

B.S. IN HEALTH AND PHYSICAL EDUCATION WITH AN EDUCATION ENDORSEMENT IN K-12

Code	Title	Credits
Major Requirements/Health (15 credits)		
HE-101	Strategies for Healthy Living	3
HE-260	Substance Use and Abuse	3
HE-290	Health Research Methods	3
HE-324	Human Sexuality	3
HE-380	Nutrition and Health	3
Major Requirements/Physical Education (31 credits)		
PE-203	Instructional Strategies In Physical Education and Health	3
PE-310	Sport and Exercise Psychology	3
PE-320	Exercise Physiology	3
PE-330	Biomechanics and Kinesiology	3
PE-340	Motor Development and Learning	3
PE-350	School-Based Physical Activity	4
PE-360	Principles of Coaching	3
PE-411	Adapted Physical Education and Health	3
<i>(Satisfies Cultural Diversity in General Education)</i>		
Skills Requirement		
Select one course from each of 6 Skills categories: GAMES, AQUA, RHYTH, OUTDR, PERF, AND FIT ¹		6
Major Requirements/Education K-12 (24 credits) ²		
ED-250	Psychological and Philosophical Foundations of Education	3
EDS-330	Foundations of Special Education: Development Across the Lifespan	3
EDS-336	Classroom Management	3
ED-319	Content Literacy	3
ED-320	Teaching English Language Learners in Mainstream Classroom	3
<i>(Satisfies Reasoned Oral Discourse (RD) in General Education)</i>		
ED-416 & 416S	Clinical Practice and Clinical Practice Seminar ³	9
Interdisciplinary Requirements (17 credits)		
BY-111 or BY-211	Anatomy and Physiology I or Physiology with Anatomy I	4
<i>(Satisfies Natural Sciences in General Education)</i>		
BY-112 or BY-212	Anatomy and Physiology II or Physiology with Anatomy II	4
<i>(Satisfies Natural Sciences in General Education)</i>		
PY-103	Introduction to Psychology ((Satisfies Social Science Survey (SS.SV) in General Education))	3
SO-101	Introduction to Sociology	3

<i>(Satisfies Social Science Survey (SS.SV) in General Education)</i>		
MA-105	Mathematical Modeling in the Social Sciences	3
<i>(Satisfies Mathematics in General Education)</i>		
Education K-12 Certificate Requirements (6 credits) ²		
ED-378	Methods of Teaching Elementary Physical Education and Health	3
ED-379	Methods of Teaching Secondary Physical Education and Health	3
Free Electives (3 credits) ⁴		
Select up to 3 free elective credits. ⁴		3
General Education Requirements (24 credits) ⁵		
Complete 24 credits as outlined on the General Education table. ⁵		24
Total Credits		120

¹ Of those 6 courses, at least 1 must be designated as "individual", at least 1 must be designated as "dual", and at least 1 must be designated as "team".

² Minimum grade of "C" required for Education courses.

³ Students must complete the appropriate test requirement(s) with a passing score PRIOR to Clinical Practice.

⁴ Please consult with your advisor regarding the required number of free electives that must be completed.

⁵ The General Education curriculum requires the completion of 45 credits. However, students may be able to share credits from within their major or interdisciplinary requirements. Please consult with your advisor to determine which General Education (<http://catalog.monmouth.edu/undergraduate-catalog/academic-programs-support-services-regulations/general-education-requirements/>) courses must be completed.

Additional Endorsements Available

- ESL - English as a Second Language - K-12
- TSD - Teacher of Students with Disabilities - K12

Notes

- 54 credits must be completed at the 200 level or higher.
- Education majors are required to have an overall GPA of 3.00 for State Certification.
- By state regulation, all Education Majors seeking content area endorsement must complete 30 content credits (12+ credits at the 300+ level).

First Year			
Fall	Credits	Spring	Credits
EN-101 College Composition I	3	EN-102 College Composition II	3
PY-103 Introduction to Psychology (Gen*Ed Social Science Survey (SS.SV))	3	PE-203 Instructional Strategies In Physical Education and Health	3
SO-101 Introduction to Sociology (Gen*Ed Social Science Survey (SS.SV))	3	PE-xxx Physical Education Skill/Activity Course (see curriculum chart)	1
HE-101 Strategies for Healthy Living	3	PE-xxx Physical Education Skill/Activity Course (see curriculum chart)	1

FO-xxx Gen*Ed World Language	3 MA-105 Mathematical Modeling in the Social Sciences (Gen*Ed Mathematics)	3
	ED-250 Psychological and Philosophical Foundations of Education	3

Semester Credits 15 Semester Credits 14

Second Year

Fall	Credits	Spring	Credits
ED-320 Teaching English Language Learners in Mainstream Classroom (Gen*Ed Reasoned Oral Discourse (RD) and Writing Intensive (WT)		3 BY-112 Anatomy and Physiology II or 212 (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)	4
BY-111 Anatomy and Physiology I or 211 (Gen*Ed Natural Science (NS) BY,CE,PH,SC,GL)		4 PE-xxx Physical Education Activity/Skill Course (See curriculum chart)	1
HE-290 Health Research Methods (Gen*Ed Writing Intensive (WT)		3 EDS-330 Foundations of Special Education: Development Across the Lifespan (Gen*Ed WT)	3
HE-260 Substance Use and Abuse		3 HE-324 Human Sexuality	3
Gen*Ed Historical Perspectives (HS.SV)		3 PE-310 Sport and Exercise Psychology	3
		PE-xxx Physical Education Skills/ Activity Course (see curriculum chart)	1

Semester Credits 16 Semester Credits 15

Third Year

Fall	Credits	Spring	Credits
EDS-336 Classroom Management		3 ED-319 Content Literacy (Gen*Ed WT)	3
HE-380 Nutrition and Health		3 ED-378 Methods of Teaching Elementary Physical Education and Health	3
PE-320 Exercise Physiology		3 PE-330 Biomechanics and Kinesiology	3
PE-340 Motor Development and Learning		3 PE-360 Principles of Coaching	3
PE-350 School-Based Physical Activity (Gen*Ed Experiential Education (ExEd))		4 EN-2xx Gen*Ed Literature (LIT)	3

Semester Credits 16 Semester Credits 15

Fourth Year

Fall	Credits	Spring	Credits
ED-379 Methods of Teaching Secondary Physical Education and Health		3 ED-416 Clinical Practice (Gen*Ed Experiential Education (ExEd)	8
PE-411 Adapted Physical Education and Health (Gen*Ed Cultural Diversity (CD)		3 ED-416S Clinical Practice Seminar	1
Gen*Ed Aesthetics (AT) AR,DA,MU,TH		3 Free Elective	3
PR-4xx Gen*Ed Interdisciplinary Perspectives (ISP)			3
PE-xxx Physical Education Activity/Skill Course (see curriculum chart)	1		
PE-xxx Physical Education Activity/Skill Course (see curriculum chart)	1		
Gen*Ed TL, Technological Literacy		3	

Semester Credits 17 Semester Credits 12

Total Credits 120