#### Professional Sequence

Note: Students are not permitted to enroll in HEAL 405 Teaching Methods in Health Education (K-12), PHED 308 Adapted Physical Education, PHED 403 Elementary School Instruction in Physical Education, PHED 404 Middle and High School Instruction in Physical

Education, and PHED 415 Student Teaching in Physical Education (Mason Core), until they have met all BSEd application requirements.

throughout their program. Accommodations will be made for students with documented physical disabilities.

Code	Title	Credits
ATEP 120	First Aid and Emergency Care	2
ATEP 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) <sup>1</sup>	3
KINE 310	Exercise Physiology I	3
PHED 202	Teaching Skillful Movement <sup>1</sup>	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 <sup>1</sup>	3
PHED 320	Student Assessment in Health and Physical Education	3
PHED 340	Social and Cultural Issues in Physical Education (Satisfies the university Writing Intensive requirement)	3
PHED 403	Elementary School Instruction in Physical Education <sup>1</sup>	3
PHED 404	Middle and High School Instruction in Physical Education <sup>1</sup>	3
PHED 415	Student Teaching in Physical Education (Mason Core) <sup>2</sup>	12
PRLS 316	Leadership and Outdoor Education	3
Select 9 credits in electives.		9
Total Credits		82

<sup>1</sup> Requires a grade of C or better.

<sup>2</sup> Students must complete student teaching (PHED 415 Student Teaching in Physical Education (Mason Core) within 5 years of completing PHED 202 Teaching Skillful Movement. If more than five years has lapsed from taking PHED 202 Teaching Skillful Movement and student teaching (PHED 415 Student Teaching in Physical Education (Mason Core), students will have to retake this foundational course before they can student-teach.

## Professional Development and Fitness Requirement

Students must earn at least 10 professional development points (<https://rht.gmu.edu/health-and-physical-education/professional-development-plan>) 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®