

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

This major satisfies the endorsement requirements for preK–12 (PE) and 6–12 (Health).

**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 during the program;
- 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+ credits a quarter for at least 12 quarters;
- successfully complete the program e-portfolio.

## Secondary Education Program Prerequisites

All prerequisite courses must have been completed within the last 6 years.

A grade  $\geq$ B- in all prerequisite courses is required for admission to the Education program.

CMST 201	PUBLIC SPEAKING	5
or CMST 340	INTERCULTURAL COMMUNICATION	
EDUC 201	INTRODUCTION TO EDUCATION	3
ENGL 201	COLLEGE COMPOSITION: ANALYSIS, RESEARCH AND DOCUMENTATION (or approved equivalent)	5
SOST 300	PEOPLES AND GOVERNANCE OF THE PACIFIC NORTHWEST	5
SPED 363	INTRODUCTION TO SPECIAL EDUCATION	4
PSYC 204	EDUCATIONAL PSYCHOLOGY	5
Quantitative and Symbolic Reasoning proficiency*		5
<b>Total Credits</b>		<b>32</b>

\* Quantitative and Symbolic Reasoning courses (<http://catalog.ewu.edu/undergraduate-degree/#mathcompproficiencytext>)

**Teaching Endorsement:** This degree leads to the Washington State Health & Fitness/PE teaching endorsement (preK-12 PE and 6th-12th Health). Students must also pass the state teaching test (West-E in Health & Fitness) to earn the teaching endorsement.

**Grade Requirements:** Students must earn a minimum  $\geq$ B- in each required health and physical education course and earn a minimum cumulative GPA  $\geq$ 2.8 in all university courses.

All Health & PE students must complete the required PHED courses, education prerequisites, and education core courses.

Required Health and Physical Education Courses		
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 341	ELEMENTARY SCHOOL ACTIVITIES	2
PHED 343	WELLNESS AND FITNESS (Increased 1 credit)	3
PHED 348	ANATOMICAL/MECHANICAL KINESIOLOGY	4
PHED 364	TEACHING METHODS IN HEALTH	4
PHED 365	GENERAL METHODS AND PROCEDURES FOR PHYSICAL EDUCATION	3
PHED 374	HEALTH IN SCHOOLS	4
PHED 375	PE TEACHING STRATEGIES	3
PHED 452	ADAPTED PHYSICAL EDUCATION	4
Required Senior Capstone		
PHED 490	CAPSTONE IN HEALTH AND PHYSICAL EDUCATION	4
Education Core Courses		
EDUC 303	FOUNDATIONS OF ASSESSMENT	3
EDUC 309	FOUNDATIONS OF SECONDARY CLASSROOM MANAGEMENT	3
EDUC 341	SECONDARY STRATEGIES, MANAGEMENT, ASSESSMENT	3

EDUC 386A	FIELD EXPERIENCE AND PRACTICUM	3
EDUC 386B	FIELD EXPERIENCE AND PRACTICUM	3
EDUC 413	CONTENT AREA LITERACY: MANAGEMENT AND ASSESSMENT FOR SECONDARY EDUCATION CANDIDATES	3
EDUC 426	SECONDARY STUDENT TEACHING 5-12	12
EDUC 427	GENERAL STUDENT TEACHING K-12	3-15
<b>Total Credits</b>		<b>76-88</b>

### University Competencies and Proficiencies

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

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### 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  $\geq 2.0$

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### Breadth Area Core Requirements (BACR)

- Humanities and Arts (<http://catalog.ewu.edu/undergraduate-degree/#humanitiesandfineartsgcrtxt>)
- Natural Sciences (<http://catalog.ewu.edu/undergraduate-degree/#naturalsciencesgcrtxt>)
- Social Sciences (<http://catalog.ewu.edu/undergraduate-degree/#socialsciencesgcrtxt>)

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### University Graduation Requirements (<http://catalog.ewu.edu/undergraduate-degree/#universitygraduationrequirementstext>) (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/#internationalstudiesrequirementstext>)
- Minor or Certificate (<http://catalog.ewu.edu/undergraduate-degree/#majorminororcertificateugrtxt>)
- 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 expected to graduate (undergraduate and post-baccalaureate).

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

1. The catalog *in effect at the student's first term* of current matriculation is used to determine **BACR** (Breadth Area Core 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 earn a BAE in Health and 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.