

HEALTH AND FITNESS/ ELEMENTARY OR SECONDARY MAJOR, BACHELOR OF ARTS IN EDUCATION (BAE)

Students can choose either the Elementary or the Secondary Core.

This major satisfies the endorsement for preschool to grade 12.

Notes:

- must earn a minimum ≥ 2.8 in each required health and physical education course; must have a minimum cumulative GPA ≥ 2.8 in all university courses;
- this major takes more than 12 quarters at 15–16 credits a quarter;
- required—must be a member of a professional organization;
- each student is required to complete 40 hours of professional development per year while in the health and fitness program and be a member of the EWU Health and Fitness Majors Club.

Required Elementary Education Core

30-hour multicultural education field requirement		
ART 390	ART IN THE ELEMENTARY SCHOOL	3
EDUC 200 & EDUC 303 & EDUC 308	ADMISSION TO TEACHER EDUCATION and FOUNDATIONS OF ASSESSMENT and FOUNDATIONS OF ELEMENTARY CLASSROOM MANAGEMENT (these three courses must be taken concurrently)	7
EDUC 201	INTRODUCTION TO EDUCATION	3
EDUC 304	INTRODUCTION TO ELEMENTARY READING	3
EDUC 310	LITERACY METHODS, MANAGEMENT AND ASSESSMENT IN THE ELEMENTARY SCHOOL	4
EDUC 338 & EDUC 339	LANGUAGE ARTS METHODS, MANAGEMENT AND ASSESSMENT IN THE ELEMENTARY SCHOOL and SOCIAL STUDIES AND SCIENCE METHODS, MANAGEMENT AND ASSESSMENT IN THE ELEMENTARY SCHOOL (must be taken concurrently)	9
EDUC 420	ADMISSION TO PROFESSIONAL CANDIDACY	1
EDUC 423	ELEMENTARY STUDENT TEACHING K-8	15
MATH 212	MATHEMATICS FOR ELEMENTARY TEACHERS II	5
MTED 390	METHODS OF TEACHING ELEMENTARY SCHOOL MATHEMATICS	5
MUSC 450	INTEGRATING MUSIC INTO ELEMENTARY CLASSROOM COURSES	3
PHED 390	HEALTH AND PHYSICAL EDUCATION IN THE ELEMENTARY SCHOOLS	3
PSYC 304	EDUCATIONAL PSYCHOLOGY	5
SPED 363	INTRODUCTION TO SPECIAL EDUCATION	4
Required Health and Fitness Elementary Courses		
HLED 193	STANDARD FIRST AID AND SAFETY	2
HLED 200	ADMISSION TO HEALTH AND FITNESS	2
HLED 201	INTRODUCTION TO HEALTH AND WELLNESS	3
HLED 300	AFTER-SCHOOL PROGRAMMING	3

HLED 365	TEACHING METHODS IN HEALTH	3
HLED 370	PERSONAL AND COMMUNITY HEALTH	4
HLED 372	APPLIED NUTRITION AND PHYSICAL FITNESS	3
HLED 376	CONSUMER HEALTH	3
HLED 475	SEX EDUCATION IN SCHOOLS AND COMMUNITY	4
PHED 251	MOTOR CONTROL AND LEARNING	4
PHED 260	SPORT SCIENCES FOR COACHING	3
PHED 336	INDIVIDUAL SPORTS	2
PHED 337	TEAM SPORTS	2
PHED 340	RHYTHMS AND GAMES	2
PHED 341	ELEMENTARY SCHOOL ACTIVITIES	2
PHED 342	LIFELONG LEISURE ACTIVITIES	2
PHED 348	ANATOMICAL/MECHAB KINESIOLOGY	4
PHED 350	PHYSIOLOGICAL KINESIOLOGY	4
PHED 365	GENERAL METHODS AND PROCEDURES FOR PHYSICAL EDUCATION	3
PHED 370	SPORT AND CULTURE	4
PHED 375	ASSESSMENT IN HEALTH AND FITNESS	3
PHED 452	ADAPTED PHYSICAL EDUCATION	4
PHED 490	SENIOR CAPSTONE: HEALTH AND FITNESS	4

Choose one of the following

PHED 333	GROUP EXERCISE INSTRUCTOR TRAINING	2-3
PHED 334	PERSONAL TRAINING	
PHED 335	STRENGTH AND CONDITIONING PROLAB	

Total Credits 142-143

Notes:

- must earn a minimum ≥ 2.8 in each required health and physical education course; must have a minimum cumulative GPA ≥ 2.8 in all university courses;
- the above major takes more than 12 quarters at 15–16 credits a quarter;
- required—must be a member of a professional organization;
- each student is required to complete 40 hours of professional development per year while in the health and fitness program and be a member of the EWU Health and Fitness Majors Club.

Required Secondary Education Core

30-hour multicultural education field requirement		
EDUC 200 & EDUC 303 & EDUC 309	ADMISSION TO TEACHER EDUCATION and FOUNDATIONS OF ASSESSMENT and FOUNDATIONS OF SECONDARY CLASSROOM MANAGEMENT (these three courses must be taken concurrently)	7
EDUC 201	INTRODUCTION TO EDUCATION	3
EDUC 341	SECONDARY STRATEGIES, MANAGEMENT, ASSESSMENT	4
EDUC 413	CONTENT AREA LITERACY: MANAGEMENT AND ASSESSMENT FOR SECONDARY EDUCATION CANDIDATES	4
EDUC 420	ADMISSION TO PROFESSIONAL CANDIDACY	1
EDUC 426	SECONDARY STUDENT TEACHING 7-12	15
PSYC 304	EDUCATIONAL PSYCHOLOGY	5
SPED 363	INTRODUCTION TO SPECIAL EDUCATION	4

Required Health and Fitness Secondary Courses

HLED 193	STANDARD FIRST AID AND SAFETY	2
HLED 200	ADMISSION TO HEALTH AND FITNESS	2
HLED 201	INTRODUCTION TO HEALTH AND WELLNESS	3
HLED 300	AFTER-SCHOOL PROGRAMMING	3
HLED 365	TEACHING METHODS IN HEALTH	3
HLED 370	PERSONAL AND COMMUNITY HEALTH	4
HLED 372	APPLIED NUTRITION AND PHYSICAL FITNESS	3
HLED 376	CONSUMER HEALTH	3
HLED 475	SEX EDUCATION IN SCHOOLS AND COMMUNITY	4
PHED 251	MOTOR CONTROL AND LEARNING	4
PHED 260	SPORT SCIENCES FOR COACHING	3
PHED 336	INDIVIDUAL SPORTS	2
PHED 337	TEAM SPORTS	2
PHED 340	RHYTHMS AND GAMES	2
PHED 341	ELEMENTARY SCHOOL ACTIVITIES	2
PHED 342	LIFELONG LEISURE ACTIVITIES	2
PHED 348	ANATOMICAL/MECHAB KINESIOLOGY	4
PHED 350	PHYSIOLOGICAL KINESIOLOGY	4
PHED 365	GENERAL METHODS AND PROCEDURES FOR PHYSICAL EDUCATION	3
PHED 370	SPORT AND CULTURE	4
PHED 375	ASSESSMENT IN HEALTH AND FITNESS	3
PHED 452	ADAPTED PHYSICAL EDUCATION	4
PHED 490	SENIOR CAPSTONE: HEALTH AND FITNESS	4
Choose one of the following		2-3
PHED 333	GROUP EXERCISE INSTRUCTOR TRAINING	
PHED 334	PERSONAL TRAINING	
PHED 335	STRENGTH AND CONDITIONING PROLAB	

Total Credits 115-116

For information on General Education, see Undergraduate Degree (<http://catalog.ewu.edu/archives/2016-2017/undergraduate-degree>) .

Student Learning Outcomes—students will

Note: see Education for additional SLOs.

- understand health/physical education content and disciplinary concepts related to the development of a healthy/physically educated person;
- understand how individuals learn and develop, and provide opportunities that support physical, cognitive, social and emotional development;
- understand how individuals differ in their approaches to learning and create appropriate instruction adapted to these differences;
- use and have an understanding of individual and group motivation and behavior to create a safe learning environment that encourages positive social interaction, active engagement in learning, and self-motivation;
- use knowledge of effective verbal, nonverbal, and media communication techniques to enhance learning and engagement;
- understand the importance of planning developmentally appropriate instructional units to foster the development of a healthy/physically educated person.