

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

This major satisfies the endorsement for prek-12 (PE) and 6-12 (Health) and K-8 classroom (with additional elementary education certificate requirements).

**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 30 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

|                                    |   |            |
|------------------------------------|---|------------|
| PHED 193                           | STANDARD FIRST AID AND SAFETY                           | 2          |
| PHED 200                           | ADMISSION TO HEALTH AND PHYSICAL EDUCATION              | 2          |
| PHED 202                           | INTRODUCTION TO HEALTH, WELLNESS AND SUSTAINABLE LIVING | 4          |
| PHED 251                           | MOTOR CONTROL AND LEARNING                              | 3          |
| PHED 300                           | AFTER-SCHOOL PROGRAMMING                                | 3          |
| PHED 336                           | TEACHING 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/MECHANICAL KINESIOLOGY                       | 4          |
| PHED 350                           | EXERCISE TESTING AND PRESCRIPTION                       | 4          |
| PHED 364                           | TEACHING METHODS IN HEALTH                              | 4          |
| PHED 365                           | GENERAL METHODS AND PROCEDURES FOR PHYSICAL EDUCATION   | 3          |
| PHED 370                           | SPORT AND CULTURE                                       | 3          |
| PHED 372                           | APPLIED NUTRITION AND PHYSICAL FITNESS                  | 3          |
| PHED 375                           | PE TEACHING STRATEGIES                                  | 3          |
| PHED 452                           | ADAPTED PHYSICAL EDUCATION                              | 4          |
| PHED 475                           | HUMAN SEXUALITY   | 3          |
| <b>Choose one of the following</b> |   | <b>2-3</b> |
| EXSC 390                           | PRINCIPLES OF PROGRAM DESIGN                            |            |
| PHED 333                           | GROUP EXERCISE INSTRUCTOR TRAINING                      |            |

|                          |   |              |
|--------------------------|---|--------------|
| PHED 335                 | STRENGTH AND CONDITIONING PROLAB          |              |
| PHED 343                 | WELLNESS AND FITNESS                      |              |
| <b>Required Capstone</b> |   |              |
| PHED 490                 | CAPSTONE IN HEALTH AND PHYSICAL EDUCATION | 4            |
| <b>Total Credits</b>     |   | <b>59-60</b> |

School of Education (<http://catalog.ewu.edu/ps/se/>)

### 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.

|   |  |              |
|---|--|--------------|
| 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 423  | ELEMENTARY STUDENT TEACHING K-8  | 12           |
| EDUC 427  | GENERAL STUDENT TEACHING K-12 (Variable credit. A minimum of 3 credits are required.)  | 3-15         |
| <b>Total Credits</b>                                  |  | <b>50-62</b> |

### University Competencies and Proficiencies

- English (<http://catalog.ewu.edu/undergraduate-degree/#newitemtext>)
- Quantitative and Symbolic Reasoning (<http://catalog.ewu.edu/undergraduate-degree/#mathcompproficiencytext>)
- Placement and Clearance (<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/#generaleducationrequirements>) (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/#humanitiesandfineartsgecrtext>)

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

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**University Graduation Requirements (<http://catalog.ewu.edu/undergraduate-degree/#universitygraduationrequirements>) (UGR)**

Diversity Course List (<http://catalog.ewu.edu/undergraduate-degree/#cultureandgenderdiversityintheuslisttext>)  
World Language (<http://catalog.ewu.edu/undergraduate-degree/#worldlanguagetext>) (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>)

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Application for Graduation (use EagleNET (<https://inside.ewu.edu/eaglenet/>)) must be made at least two terms in advance of the term you expect to graduate (undergraduate and post-baccalaureate).

Use the Catalog Archives (<http://catalog.ewu.edu/archives/>) to determine *two important catalog years*.

Requirements in Degree Works (<https://inside.ewu.edu/records-and-registration/degree-works/>) are based on these two catalog years:

- a. 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).
- b. 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 earn a BAE in Health & Physical Education from EWU should be able to:**

- 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;
- 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 dispositions essential to becoming effective professionals.