

# College of Arts, Letters, and Education

## Health and Fitness BAE

### Why Study Health and Fitness Education?

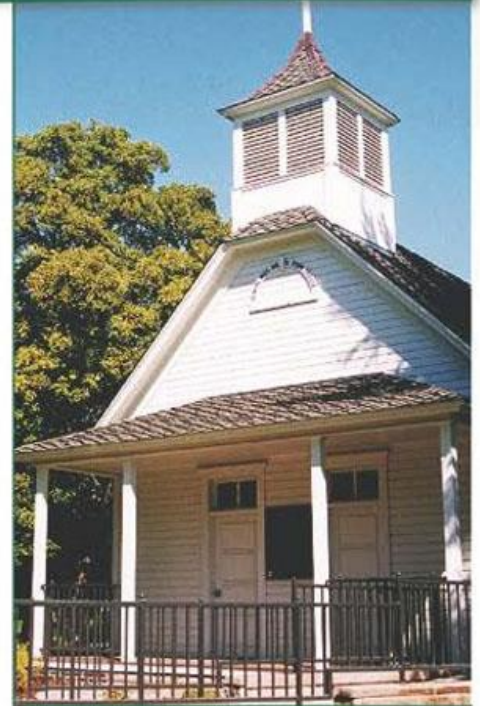
For students wishing to become a PE teacher, this is the degree. As the name implies, there is more to the field than teaching traditional sports. The work of a Health and Fitness teacher includes assisting people to make informed decisions about factors that can impact their health. The program prepares graduates to teach elementary to high school age kids in the performance and understanding of basic motor skills, games, and lifelong fitness activities, as well as the social and personal skills related to participating in physical activities.

### Education Program

In addition to studying health and fitness, students complete either the Elementary or Secondary Education program, which leads to certification to teach preschool – grade 12 in the State of Washington. Before applying to the Education program, students will take:

- CMST 200
- ENGL 101 and 201
- MATH 211 and 212 (Elementary) or MATH 107 (Secondary)

### Program Director and Advisor



### Department Co-Chair

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<http://www.ewu.edu/cale>

This is an example of a four year class schedule. Academic Advisors are there to help create individualized plans.

First Year	Q1	Q2	Q3
	BACR (5 cr.)	BACR (5 cr.)	BACR (5 cr.)
	BACR (5 cr.)	CMST 200 (4 cr.) or CMST 20	Global (5 cr.)
	ENGL 101 (5 cr.)	ENGL 201 (5 cr.)	EDUC 201 (3 cr.)
Second Year	Q5	Q6	Q7
	BACR (5 cr.)	MATH 209 (4 cr.)	Diversity (5 cr.)
	HLED 200 (2 cr.)	PHED 260 (3 cr.)	HLED 193 (2 cr.)
	HLED 202 (4 cr.)	PHED 341 (2 cr.)	MATH 210 (4 cr.)
	PHED 365 (3 cr.)	SPED 363 (4 cr.)	
	PSYC 304 (5 cr.)		
Third Year	Q9	Q10	Q11
	ART 390 (3 cr.)	HLED 372 (3 cr.)	EDUC 304 (3 cr.)
	HLED 370 (4 cr.)	HLED 475 (3 cr.)	HLED 300 (3 cr.)
	MUSC 450 (3 cr.)	PHED 370 (4 cr.)	HLED 365 (3 cr.)
	PHED 348 (4 cr.)	PHED 390 (3 cr.)	PHED 337 (2 cr.)
		PHED 375 (3 cr.)	
Fourth Year	Q13	Q14	Q15
	EDUC 308 (3 cr.)	EDUC 303 (3 cr.)	PHED 333 or PHED 334 or P
	EDUC 310 (4 cr.)	EDUC 380 (4 cr.)	EDUC 427 (3 cr.)
	EDUC 338 (4 cr.)	EDUC 381 (4 cr.)	PHED 251 (4 cr.)
	EDUC 386 (3 cr.)	EDUC 386 (3 cr.)	PHED 340 (2 cr.)
	PHED 336 (2 cr.)	PHED 490 (4 cr.)	PHED 350 (4 cr.)
	PHED 342 (2 cr.)		

Listed is a Sample Four Year Plan. Individual plans will vary based on placement test scores and class availability.



Student's name: \_\_\_\_\_ EWU ID: \_\_\_\_\_

Bachelor of Arts in Education in Health and Fitness  
Elementary Education  
2018-2019 Catalog Year

College of Arts, Letters, and Education  
SOAR Department: Phys Educ | SOAR Major: HLTH FIT  
Major Declaration Form: Health and Fitness - Elementary, BAE-HLTHFIT1, ELE  
Math proficiency needed: MATH 211 and 212

First year courses and prerequisites	Notes	Previously offered **
Q1 BACR (5 cr.)		
Q1 BACR (5 cr.)		
Q1 ENGL 101 COLL COMP: EXPOSITN & ARGUMNT (5 cr.) Prerequisite: Writing Placement Test or General Advising.	Satisfies: university competencies, writing.	F17, W18, Sp18, Su18
Q2 BACR (5 cr.)		
Q2 CMST 200 (4 cr.) or CMST 201 (5 cr.) or CMST 340 (5 cr.) (4 cr.)		
Q2 ENGL 201 COLL COMP: ANALYSIS/RES/DOCMNT (5 cr.) Prerequisite: ENGL 101, Writing Placement Test or general advising.	Satisfies: university proficiencies, writing.	F17, W18, Sp18, Su18
Q3 BACR (5 cr.)		
Q3 Global (5 cr.)		
Q3 EDUC 201 INTRO TO EDUCATION (3 cr.)		F17, W18, Sp18, Su18

I have discussed this academic plan with the student listed above. Advisor name: \_\_\_\_\_ Advisor signature: \_\_\_\_\_

\* See the catalog for prerequisites and other details.

\*\* Future course offerings may differ from the past. Check the course schedule for future courses.

To follow this MAP, you should place into MATH 211 and 212. If you place lower, your custom MAP may change.

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Second year courses and prerequisites	Notes	Previously offered **
Q5 BACR (5 cr.)		
Q5 HLED 200 ADMISSN TO HEALTH AND FITNESS (2 cr.)		F17
Q5 HLED 202 INTRO TO HEALTH, WELLNESS (4 cr.) Prerequisite: ENGL 101, may be taken concurrently or permission of the instructor.	Satisfies: a BACR for humanities and arts.	F17, W18, Su18
Q5 MATH 208 MATH FOR ELEMENTARY TEACHERS I (5 cr.) Prerequisites: MTHD 106 with a grade $\geq$ C, or a satisfactory score on the mathematics placement assessment (MPA); placement into or above ENGL 101.	Satisfies: completion of this course with a grade $\geq$ C satisfies the university proficiencies in mathematics.	
Q6 MATH 209 MATH ELEMENTARY TEACHERS II (4 cr.) Prerequisite: MATH 208.		
Q6 PHED 260 SPORT SCIENCES FOR COACHING (3 cr.)	Note: Leader Level.	F17, W18
Q6 PHED 341 ELEMENTARY SCHOOL ACTIVITIES (2 cr.) Prerequisites: HLED 200 with a grade $\geq$ B and concurrent enrollment in PHED 365 or permission of instructor.		W18
Q6 PHED 365 GENERAL METHODS/PROCEED FOR PE (3 cr.) Prerequisites: HLED 200 with a grade $\geq$ B and concurrent enrollment in PHED 341 or permission of instructor.		W18
Q6 PSYC 304 EDUCATIONAL PSYCHOLOGY (5 cr.) Prerequisites: PSYC 201 recommended.		F17, W18, Sp18, Su18
Q7 Diversity (5 cr.)		
Q7 HLED 193 STANDARD FIRST AID AND SAFETY (2 cr.)		F17, W18, Sp18, Su18

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Q7

MATH 210 MATH ELEMENTARY TEACHERS III (4 cr.)

Prerequisite: MATH 208.

Note: this course addresses content from previous courses MATH 211 and 212 in more depth and adds topics required by Washington State Teacher Competences for K-8 elementary certification.

Q7

SPED 363 INTRO TO SPECIAL EDUCATION (4 cr.)

F17, W18, Sp18, Su18

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Third year courses and prerequisites	Notes	Previously offered **
Q9	ART 390 ART IN THE ELEMENTARY SCHOOL (3 cr.)	F17, W18, Sp18, Su18
Q9	HLED 370 INTRO TO COMMUNITY PUBLIC HEAL (4 cr.) Prerequisite: declared Major in Health and Fitness or Public Health.	F17, Su18
Q9	MUSC 450 INTEGRATING MUSIC IN CLASSROOM (3 cr.) Prerequisites: EDUC 303.	F17, W18, Sp18, Su18
Q9	PHED 348 ANATOMICAL/MECHAB KINESIOLOGY (4 cr.)	F17, Su18
Q9	PHED 452 ADAPTED PHYSICAL EDUCATION (4 cr.) Prerequisite: junior standing or permission of the instructor.	F17
Q10	HLED 372 APPL NUTRITN/PHYSICAL FITNESS (3 cr.)	F17, W18, Sp18, Su18
Q10	HLED 475 HUMAN SEXUALITY (3 cr.) Prerequisite: declared major in Health and Fitness or Public Health.	W18, Su18
Q10	PHED 370 SPORT AND CULTURE (4 cr.)	W18
Q10	PHED 390 HEALTH & PE IN ELEM SCHOOL (3 cr.) Prerequisites: junior standing and a minimum GPA ≥C.	F17, W18, Sp18, Su18
Q11	EDUC 304 INTRO TO ELEMENTARY READING (3 cr.) Prerequisites: successful completion of EDUC 303 and EDUC 308 or may be taken concurrently.	F17, W18, Sp18, Su18
Q11	HLED 300 AFTER-SCHOOL PROGRAMMING (3 cr.)	Sp18
Q11	HLED 365 TEACHING METHODS IN HEALTH (3 cr.) Prerequisite: PHED 365 and PHED 375.	W18
Q11	PHED 337 TEAM SPORTS (2 cr.) Prerequisites: PHED 341 and PHED 365 with a grade ≥B, concurrent enrollment in PHED 375 and successful completion of the West B.	Sp18

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Q11

PHED 375 ASSESSMENT IN HEALTH & FITNESS (3 cr.)

Prerequisites: PHED 341 and PHED 365 with a grade  $\geq$ B, concurrent enrollment in PHED 337 and successful completion of the West B.

Sp18

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Fourth year courses and prerequisites	Notes	Previously offered **
<p>Q13 EDUC 308 FOUNDATION ELEM CLASSROOM MGMT (3 cr.) Prerequisites: ENGL 201; MATH 208, CMST 200 or proof of equivalence; passing the Washington Education Skill Test-Basic (WEST-B).</p>	<p>Note: Application required. Department authorization required. C3</p>	<p>F17, W18, Sp18, Su18</p>
<p>Q13 EDUC 310 LTCY METHOD MGMT ASSESS ELEM (4 cr.) Prerequisites: EDUC 304 or EDUC 479. Washington State Patrol Clearance/FBI fingerprinting clearance.</p>		<p>F17, W18, Sp18</p>
<p>Q13 EDUC 338 LANG &amp; SOCIAL METHODS 1 (4 cr.) Prerequisites: program admission required; concurrent enrollment in EDUC 340 and 3 credits of Field Experience and Practicum.</p>	<p>Note: Washington State Patrol Clearance/FBI fingerprinting clearance required. Concurrent with EDUC 340 and 342</p>	<p>F17, W18, Sp18</p>
<p>Q13 EDUC 386 FIELD EXPERIENCE AND PRACTICUM (3 cr.) Prerequisite: admission to the Education program.</p>	<p>Note: Washington State Patrol Clearance / FBI Fingerprint Clearance required. A weekly seminar is required. Your schedule must be arranged so time can be spent in a public school classroom during the day.</p>	
<p>Q13 PHED 336 INDIVIDUAL SPORTS (2 cr.) Prerequisite: PHED 337 and PHED 375 with a grade ≥B or permission of instructor.</p>	<p>Note: taught all quarters.</p>	<p>F17</p>
<p>Q13 PHED 342 6-12 OUTDOOR EDUCATION BASICS (2 cr.) Prerequisites: PHED 337 and PHED 375 with a grade ≥B or permission of instructor.</p>		<p>F17</p>
<p>Q14 EDUC 303 FOUNDATIONS OF ASSESSMENT (3 cr.) Prerequisites: ENGL 201; MATH 107 or MATH 208; CMST 200 or proof of equivalence; passing the Washington Education Skill Test-Basic (WEST-B).</p>		<p>F17, W18, Sp18, Su18</p>
<p>Q14 EDUC 380 INTEGRATED STEM METHODS 1 (4 cr.) Prerequisites: EDUC 310 and taken concurrently with EDUC 381.</p>	<p>Note: Washington State Patrol Clearance / FBI Fingerprint Clearance required. A lab course with required hours in the field is required. Please consult your advisor.</p>	
<p>Q14 EDUC 381 INTEGRATED STEM METHODS 2 (4 cr.) Prerequisites: EDUC 310 and concurrently with EDUC 380.</p>	<p>Note: Washington State Patrol Clearance / FBI Fingerprint Clearance required. A lab course with required hours in the field is required. Please consult your advisor.</p>	

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Q14	EDUC 386 FIELD EXPERIENCE AND PRACTICUM (3 cr.) Prerequisite: admission to the Education program.	Note: Washington State Patrol Clearance / FBI Fingerprint Clearance required. A weekly seminar is required. Your schedule must be arranged so time can be spent in a public school classroom during the day.	
Q14	PHED 490 SR CAPSTONE: HEALTH & FITNESS (4 cr.) Prerequisites: HLED 365 and PHED 365 and senior standing or permission of the instructor.	Satisfies: a university graduation requirement'senior capstone.	W18
Q15	PHED 333 or PHED 334 or PHED 335 (2-3 cr.) (2 cr.)		
Q15	EDUC 427 GENERAL STUDENT TEACHING K-12 (3 cr.) Prerequisite: EDUC 420.	Note: graded Pass/Fail.	F17, W18, Sp18
Q15	PHED 251 MOTOR CONTROL AND LEARNING (4 cr.)		Sp18
Q15	PHED 340 RHYTHMS AND GAMES (2 cr.) Prerequisites: PHED 337 and PHED 375 with a grade $\geq$ B or permission of instructor.	Note: taught spring quarter.	Sp18
Q15	PHED 350 PHYSIOLOGICAL KINESIOLOGY (4 cr.)		F17, W18, Sp18, Su18

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Fifth year courses and prerequisites

Notes

Previously offered \*\*

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# Flight Plan to Success

The following milestones will help you succeed and improve your experience at EWU.

## Health and Fitness, BAE

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