

HEALTH AND PHYSICAL EDUCATION/ELEMENTARY, BACHELOR OF ARTS IN EDUCATION (BAE)

This major satisfies the endorsement for preschool to grade 12.

Major Requirements—while in the Health and Physical Education Program, the student must:

- attend all EWU Health and Physical Education Majors' meetings;
- attend an advisor-approved Health/PE conference each year;
- be a member of a Health/PE professional organization (preferred is SHAPE, WA);
- complete 40 hours of advisor-approved professional development per year;
- take an average of 15–16 credits a quarter for more than 12 quarters;
- successfully complete the program folio.

Grade Requirements

- earn a minimum ≥B- in each required health and physical education course;
- earn a minimum cumulative GPA ≥2.8 in all university courses.

Elementary Education students must complete the required Elementary Education Core and the following courses.

| Required Health and Physical Education Elementary Courses | | |
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| HLED 193 | STANDARD FIRST AID AND SAFETY | 2 |
| HLED 200 | ADMISSION TO HEALTH AND FITNESS | 2 |
| HLED 202 | INTRODUCTION TO HEALTH, WELLNESS AND SUSTAINABLE LIVING | 4 |
| HLED 300 | AFTER-SCHOOL PROGRAMMING | 3 |
| HLED 365 | TEACHING METHODS IN HEALTH | 4 |
| HLED 372 | APPLIED NUTRITION AND PHYSICAL FITNESS | 3 |
| HLED 475 | HUMAN SEXUALITY | 3 |
| PHED 251 | MOTOR CONTROL AND LEARNING | 3 |
| 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 | 6-12 OUTDOOR EDUCATION BASICS | 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 |
| Choose one of the following | | 2-3 |
| PHED 333 | GROUP EXERCISE INSTRUCTOR TRAINING | |
| PHED 334 | PERSONAL TRAINING | |

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|--------------------------|--|-------|
| PHED 335 | STRENGTH AND CONDITIONING PROLAB | |
| Required Capstone | | |
| PHED 490 & PHED 491 | CAPSTONE IN HEALTH AND PHYSICAL EDUCATION I and CAPSTONE IN HEALTH AND PHYSICAL EDUCATION II | 4-5 |
| Total Credits | | 65-67 |

Elementary Education Core

There are general education science and social science courses that are strongly recommended for the Elementary Education candidate. See the general requirements section of this catalog. Please see an Education advisor for clarification.

30-hour multicultural education field requirement

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| EDUC 304 | INTRODUCTION TO ELEMENTARY READING | 3 |
| EDUC 303 & EDUC 310 & EDUC 338 & EDUC 340 & EDUC 386A | FOUNDATIONS OF ASSESSMENT and LITERACY METHODS, MANAGEMENT AND ASSESSMENT IN THE ELEMENTARY SCHOOL and LANGUAGE AND SOCIAL STUDIES METHODS 1: INTEGRATED LANGUAGE ARTS FOR ELEMENTARY SCHOOL and LANGUAGE AND SOCIAL STUDIES METHODS 2: INTEGRATED SOCIAL STUDIES FOR ELEMENTARY SCHOOL and FIELD EXPERIENCE AND PRACTICUM | 18 |
| EDUC 308 & EDUC 380 & EDUC 381 & EDUC 386B | FOUNDATIONS OF ELEMENTARY CLASSROOM MANAGEMENT and INTEGRATED STEM METHODS 1 and INTEGRATED STEM METHODS 2 and FIELD EXPERIENCE AND PRACTICUM | 14 |
| EDUC 427 | GENERAL STUDENT TEACHING K-12 (Variable credit. A minimum of 3 credits are required.) | 3-15 |
| EDUC 423 | ELEMENTARY STUDENT TEACHING K-8 | 12 |
| Total Credits | | 50-62 |

University Competencies and Proficiencies

- English (<http://catalog.ewu.edu/undergraduate-degree/#newitemtext>)
- Mathematics (<http://catalog.ewu.edu/undergraduate-degree/#mathcompproficienciestext>)
- Placement and Clearance Exams (<http://catalog.ewu.edu/placement/>)
- Prior Learning/Sources of Credit AP, CLEP, IB (<http://catalog.ewu.edu/prior-learning/>)

General Education Requirements (<http://catalog.ewu.edu/undergraduate-degree/#generaleducationrequirementsger>)(GER)

- Minimum Credits—180 cumulative credit hours
 - 60 upper-division credits (300 level or above)
 - 45 credits in residence (attendance) at Eastern, with at least 15 upper-division credits in major in residence at Eastern
- Minimum Cumulative GPA ≥2.0

Breadth Area Core Requirements (BACR)

Humanities and Arts (<http://catalog.ewu.edu/undergraduate-degree/#humanitiesandfineartsgecrtxt>)

Natural Sciences (<http://catalog.ewu.edu/undergraduate-degree/#naturalsciencesgecrtext>)
Social Sciences (<http://catalog.ewu.edu/undergraduate-degree/#socialsciencesgecrtext>)

University Graduation Requirements (<http://catalog.ewu.edu/undergraduate-degree/#universitygraduationrequirements>) (**UGR**)
Diversity Course List (<http://catalog.ewu.edu/undergraduate-degree/#cultureandgenderdiversityintheuslisttext>)
Foreign Language (<http://catalog.ewu.edu/undergraduate-degree/#foreignlanguageugrtext>) (for Bachelor of Arts)
Global Studies Course List (<http://catalog.ewu.edu/undergraduate-degree/#internationalstudiesrequirementtext>)
Minor or Certificate (<http://catalog.ewu.edu/undergraduate-degree/#majorminororcertificateugrtext>)
Senior Capstone Course List (<http://catalog.ewu.edu/undergraduate-degree/#capstonecourselisttext>)

All admitted students must officially Declare a Major (<https://access.ewu.edu/center-for-academic-advising-and-retention/academic-planning-tools/declare-your-major/>) by the time they reach 90 credits (junior standing).

Application for Graduation (<https://sites.ewu.edu/records-and-registration/files/2017/02/GraduationApp.pdf>) must be made at least two terms in advance of the term you expect to graduate (undergraduate and post-baccalaureate).

Use the Catalog Archives (<https://catalog.ewu.edu/archives/>) to determine two important catalog years (<http://catalog.ewu.edu/undergraduate-degree/#activecatalogruletext>). SOAR (<https://soar.ewu.edu/selfservice/general/home.html>) calculates based on these two catalog years.

1. The catalog *in effect at the student's first term* of current matriculation is used to determine **BACR** (Breadth Area Credit Requirements) **and UGR** (Undergraduate Graduation Requirements).
 2. The catalog *in effect at the time the student declares a major or minor* is used to determine the program requirements.
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Students who successfully earn a BAE in Health and Physical Education/Elementary Major from EWU should be able to do the following:

- demonstrate dispositions essential to becoming effective professionals;
- demonstrate the ability to plan and implement developmentally appropriate learning experiences aligned with local, state, and national standards to address the diverse needs of all students;
- demonstrate the ability to use effective communication and pedagogical skills and strategies to enhance student engagement and learning;
- demonstrate the ability to utilize assessments and reflection to foster student learning and inform instructional decisions;
- demonstrate the knowledge and application of discipline-specific scientific and theoretical concepts critical to the development of physically educated individuals;
- demonstrate the knowledge and skills necessary to demonstrate competent movement performance and health enhancing fitness as delineated in the WA State and National K–12 Standards.