

# EXERCISE, SPORT, & HEALTH SCIENCES

## Physical Education Teacher Certification



The Exercise, Sport, & Health Sciences degree with an emphasis in Physical Education offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. Graduates come away with a certification to teach PE K-12 and may opt to work towards an additional certification in Health. Exercise, Sport, & Health Sciences majors must have a cumulative GPA of 2.30 or greater to graduate.

### Curricular requirements – 121 semester credits total for graduation

#### MOVEMENT SCIENCES CORE (3CRS)

<b>MVSC 201</b> Physical Activity, Wellness & Behavior Change <i>Prereq or coreq: PEP 100</i>	3
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#### MOVEMENT SCIENCES THEORY & LAB (33CRS)

<b>BIOL 120</b> Human Anatomy (F) <i>Suggested sophomore standing</i>	4
<b>BIOL 121</b> Human Physiology (S) <i>Prereq: BIOL 120</i>	4
<b>FCS 205</b> Concepts in Human Nutrition	3
<b>H&amp;S 245</b> Introduction to Athletic Injuries (S)	3
<b>H&amp;S 451</b> Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
<b>PEP 100</b> Introduction to Exercise Science & Health (F)	1
<b>PEP 300</b> Applied Human Anatomy & Biomechanics (F) <i>Prereq: BIOL 120 or permission</i>	3
<b>PEP 360</b> Motor Behavior (S) <i>Prereq: BIOL 120</i>	3
<b>PEP 418/PEP 418L</b> Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 120 &amp; BIOL 121; or permission</i>	3
<b>PEP 455</b> Design & Analysis of Research in Movement Sciences <i>Prereq: Junior or Senior standing</i>	3
<b>PEP 493</b> Fitness Assessment & Prescription <i>Prereq: Senior standing &amp; PEP 418; or permission</i>	3

#### PE TEACHER CERTIFICATION EMPHASIS (42CRS)

<b>EDCI 201*</b> Contexts of Education	3
<b>EDCI 301</b> Learning, Developmt & Assessment	3
<b>EDCI 401</b> Internship Seminar <i>Coreq: PEP 484</i>	1
<b>EDCI 463</b> Literacy Methods for Content Learning <i>Prereq or coreq: EDCI 302</i>	3
<b>ENGL 207, 208, 313 OR 317</b> Advanced Composition	3
<b>MVSC 486*</b> Healthy, Active Lifestyle Assessment & Intervention (S) <i>Prereq: junior or senior standing</i>	3
<b>PEP 412</b> Elementary Methods in Physical Activity Pedagogy (F) <i>Prereq: Admission to teacher ed program; MVSC 201; PEP 132, 133, 134 &amp; 413</i>	3
<b>PEP 413</b> Foundations & Assessment (S) <i>Prereq: MVSC 201; PEP 132, 133 &amp; 134</i>	3
<b>PEP 421</b> Secondary Methods in Physical Activity Pedagogy (S) <i>Prereq: Admission to teacher ed program; MVSC 201; PEP 132, 133, 134 &amp; 413</i>	3
<b>PEP 424</b> Inclusive Physical Education & Recreation (F) <i>Prereq: Senior standing OR permission</i>	3
<b>PEP 484**</b> Internship in PE Teaching <i>Coreq: EDCI 401</i>	14

#### OPTIONAL: HEALTH CERTIFICATION (9CRS)

<b>H&amp;S 423</b> Health Education Methods & Administration	3
<b>H&amp;S 450</b> Critical Health Issues (F)	3
<b>FCS 240</b> Intimate Relationships (S) <b>OR</b> <b>PSYC 330</b> Human Sexuality <i>Prereq: PSYC 101</i>	3

#### ACTIVITY CLASSES (5CRS)

<b>PEB 108, PEP 107, PEP 132, PEP 133 &amp; PEP 134</b>	5
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#### UI GENERAL EDUCATION REQUIREMENTS

*UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.*

#### COMMUNICATIONS (5CRS)

<b>ENGL 102</b> College Writing & Rhetoric <i>The UI catalog requires students take ENGL 109, 101 OR 102 (depending on placement scores) every semester until ENGL 102 is satisfied.</i>	3
<b>COMM 101</b> Speech (also a major requirement)	2

#### NATURAL & APPLIED SCIENCES (7-8CRS)

<b>Gen Ed Lab Science</b>	4
<b>Gen Ed Lab Science OR CORS</b>	3-4

#### MATH, STATISTICS & COMPUTER SCIENCE (3-4CRS)

<b>Gen Ed Math OR Stats</b> (see advisor) <i>(Suggested completion of Math within first year)</i>	3-4
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#### ADDITIONAL UI GEN ED REQUIREMENTS (—CRS)\*

<b>ISEM 101</b> Integrated Seminar	3
<b>Humanities</b> (from 2 different disciplines)	6
<b>Social Sciences</b> (from 2 different disciplines) <i>(PSYC 101 suggested)</i>	6
<b>American Diversity**</b>	1 class
<b>International**</b>	1 class
<b>ISEM 301</b> Great Issues	1
<b>MVSC 486</b> Senior Experience	3

*\* Additional coursework may be required. See advisor for more information.*

*\*\*American Diversity & International Courses: One course each is required from approved list. There are some Humanities or Social Science courses that count for the International or American Diversity requirements. See advisor for more information.*

**Admission to Teacher Education:** To take any EDCI class above EDCI 301, all students must meet the requirements for admission to teacher education which include the following: receiving a "C" or higher in EDCI 201, Engl 102, Math 143, and Comm 101; have a GPA of at least 2.75; complete an interview; application; two reference forms; and a fingerprint background check.

\*an online background check is required \*\*First Aid & CPR certification, Praxis scores & PETE faculty approval required

(F) = Class offered only in the Fall term (S) = Class offered only in the Spring term  
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## Sample Four-Year Plan 2018-2019

FRESHMAN FALL (15CRS)			FRESHMAN SPRING (16CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	EDCI 201	Contexts of Education*	3
PEP 132	Skill & Analysis of Striking & Net/Wall Activities	1	PEP 107	Movement Fundamentals	1
ENGL 102	College Writing and Rhetoric	3	Humanities	General Education Humanities	3
ISEM 101	Integrated Seminar	3	COMM 101	Fundamentals of Public Speaking	2
Science	General Education Natural Science with Lab	4	Science	General Education Natural Science with Lab	4
MATH	General Education Math (MATH 143 suggested)	3	Soc Sci	General Education Social Science (PSYC 101 suggested)	3
SOPHOMORE FALL (14CRS)			SOPHOMORE SPRING (16CRS)		
BIOL 120	Human Anatomy (F) <i>(rec. sophomore standing)</i>	4	BIOL 121	Human Physiology (S) <i>Prereq: BIOL 120</i>	4
EDCI 301	Learning, Development & Assessment	3	FCS 205	Concepts in Human Nutrition	3
MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3	H&S 245	Introduction to Athletic Injuries (S)	3
PEP 134	Skill & Analysis of Rec & Outdoor Activities	1	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 120</i>	3
Soc Sci	General Education Social Science	3	Humanities	General Education Humanities	3
JUNIOR FALL (14CRS)			JUNIOR SPRING (16CRS)		
ENGL —	Advanced Composition	3	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
PEB 108	Water-Based Sports & Fitness Activities	1	MVSC 486	Healthy, Active Lifestyle Assessment & Intervention (S) <i>Prereq: junior or senior</i>	3
PEP 418 & PEP 418L	Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 120, BIOL 121 OR permission</i>	3	PEP 133	Skill Analysis	1
PEP 424	Inclusive Physical Education & Recreation (F) <i>Prereq: senior standing OR permission</i>	3	PEP 413	Foundations & Assessment (S) <i>Prereq: MVSC 201; PEP 132, 133, 134</i>	3
International	General Education International	3	PEP 421	Secondary Methods in Physical Activity (S) <i>Prereq: Admissions to teacher ed program; MVSC 201; PEP 132, 133, 134 &amp; 413</i>	3
ISEM 301	Great Issues	1	Am Diversity	General Education American Diversity	3
SENIOR FALL (15CRS)			SENIOR SPRING (15CRS)		
EDCI 463	Literacy Methods for Content Learning <i>Prereq or coreq: EDCI 302 OR permission</i>	3	EDCI 401	Internship Seminar <i>Coreq: PEP 484 OR permission</i>	1
PEP 300	Applied Human Anatomy & Biomechanics (F) <i>Prereq: BIOL 120 or permission</i>	3	PEP 484	Internship in Physical Education Teaching <i>Coreq: EDCI 401</i>	14
PEP 412	Elementary Methods in Physical Activity Pedagogy (F)	3			
PEP 455	Design & Analysis of Research in Movement Sciences <i>Prereq: junior or senior standing</i>	3			
PEP 493	Fitness Assessment & Prescription <i>Prereq: senior, PEP 418 OR permission</i>	3			

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\*an online background check is required

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PEP 100	Introduction to Exercise Science & Health (F)	1	EDCI 201	Contexts of Education*	3
PEP 132	Skill & Analysis of Striking & Net/Wall Activities	1	PEP 107	Movement Fundamentals	1
ENGL 102	College Writing and Rhetoric	3	Humanities	General Education Humanities	3
ISEM 101	Integrated Seminar	3	COMM 101	Fundamentals of Public Speaking	2
Science	General Education Natural Science with Lab	4	Science	General Education Natural Science with Lab	3-4
MATH	General Education Math ( <i>MATH 143 suggested</i> )	3	Soc Sci	Gen. Ed. Social Science ( <i>PSYC 101 suggested</i> )	3
SOPHOMORE FALL (17CRS)			SOPHOMORE SPRING (16CRS)		
BIOL 120	Human Anatomy (F) ( <i>rec. sophomore standing</i> )	4	BIOL 121	Human Physiology (S) <i>Prereq: BIOL 120</i>	4
EDCI 301	Learning, Development & Assessment	3	FCS 240 OR PSYC 330	Intimate Relationships (S) OR Human Sexuality <i>Prereq: PSYC 101</i>	3
FCS 205	Concepts in Human Nutrition	3	H&S 245	Introduction to Athletic Injuries (S)	3
MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 120</i>	3
PEP 134	Skill & Analysis of Rec & Outdoor Activities	1	Humanities	General Education Humanities	3
Soc Sci	General Education Social Science	3			
JUNIOR FALL (17CRS)			JUNIOR SPRING (19CRS)		
H&S 450	Critical Health Issues (F)	3	ENGL —	Advanced Composition	3
PEB 108	Water-Based Sports & Fitness Activities	1	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
PEP 418 & PEP 418L	Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 120, BIOL 121 OR permission</i>	3	MVSC 486	Healthy, Active Lifestyle Assessment & Intervention (S) <i>Prereq: junior standing</i>	3
PEP 424	Inclusive Physical Education & Recreation (F) <i>Prereq: senior standing OR permission</i>	3	PEP 133	Skill Analysis	1
PEP 455	Design & Analysis of Research in Movement Sciences <i>Prereq: junior or senior standing</i>	3	PEP 413	Foundations & Assessment (S) <i>Prereq: MVSC 201; PEP 132, 133, 134</i>	3
International	General Education International	3	PEP 421	Secondary Methods in Physical Activity (S) <i>Prereq: Teacher Ed; MVSC 201; PEP 132, 133, 134 &amp; 413</i>	3
ISEM 301	Great Issues	1	Am Diversity	General Education American Diversity	3
SENIOR FALL (15CRS)			SENIOR SPRING (15CRS)		
EDCI 463	Literacy Methods for Content Learning <i>Prereq or coreq: EDCI 302 OR permission</i>	3	EDCI 401	Internship Seminar <i>Coreq: PEP 484 OR permission</i>	1
H&S 423	Health Education Methods & Administration (F)	3	PEP 484	Internship in Physical Education Teaching <i>Coreq: EDCI 401</i>	14
PEP 300	Applied Human Anatomy & Biomechanics (F) <i>Prereq: BIOL 120 or permission</i>	3			
PEP 412	Elementary Methods in Phys. Activity Pedagogy (F)	3			
PEP 493	Fitness Assessment & Prescription <i>Prereq: senior, PEP 418 OR permission</i>	3			

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