

# SAMPLE Four Year Plan | Bachelor of Science in Education - Physical Education

## Health Education & Adapted Physical Education Emphasis

The curriculum in the College of Education and Professional Studies is structured so that students move through classes in a prescribed order. Prerequisites are important and are strongly enforced. The four year plan illustrates the type of curriculum a new freshman could take to complete a degree in four years; it is not an official document. Refer to Academic Advising Report for full requirements.

### First Year

Fall

ENGLISH 101 - College Writing and Reading	3	
MATH 139 - Quantitative Reasoning / Math 093 - Support Class	3-5	
PEPROF 166 - Introduction to Teaching Health, Physical Education, & Adapted Physical Education	3	
CORE 110 -World of the Arts	3	
INTRAUNV 104- New Student Seminar	1	
PEGENRL 192 - Personal Health and Fitness for Life	1	

Total 14 - 16

Spring

ENGLISH 102 - College Writing, Reading, and Research	3	
CORE 130- Individual and Society	3	
EDFOUND 212 - Educational Psychology	3	
BIOLOGY 120 - Biological Foundations	4	
SPECED 205 - Introduction to Special Education	3	

Total 16

**First Year Advising Notes:** By the end of the first year your GPA should be a minimum of 2.75 in order to meet the basic requirements for admission to the College of Education and Professional Studies.

**Goals:** Talk to your academic advisor about your interests and goals and begin to understand career options for your major. Explore student groups and organizations and join one that feels right for you. These groups offer a great way to learn more about the major and begin networking. Explore on-campus resources such as undergraduate research opportunities, the Mary Poppe Chrisman Success Center, and the Office of Global Experience.

After your first year: Become comfortable in understanding and reading your Academic Advising Report.

### Second Year

Fall

PEPROF 301 - Exercise Science for HPEA	3	
PEPROF 260 - Assessment in Physical Education	3	
CORE 120/140 - Historical Perspectives or Global Perspectives	3	
Healthed 344 - Sex Ed and Human Development*	3	
COMM 110 - Introduction to Public Speaking	3	
PEPROF 250 - Motor Development and Learning	3	

Total 18

Spring

EDFOUND 210 - Introduction to Education and Teaching	3	
EDFOUND 243 - Foundations of Education in a Pluralistic Society	3	
PEPROF 240 Standards-based Curriculum and Planning	3	
Healthed 380 - Taboo Topics in Health Education*	3	
PEPROF 173 - Teaching Tumbling and Gymnastics	3	
PEPROF 230 - Teaching Aquatics**	2	

Total 17

Courses denoted with an \* are only available in the term listed (Fall or Spring only).

\*\*Students must pass a department administered swimming proficiency test or pass PEGNRL 151: Intermediate Swimming to enroll in PEPROF 230.

**Second Year Advising Notes:** To stay on track, you should complete your foundation courses by the end of your second year. You should plan to apply for admission to Professional Education at the beginning of your fourth semester, once you have completed 40 credits. Make sure you meet the basic requirements for admission by visiting our website.

**Goals:** Get to know the resources available to you in Winther Hall such as the WITRC Lab, the Office of Field Experiences, and the Academic Advising Office.

After your second year: Understand your program plan and graduation requirements.



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## Third Year

### Fall

Healthed 365 - Mental Health & Well Being*	3	
PEPROF 479 - Adapted Sports*	3	
Gened Elective (Safety 255 recommended)	3	
CORE 390 - World of Ideas	3	
Any Non-Lab Science other than BIO - GEOLOGY 204 recommended	3	
PEPROF 345 - Teaching Cooperative/Adventure/Outdoor Education	3	

Total 18

### Spring

PEPROF 447 - Methods of Teaching Phy Ed-Secondary*	3	
PEPROF 477 - Activities of Inclusion*	3	
PEFIELD 446 - Field Study- Secondary*	1	
PEPROF 407 - Teaching Rhythms and Dance	3	
Healthed 445 - Teaching Health Education*	3	
Healthed 444 - Health Education - Field Study*	1	
PEPROF 365 Teaching Fitness for Physical Education*	3	

Total 17

Courses denoted with an \* are only available in the term listed (Fall or Spring only).

Courses denoted with RED font require Admission to Professional Education. You will not be allowed to register for these courses without applying, and being admitted to the College of Education and Professional Studies.

Third Year Advising Notes: A faculty member will be assigned as your advisor once you are admitted to Professional Education. They should be used to help you determine major elective credits, career options, internships, etc.

Goals: Pursue a leadership position within a student organization or volunteer group. Get to know your professors, especially in your major. Start connecting what you learn in the classroom to how it will apply to your career.

After your third year: Work with your faculty advisor to make sure you're on track to graduate. Continue to seek major-related employment.

## Fourth Year

### Fall

PEPROF 475 - Methods of Teaching Adapted PE*	3	
PEPROF 474 - Adapted - Field Study*	1	
PEPROF 437 - Methods of Teaching Phy-Ed- Elementary*	3	
PEPROF 436 - Field Study- Elementary*	1	
Gened Elective (GA, GH, GI, GE)	2	
PEPROF 427 - Teaching Target Games*	2	
PEPROF 417 - Teaching Net & Racquet Sports	3	
Healthed 375 - Nutrition and Physical Fitness for Health*	3	

Total 18

### Spring

PEFIELD 411 - Directed Teaching- Elementary & Secondary PE*	3	
PEFIELD 414 - Directed Teaching- Elementary & Secondary APE*	3	
PEFIELD 415 - Directed Teaching- Elementary & Secondary HE*	3	
PEPROF 410 - Student Teaching Seminar*	3	

Total 12

Fourth Year Advising Notes: Apply for graduation online through the Registrar's Office one full semester before you anticipate graduating. Complete all required testing. Work with your program coordinator and the Office of Field Experiences in order to confirm your student teaching placement.

Goals: Work with the Career Service Office to perfect your resume and cover letter. Attend networking events, career fairs, and employer information meetings. Read professional journals and consider a student membership in a professional organization.

Students must begin their Math and English sequences with the appropriate course. The English course a student starts with will be determined by their ACT English or SAT Verbal score. The Math course a student starts with will be determined by their UW System math placement score.

The EC-A License emphasis of the Physical Education Bachelor of Science in Education degree leads to endorsement for licensure to teach Physical Education courses at the Wisconsin Department of Public Instruction Early Childhood through Adolescence developmental level (all ages in a public school). While the program does not require completion of a minor, students who wish to make themselves more marketable upon graduation may choose to pursue licensure in Health Education and/or Adapted Physical Education.

Students will be required to pass additional assessments prior to student teaching and licensure.