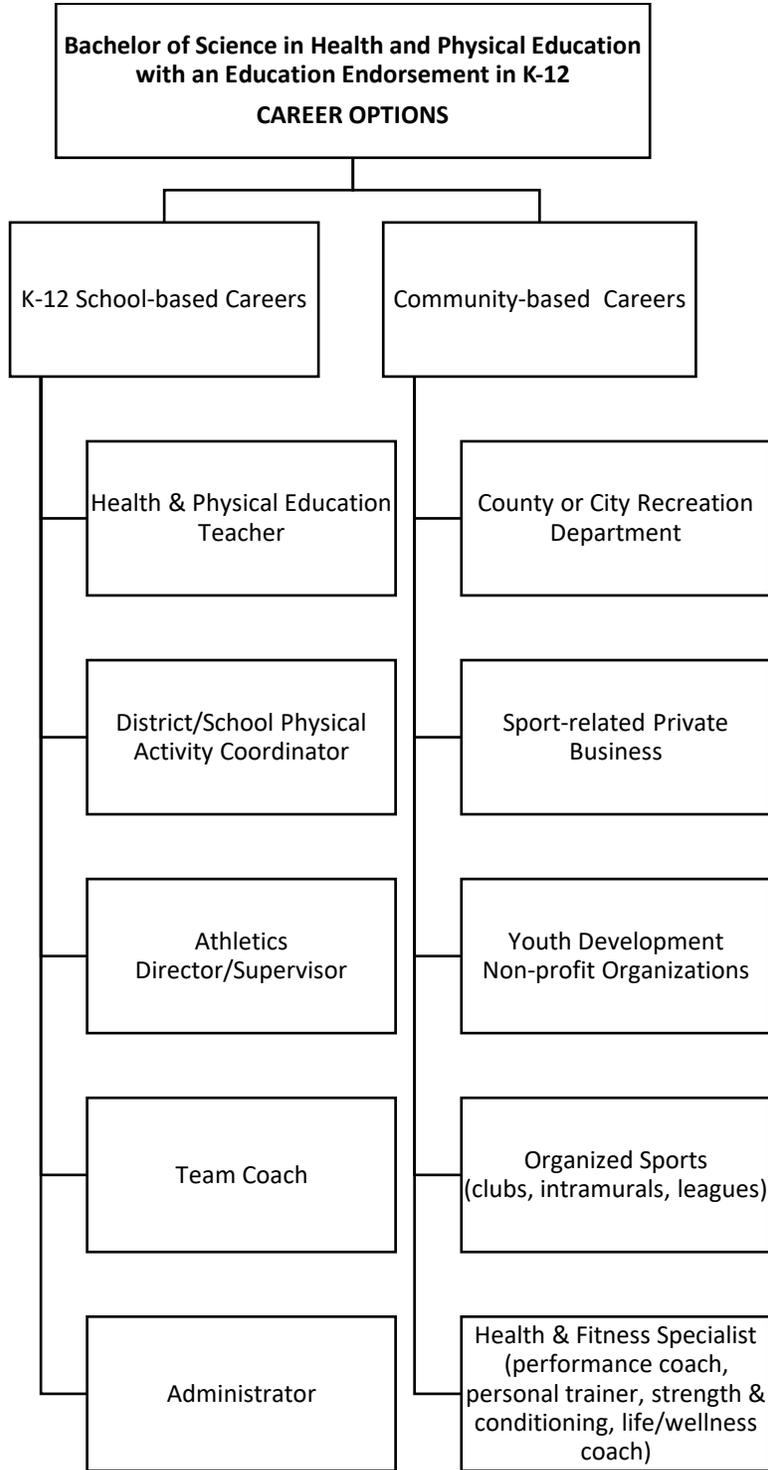


Health and Physical Education with Education Endorsement (K-12)

Advising Tips



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*****SUGGESTED SEQUENCE CHART*****

<p align="center">Semester 1</p> <ul style="list-style-type: none"> • EN 101 (3) • PY 103 (3) • SO 101 (3) • HE 101 (3) • FO (Foreign Language) GenEd (3) • #MA 050 (3) <p>Total Credits: 15-18(depending on math score)</p> <p>#Check Math Placement Exam score: if below a 2, take MA 050</p> <ul style="list-style-type: none"> • Begin Praxis CORE exam attempts. Passing score reqd before taking ED 320 	<p align="center">Semester 2</p> <ul style="list-style-type: none"> • EN 102 (3) • PE 203 (3) Pre-K hours PE (HPE placement) • PASC (1+)* • PASC (1+)* • MA 105 (3) • ED 250 (3) hours (general placement) <p>Total Credits: 14+</p> <p>#If MA050 in S1, schedule MA 105 in S2 #If MA 105 in S2, math requirement met</p> <ul style="list-style-type: none"> • Praxis CORE final attempts. Passing score reqd before taking ED 320
<p align="center">Semester 3</p> <p align="center">50 total CE hours reqd in soph year</p> <ul style="list-style-type: none"> • ED 320 (3) CE 35 Hours (HPE placement) • BY 111 (4) or BY 211 (4)- highly suggested to take BY 111 due to pre-reqs for BY 211 • HE 290 (3) • HE 260 (3) • Historical perspectives (HS.SV) GenEd (3) <p>Total Credits: 16</p>	<p align="center">Semester 4</p> <p align="center">50 total CE hours reqd in soph year</p> <ul style="list-style-type: none"> • BY 112 (4) or BY 212 (4)- highly suggested to take BY 112 due to pre-reqs for BY 212 • PASC (1+)* • EDS 330 (3) CE 15 Hours (general placement) • HE 324 (3) • PE 310 (3) • PASC (1+)* <p>Total Credits: 15+</p> <ul style="list-style-type: none"> ✓ Get sub certificate after 60 credits and consequently fingerprint, background, TB skin test. Attend Substitute Teaching Academy within School of Education ✓ Create curricular space to substitute teach in junior and senior year by taking required courses in the major during the summer of first and second year when possible

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<p align="center">Semester 5 75 total CP hours reqd in junior year</p> <ul style="list-style-type: none"> ✓ EDS 336 (3) CP 25 hrs (HPE placement) ✓ HE 380 (3) ✓ PE 320 (3) ✓ PE 340 (3) ✓ PE 350 (4) hrs PE (HPE placement) <p>Total Credits: 16</p> <ul style="list-style-type: none"> ✓ Encourage students to leave 1 to 2 days completely free to substitute teach ✓ Begin Praxis II Content exam attempts. Passing score reqd before clinical practice 	<p align="center">Semester 6 75 total CP hours reqd in junior year</p> <ul style="list-style-type: none"> • ED 319 (3) CP hrs (6-12) (HPE placement) • ED 378 (3) CP hrs (PreK-5) (HPE placement) • PE 330 (3) • PE 360 (3) 10 hrs coaching (youth setting) • EN 2xx(LIT) GenEd (3) <p>Total Credits: 15</p> <ul style="list-style-type: none"> ✓ Encourage students to leave 1 to 2 days completely free to substitute teach ✓ Continue until passing score for Praxis II Content exam (take over summer if needed). Required before clinical practice
<p align="center">Semester 7</p> <ul style="list-style-type: none"> • ED 379 (3) CP 100 Hrs (6-12) (HPE placement) • PE 411 (3) hours adapted (HPE placement) • Aesthetics (AT) GenEd (3) • PR 4xx-Interdisciplinary Perspective (ISP) GenEd (3) • PASC (1+)* • PASC (1+)* • Technological Literacy (TL) GenEd (3) <p>Total Credits: 17+</p> <ul style="list-style-type: none"> • Encourage students to leave 1 to 2 days completely free to substitute teach 	<p align="center">Semester 8</p> <ul style="list-style-type: none"> • ED 416 (8) Clinical Practice ^ • ED 416S (1) Seminar in Clinical Practice^ • Free Elective (3) <p>Total Credits: 12</p> <ul style="list-style-type: none"> ✓ Must complete CFAST

^For future professionals who prefer to seek employment opportunities in middle/secondary settings, follow sequence chart above which is the same as the following sequence:

- Clinical Practice is a yearlong placement.
- For May (Spring) graduation
 - ED 416 and ED 416s should be taken in Spring semester 8 with placement in middle/sec schools
 - ED 379 (middle/sec) should be taken in Fall semester 7 with placement in middle/sec schools
 - ED 378 (elem) should be taken in Spring semester 6 with placement in elem schools.

^For future professionals who prefer to seek employment opportunities in elementary settings, please follow the following sequence:

- Clinical Practice is a yearlong placement.
- For December (winter) graduation
 - ED 416 and ED 416s should be taken in Fall semester 9 with placement in elementary schools
 - ED 378 (elem) should be taken in Spring semester 8 with placement in elem schools
 - ED 379 (middle/sec) should be taken in Fall Semester 7 with placement in middle/sec schools.

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***PASC=Physical Activity Skills Course (1-3 credit courses)**

- 6 Total Skills Courses Needed
 - TAKE 1 COURSE in each of the 6 categories

1. Games and sports (all 1 credit hour)

PE 122 Ultimate Frisbee

PE 127 Volleyball

PE 130 Basketball

PE 131 Soccer

PE 132 Softball

2. Aquatics (1 or 2 credit hour(s))

PE 110 Swimming (1 credit)

PE 112 Lifeguard Certification/Water Safety (2 credits)

3. Dance/rhythmic Activities (all 1 credit hour)

PE 117 Social Dance I

PE 118 Social Dance II

4. Outdoor Pursuits (1-3 credit hour(s))

PE 103 Surfing (1 credit)

PE 104 Biking (1 credit)

PE 106 Target and Reaction Games (1 credit)

PE 222 International Outdoor Adventure Education (3 credits) (GU)

PE 290 Open water SCUBA certification (2 credits)

5. Individual-performance Activities (1 or 2 credit hour(s))

PE 105 Bowling (1 credit)

PE 107 Pickleball (1 credit)

PE 116 Badminton (1 credit)

PE 119 Golf (1 credit)

PE 125 Tennis (1 credit)

PE 161 Self-defense (1 credit)

PE 201 First Aid/CPR/AED certification (2 credits)

6. Fitness Activities (all 1 credit hour)

PE 128 Yoga

PE 142 Pilates

PE 143 Endurance Running

PE 144 Tai Chi

PE 156 High Intensity Interval Training (HIIT)

PE 163 Weight Training