

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

This major satisfies the endorsement requirements for grades 5–12

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

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

Required Health and Physical Education Secondary Courses

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

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

Secondary Education Core

30-hour multicultural education field requirement		
EDUC 303 & EDUC 309 & EDUC 341 & EDUC 386A & EDUC 413	FOUNDATIONS OF ASSESSMENT and FOUNDATIONS OF SECONDARY CLASSROOM MANAGEMENT and SECONDARY STRATEGIES, MANAGEMENT, ASSESSMENT and FIELD EXPERIENCE AND PRACTICUM and CONTENT AREA LITERACY: MANAGEMENT AND ASSESSMENT FOR SECONDARY EDUCATION CANDIDATES	15
EDUC 386B & EDUC 427	FIELD EXPERIENCE AND PRACTICUM and GENERAL STUDENT TEACHING K-12 (These are variable credit courses. The minimum for each is 3 credits.)	6-15
EDUC 426	SECONDARY STUDENT TEACHING 7-12	12
Total Credits		33-42

University Competencies and Proficiencies

English (<http://catalog.ewu.edu/undergraduate-degree/#newitemtext>)
 Mathematics (<http://catalog.ewu.edu/undergraduate-degree/#mathcompproficienciesetext>)
 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/#generaleducationrequirementstext>)(**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 \geq 2.0

Breadth Area Core Requirements (BACR)

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

Students who successfully earn a BAE in Health and Fitness/Secondary 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.