

College of Arts, Letters, and Education

Health and Fitness BAE

Why Study Health and Fitness Education?

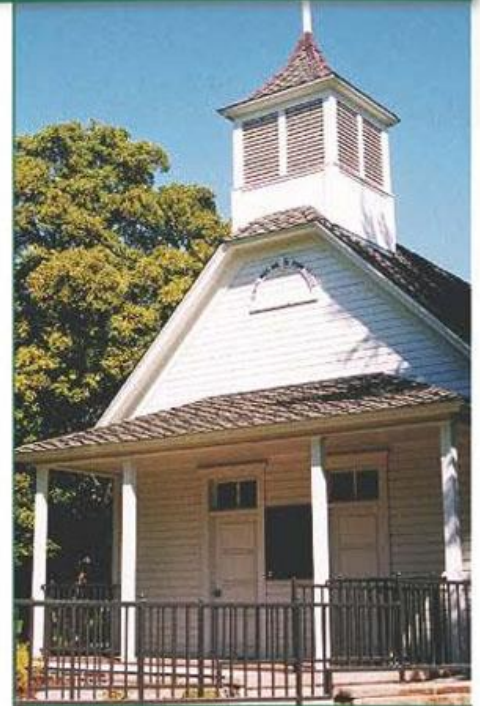
For students wishing to become a PE teacher, this is the degree. As the name implies, there is more to the field than teaching traditional sports. The work of a Health and Fitness teacher includes assisting people to make informed decisions about factors that can impact their health. The program prepares 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	BACR (5 cr.)
	ENGL 101 (5 cr.)	ENGL 201 (5 cr.)	MATH 107 (5 cr.)
Second Year	Q5	Q6	Q7
	General Elective (5 cr.)	General Elective (1 cr.)	General Elective (5 cr.)
	HLED 193 (2 cr.)	HLED 202 (4 cr.)	EDUC 201 (3 cr.)
	HLED 200 (2 cr.)	PHED 341 (2 cr.)	PHED 251 (4 cr.)
	PHED 348 (4 cr.)	PHED 365 (3 cr.)	PHED 337 (2 cr.)
	PHED 350 (4 cr.)	PSYC 304 (5 cr.)	PHED 375 (3 cr.)
Third Year	Q9	Q10	Q11
	PHED 333 or PHED 334 or P	Diversity (5 cr.)	General Elective (1 cr.)
	PHED 336 (2 cr.)	HLED 365 (3 cr.)	Global (5 cr.)
	PHED 340 (2 cr.)	PHED 260 (3 cr.)	HLED 300 (3 cr.)
	PHED 342 (2 cr.)	SPED 363 (4 cr.)	HLED 372 (3 cr.)
	PHED 370 (4 cr.)	HLED 475 (3 cr.)	
Fourth Year	Q13	Q14	Q15
	EDUC 303 (3 cr.)	EDUC 386 (3 cr.)	EDUC 426 (12 cr.)
	EDUC 309 (3 cr.)	EDUC 427 (3 cr.)	
	EDUC 341 (3 cr.)	HLED 370 (4 cr.)	
	EDUC 386 (3 cr.)	PHED 490 (4 cr.)	
	EDUC 413 (3 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
 Secondary 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 - Secondary, BAE-HLTHFIT1, SEC
 Math proficiency needed: MATH 10

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 BACR (5 cr.)		
Q3 MATH 107 MATHEMATICAL REASONING (5 cr.) Prerequisites: MTHD 104 or MTHD 106 or equivalent course, or a satisfactory score on the mathematics placement test (MPT); Computer Literacy Competency recommended.	Satisfies: completion of this course with a grade \geq C satisfies the university proficiencies in mathematics.	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 107. If you place lower, your custom MAP may change.

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Second year courses and prerequisites	Notes	Previously offered **
Q5	General Elective (5 cr.)	
Q5	HLED 193 STANDARD FIRST AID AND SAFETY (2 cr.)	F17, W18, Sp18, Su18
Q5	HLED 200 ADMISSN TO HEALTH AND FITNESS (2 cr.)	F17
Q5	PHED 348 ANATOMICAL/MECHAB KINESIOLOGY (4 cr.)	F17, Su18
Q5	PHED 350 PHYSIOLOGICAL KINESIOLOGY (4 cr.)	F17, W18, Sp18, Su18
Q6	General Elective (1 cr.)	
Q6	HLED 202 INTRO TO HEALTH, WELLNESS (4 cr.) <i>Prerequisite: ENGL 101, may be taken concurrently or permission of the instructor.</i>	F17, W18, Su18
Q6	PHED 341 ELEMENTARY SCHOOL ACTIVITIES (2 cr.) <i>Prerequisites: HLED 200 with a grade ≥B and concurrent enrollment in PHED 365 or permission of instructor.</i>	W18
Q6	PHED 365 GENERAL METHODS/PROCED FOR PE (3 cr.) <i>Prerequisites: HLED 200 with a grade ≥B and concurrent enrollment in PHED 341 or permission of instructor.</i>	W18
Q6	PSYC 304 EDUCATIONAL PSYCHOLOGY (5 cr.) <i>Prerequisites: PSYC 201 recommended.</i>	F17, W18, Sp18, Su18
Q7	General Elective (5 cr.)	
Q7	EDUC 201 INTRO TO EDUCATION (3 cr.)	F17, W18, Sp18, Su18
Q7	PHED 251 MOTOR CONTROL AND LEARNING (4 cr.)	Sp18

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Q7

PHED 337 TEAM SPORTS (2 cr.)

Prerequisites: PHED 341 and PHED 365 with a grade \geq B, concurrent enrollment in PHED 375 and successful completion of the West B.

Sp18

Q7

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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Advisor signature: _____

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Third year courses and prerequisites	Notes	Previously offered **
Q9 PHED 333 or PHED 334 or PHED 335 (2-3 cr.) (2 cr.)		
Q9 PHED 336 INDIVIDUAL SPORTS (2 cr.) Prerequisite: PHED 337 and PHED 375 with a grade ≥B or permission of instructor.	Note: taught all quarters.	F17
Q9 PHED 340 RHYTHMS AND GAMES (2 cr.) Prerequisites: PHED 337 and PHED 375 with a grade ≥B or permission of instructor.	Note: taught spring quarter.	Sp18
Q9 PHED 342 6-12 OUTDOOR EDUCATION BASICS (2 cr.) Prerequisites: PHED 337 and PHED 375 with a grade ≥B or permission of instructor.		F17
Q9 PHED 370 SPORT AND CULTURE (4 cr.)		W18
Q9 PHED 452 ADAPTED PHYSICAL EDUCATION (4 cr.) Prerequisite: junior standing or permission of the instructor.		F17
Q10 Diversity (5 cr.)		
Q10 HLED 365 TEACHING METHODS IN HEALTH (3 cr.) Prerequisite: PHED 365 and PHED 375.		W18
Q10 PHED 260 SPORT SCIENCES FOR COACHING (3 cr.)	Note: Leader Level.	F17, W18
Q10 SPED 363 INTRO TO SPECIAL EDUCATION (4 cr.)		F17, W18, Sp18, Su18
Q11 General Elective (1 cr.)		
Q11 Global (5 cr.)		
Q11 HLED 300 AFTER-SCHOOL PROGRAMMING (3 cr.)		Sp18

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Q11	HLED 372 APPL NUTRITN/PHYSICAL FITNESS (3 cr.)	F17, W18, Sp18, Su18
Q11	HLED 475 HUMAN SEXUALITY (3 cr.) Prerequisite: declared major in Health and Fitness or Public Health.	W18, Su18

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Fourth year courses and prerequisites	Notes	Previously offered **
Q13 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).		F17, W18, Sp18, Su18
Q13 EDUC 309 FOUNDATIONS SEC CLASSROOM MGMT (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).		F17, W18, Sp18, Su18
Q13 EDUC 341 SEC STRATEGIES, MGMT, ASSESSMT (3 cr.) Prerequisites: EDUC 413.	Note: Washington State Patrol/FBI fingerprinting clearance.	F17, W18, Sp18
Q13 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.	
Q13 EDUC 413 MGT/ASSESS CONTENT LTCY SEC (3 cr.) Prerequisites: EDUC 303 and EDUC 309.	Note: Washington State Patrol/FBI fingerprinting clearance.	F17, W18, Sp18, Su18
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 EDUC 427 GENERAL STUDENT TEACHING K-12 (3 cr.) Prerequisite: EDUC 420.	Note: graded Pass/Fail.	F17, W18, Sp18
Q14 HLED 370 INTRO TO COMMUNITY PUBLIC HEAL (4 cr.) Prerequisite: declared Major in Health and Fitness or Public Health.		F17, Su18
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 EDUC 426 SEC STUDENT TEACHING 7-12 (12 cr.) Prerequisite: EDUC 420 and departmental clearance required prior to registration.	Note: Graded Pass/Fail. Washington State Patrol and FBI clearance must be current. All students must have a minimum overall GPA >= 2.8 in each of the following: major(s), minor(s) and Professional Education Program. All course grades in the student's major	F17, W18, Sp18

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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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