PHYSICAL EDUCATION (BS)

Health and Human Enrichment

The Bachelor of Science degree in Physical Education offers students two professional focus areas: Physical Education Teacher Certification or Physical Education/Health Education Teacher Certification. The core courses of the Physical Education major provide the biological, psychological, philosophical, historical, and social/behavioral science principles in the study of physical activity, exercise, and sport. Students complete the core coursework and select one of the options to complete their studies through advanced courses. Each option is organized to reflect the current scholarship and practices in the field and allows students to develop knowledge, skills, attitudes, and a philosophical understanding specific to their future role as a teaching practitioner in the field of Physical Education and/or Health Education. In addition, students have multiple early field experience in K-12 physical education or K-12 physical education and health education, prior to their capstone experience: a full semester Internship in Teaching leading to K-12 certification in Physical Education or K-12 certifications in Physical Education and Health Education.

Physical Education Professional Activity Courses

The 2000 level, 1.5 credit courses are letter graded for the majors and minors in the Department of Health and Human Performance only.

Physical Activity Skills Courses

The Physical Activity Skills courses are one credit electives designed to provide students with the opportunity to learn and engage in a wide variety of physical activities, with the goal of promoting health and lifelong participation in physical activity. These 1000 level courses are graded Pass/No Pass.

Degree Requirements

Course	Title	Credits
Major Requirements		
PE 2735	Motor Development	3
PE 3570	Kinesiology	3
PE 3720	Motor Learning	3
EX 3580	Physiology of Exercise	3
BI 2110 & BI 2130	Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I	4
BI 2120 & BI 2140	Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II	4
Pathways-HoME General Education		
IS 1115	Tackling a Wicked Problem	4
Writing Foundation Course:		
EN 1400	Composition	4
Quantitative Foundation:		
MA (https://coursecatalog.plymouth.edu/general-education/#MATH)	MA1500 or higher, or equivalency	3-4
Pathway Certificate (https://coursecatalog.plymouth.edu/general-education/) *		15-16
Additional Pathway Credits (0 if in major)		0-9
Option Requirements		
Complete one from the following required options:		64-75
Physical Activity and Sport Leadership Option		
Physical Education Teacher Certifcation		
Physical Education/Health Education Teacher Certifcation		
Total Credits		**120**

* To complete the Pathways HoME General Education program, a student must complete 24 credits of Pathways courses, including those that lead to a Pathways Certificate. 15-16 credits of a Pathway Certificate must be in a single Pathway skill and must include at-least 8 credits of upper-division courses. Students may complete the remaining 8-9 credits with Pathway classes taken inside the major (double-counting) or outside of it. Students in this major may earn multiple Pathway Certificates; one must be a Pathway other than Creating Holistic Wellness.

Physical Activity and Sport Leadership Option of BS Physical Education

Students may graduate with a BS in Physical Education (Physical Activity and Sport Leadership Option). The Physical Activity and Sport Leadership Option provides students with an option to equip students with foundational knowledge and skills for careers in a variety of physical activity and sport settings.

Course	Title	Credits
Option Requirements		
PE 2550	Foundations of Physical Education (TECO)	3
PE 2405	Concepts of Fitness and Skill Performance	2
PE 2860	Adventure Programming for Physical Educators (WECO)	3
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO)	3
PE 3610	Adapted Physical Education (DICO)	3
CC 3780	Sport in Society	3
SM 3100	Administration of Athletics	3
HE 2500	First Aid and CPR/AED	1.5
Professional Skills Activity Courses:		
Select a minimum of 6 credits from activity courses below:		6
PE 2440	Elementary Activities, Gymnastics and Rhythms	
PE 2460	Individual and Dual Sports (Individual and Dual Sports)	
PE 2950	Territorial and Striking/Field Activities	
Professional Fitness-related Activity Courses		
Select one of the following courses below:		1.5
PE 2428	Flexibility, Core, and Balance Training	
PE 2640	Burdenko Conditioning	
PE 2831	Resistance Training Techniques	
Selected courses in Health and Human Performance		
Select one of the following courses below:		3
PEHE 2000	Wellness Choices for Healthy Living (WECO)	

HE 3200	Stress Management (WECO)	
HE 3220	Applied Nutrition for Healthy Living (TECO)	
Professional Practicum/Internship Experience		
Select one of the following courses below:		3-12
PE 3880	Physical Education Practicum (minimum of 3 credits required)	
PE 4880	Physical Education Internship	
Quantitative Reasoning in the Discipline Connection		
Writing in the Discipline Connection		
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO)	
General Education (https://coursecatalog.plymouth.edu/general-education/)		
INCP (https://coursecatalog.plymouth.edu/general-education/#INCP)	Integrated Capstone	3-4
Electives		19-21
Total Credits		**57-69**

[1] Students who have a valid certification from professional organizations do not have to take First Aid and CPR/AED (HE 2500). Students must present evidence of current certification. Students must take another course(s) for a total of 1.5 credits offered by the Department of Health and Human Performance to replace First Aid and CPR/AED (HE 2500).

Physical Education and Health Education Teacher Certification (K-12) Option of BS Physical Education

The Educator Preparation programs at Plymouth State University are approved by the New Hampshire Department of Education. The University is a member of the American Association of Colleges of Teaching Education (AACTE).

Graduates who complete the double Physical Education and Health Education Teacher Certification Option are prepared to teach both physical education and health education and become eligible for K-12 teacher certification in the state of New Hampshire. Because of New Hampshire's membership in the Interstate Certification Contract, Plymouth graduates are eligible to earn a certificate or license in another Contract state upon application to that state's department of education. Receiving states may have a difference in grade range and may impose certain requirements that must be met within a reasonable period of time. For further information, please see the Holmes Center for School Partnerships and Educator Preparation section. Requirements for certification may change, subject to changes made by the New Hampshire Department of Education. Teacher candidates can find the most current standards at the New Hampshire Department of Education website.

Early clinical experiences within the university setting, practica in school settings, and the full semester teaching internship provide perspective to the theories and applications as learned in the core and double option.

Admittance into the Physical Education and Health Education Teacher Certification Option is based on the following criteria:

- minimum 42 credits earned
- minimum cumulative grade point average of 2.50
- completion of 15 of the required 45 hours of community service
- passing PraxisTM Core Academic Skills for Educators
- 2 faculty evaluations
- minimum grade of C in each of the following courses:

Course	Title	Credits
PE 2405	Concepts of Fitness and Skill Performance	2
PEHE 2415	Introduction to Physical Education & Health Instruction	3
PE 2440	Elementary Activities, Gymnastics and Rhythms	3
PE 2460	Individual and Dual Sports (Individual and Dual Sports)	3
PE 2550	Foundations of Physical Education (TECO)	3
PE 2860	Adventure Programming for Physical Educators (WECO)	3
PE 2950	Territorial and Striking/Field Activities	3

All Physical Education majors seeking teacher certification are required to become a Society of Health and Physical Educators (SHAPE) America member by the time they enroll in Introduction to Physical Education & Health Instruction (PEHE 2415) and to maintain that membership through graduation.

Candidates in the Physical Education PE+HE Teacher Certification program need to be competent in the areas of Standard First Aid and Adult, Child, and Infant CPR/AED. Competency includes instructor certification. The requirement can be met by earning certification by completing a class at a college/university or through the American Red Cross, American Heart Association, National Safety Council or Emergency Care Safety Institute. This requirement must be met prior to the Internship in Teaching.

All teacher candidates who interact with students in public school settings through course-related field experiences, including Internship in Teaching, are subject to New Hampshire state legislation that requires a full disclosure criminal records check completed by the university prior to acceptance into teacher candidacy by the end of the 2nd year(sophomore). This may include fingerprinting. The processing of the criminal records check is conducted at the site school before the clinical experience begins. The fee for this processing is the responsibility of the teacher candidate and is paid directly to the school district. Each new site will require a separate fingerprinting and background check. Inquiries should be directed to the Holmes Center for School Partnerships and Educator Preparation.

In order for teacher candidates to participate in clinical experiences in diverse settings that are essential for their development as teachers and required for accreditation, teacher candidates must be willing and able to travel outside of the Plymouth area beyond walking distances. All Internship in Teaching candidates should plan for and be able to secure their own transportation by the junior year.

Course	Title	Credits
Option Requirements		
PE 2405	Concepts of Fitness and Skill Performance	2
PE 2406	Concepts of Fitness and Skill Performance Lab	1
PEHE 2415	Introduction to Physical Education & Health Instruction	3

PE 2440	Elementary Activities, Gymnastics and Rhythms	3
PE 2460	Individual and Dual Sports (Individual and Dual Sports)	3
PE 2550	Foundations of Physical Education (TECO)	3
PE 2860	Adventure Programming for Physical Educators (WECO)	3
PE 2950	Territorial and Striking/Field Activities	3
PE 3020	Instructional Strategies I - Elementary [1]	3
PE 3050	Instructional Strategies I: Elementary Physical Education Teaching Lab	1
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO)	3
PE 3610	Adapted Physical Education (DICO)	3
PE 4040	Instructional Strategies II - Secondary [2]	3
PE 4050	Instructional Strategies II: Secondary Physical Education Teaching Lab	1
PEHE 4815	Teaching Seminar in Physical Education and Physical Education Health Education	1
PEHE 4730	Internship in Teaching, K-12	12
HE 3105	Teaching Strategies, Methods, and Resources in Health Education	3
General Education (https://coursecatalog.plymouth.edu/general-education/)		
INCP (https://coursecatalog.plymouth.edu/general-education/#INCP)	Integrated Capstone	3-4
Group A		
Complete one course from the following:		1.5
PE 2428	Flexibility, Core, and Balance Training	
PE 2640	Burdenko Conditioning	
PE 2831	Resistance Training Techniques	
Health Education Content Courses		
Complete courses from the following:		12
HE 3220	Applied Nutrition for Healthy Living (TECO)	
HE 3700	Drug Behavior (WECO)	
HE 3720	Current Issues in School Health Education	
HE 3730	Sex and Family Living (WECO)	
General Education (https://coursecatalog.plymouth.edu/general-education/)		
Total Credits		**67.5-68.5**

1 Instructional Strategies I - Elementary (PE 3020) requires a minimum cumulative grade point average of 2.50.

2 Instructional Strategies II - Secondary (PE 4040) requires a minimum grade of C in Instructional Strategies I - Elementary (PE 3020) and Instructional Strategies I: Elementary Physical Education Teaching Lab (PE 3050), and a minimum cumulative grade point average of 2.60.

3 Internship in Teaching, K-12 (PEHE 4730) require a minimum grade of C in Instructional Strategies II - Secondary (PE 4040) and Instructional Strategies II: Secondary Physical Education Teaching Lab (PE 4050), and a minimum cumulative grade point average of 2.70.

Teacher Certification (K-12) Option of BS Physical Education

The Educator Preparation programs at Plymouth State University are approved by the New Hampshire Department of Education. The University is a member of the American Association of Colleges of Teacher Education (AACTE).

Graduates who complete this Teacher Certification Option are eligible for K-12 teacher certification in the state of New Hampshire. Because of New Hampshire's membership in the Interstate Certification Contract, Plymouth graduates are eligible to earn a certificate or license in another Contract state upon application to that state's department of education. Receiving states may have a difference in grade range and may impose certain requirements that must be met within a reasonable period of time. For further information, please see the Holmes Center for School Partnerships and Educator Preparation section. Requirements for certification may change, subject to changes made by the New Hampshire Department of Education. Teacher candidates can find the most current standards at the New Hampshire Department of Education website.

Human needs and development, pedagogical principles, skill acquisition, the science of human movement and many other related topics are practiced and demonstrated. Early clinical experiences within the university setting, practica in school settings, and full semester teaching internship provide perspective to the theories and applications as learned in the core and option.

Admittance into the Teacher Certification Option is based on the following criteria:

- minimum 42 credits earned
- minimum cumulative grade point average of 2.50
- completion of 15 of the required 45 hours of community service
- passing PraxisTM Core Academic Skills for Educators
- 2 faculty evaluations
- minimum grade of C in each of the following courses:

Course	Title	Credits
PE 2405	Concepts of Fitness and Skill Performance	2
PEHE 2415	Introduction to Physical Education & Health Instruction	3
PE 2440	Elementary Activities, Gymnastics and Rhythms	3
PE 2460	Individual and Dual Sports (Individual and Dual Sports)	3
PE 2550	Foundations of Physical Education (TECO)	3
PE 2860	Adventure Programming for Physical Educators (WECO)	3
PE 2950	Territorial and Striking/Field Activities	3

All Physical Education majors seeking teacher certification are required to become a Society of Health and Physical Educators (SHAPE) America member by the time they enroll in Introduction to Physical Education & Health Instruction (PEHE 2415) and to maintain that membership through graduation.

All teacher candidates who interact with students in public school settings through course-related field experiences, including Internship in Teaching, are subject to New Hampshire state legislation that requires a full disclosure criminal records check completed by the university

prior to acceptance into teacher candidacy by the end of the 2nd year (sophomore). This may include fingerprinting. The processing of the criminal records check is conducted at the site school before the clinical experience begins. The fee for this processing is the responsibility of the teacher certification candidate and is paid directly to the school district. Each new site will require a separate fingerprinting and background check. Inquiries should be directed to the Holmes Center for School Partnerships and Educator Preparation.

In order for teacher candidates to participate in clinical experiences in diverse settings that are essential for their development as teachers and required for accreditation, teacher candidates must be willing and able to travel outside of the Plymouth area beyond walking distances. All Internship in Teaching candidates should plan for and be able to secure their own transportation by the junior year.

Course	Title	Credits
Option Requirements		
PE 2405	Concepts of Fitness and Skill Performance	2
PE 2406	Concepts of Fitness and Skill Performance Lab	1
PEHE 2415	Introduction to Physical Education & Health Instruction	3
PE 2440	Elementary Activities, Gymnastics and Rhythms	3
PE 2460	Individual and Dual Sports (Individual and Dual Sports)	3
PE 2550	Foundations of Physical Education (TECO)	3
PE 2860	Adventure Programming for Physical Educators (WECO)	3
PE 2950	Territorial and Striking/Field Activities	3
PE 3020	Instructional Strategies I - Elementary [1]	3
PE 3050	Instructional Strategies I: Elementary Physical Education Teaching Lab	1
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO)	3
PE 3610	Adapted Physical Education (DICO)	3
PE 4040	Instructional Strategies II - Secondary [2]	3
PE 4050	Instructional Strategies II: Secondary Physical Education Teaching Lab	1
PE 4730	Physical Education Internship in Teaching, K-12	12
PEHE 4815	Teaching Seminar in Physical Education and Physical Education Health Education	1
General Education (https://coursecatalog.plymouth.edu/general-education/)		
INCP (https://coursecatalog.plymouth.edu/general-education/#INCP)	Integrated Capstone	3-4
Group A		
Complete one course from the following:		1.5
PE 2428	Flexibility, Core, and Balance Training	
PE 2640	Burdenko Conditioning	
PE 2831	Resistance Training Techniques	
General Education (https://coursecatalog.plymouth.edu/general-education/)		
Electives		14.5-15.5
Total Credits		**67-69**

1. Instructional Strategies I - Elementary (PE 3020) requires a minimum cumulative grade point average of 2.50.
2. Instructional Strategies II - Secondary (PE 4040) requires a minimum grade of C in Instructional Strategies I - Elementary (PE 3020) and Instructional Strategies I: Elementary Physical Education Teaching Lab (PE 3050), and a minimum cumulative grade point average of 2.60.
3. Physical Education Internship in Teaching, K-12 (PE 4730) require a minimum grade of C in Instructional Strategies II - Secondary (PE 4040) and Instructional Strategies II: Secondary Physical Education Teaching Lab (PE 4050), and a minimum cumulative grade point average of 2.70.

Recommended Course Sequence

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.

To complete the bachelor's degree in 4 years, you must successfully complete a minimum of 15 credits each semester or have a plan to make up credits over the course of the 4 years. For example, if you take 14 credits one semester, you need to take 16 credits in another semester. Credits completed must count toward your program requirements (major, option, minor, certificate, general education or free electives).

Required Options in this Major

Complete one option

Physical Activity and Sport Leadership

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.

Course	Title	Credits
Year One		
Fall		
MA (https://coursecatalog.plymouth.edu/general-education/#MATH)	Mathematics Foundations	3-4
IS 1115	Tackling a Wicked Problem	4
EN 1400	Composition	4
PE 2550	Foundations of Physical Education (TECO)	3
	Credits	**14-15**
Spring		
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		4
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		4
CTDI (https://coursecatalog.plymouth.edu/general-education/#CTDI)	Creative Thought Direction	4
PE 2405	Concepts of Fitness and Skill Performance	2
	Credits	**14**
Year Two		
Fall		
BI 2110	Human Anatomy and Physiology I	3

PE 2860	Adventure Programming for Physical Educators (WECO)	3
PE 2735	Motor Development	3
PE 2950 or PE 2440	Territorial and Striking/Field Activities or Elementary Activities, Gymnastics and Rhythms	3
Electives		3
	Credits	**15**
Spring		
BI 2120	Human Anatomy and Physiology II	3
PE 3720	Motor Learning	3
PE 3610	Adapted Physical Education (DICO)	3
PE 2424 or PE 2425	Net and Wall Activities or Lifetime/Leisure Activities	1.5
Select One		1.5
PE 2428	Flexibility, Core, and Balance Training	
PE 2831	Resistance Training Techniques	
PE 2640	Burdenko Conditioning	
	Credits	**12**
Year Three		
Fall		
PE 3570	Kinesiology	3
SM 3100	Administration of Athletics	3
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO)	3
HE 3000	Special Topics in Health Education	3
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		4
	Credits	**16**
Spring		
EX 3580	Physiology of Exercise	3
CC 3780	Sport in Society	3
Electives		6-7
Select One		3
HE 3220	Applied Nutrition for Healthy Living (TECO)	
HE 3200	Stress Management (WECO)	
PEHE 2000	Wellness Choices for Healthy Living (WECO)	
	Credits	**15-16**
Year Four		
Fall		
INCP (https://coursecatalog.plymou general-education/ #INCP)	Integrated Capstone	4
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		3-4
Electives		7-8
	Credits	**14-16**
Spring		
PE 3880 or PE 4880	Physical Education Practicum or Physical Education Internship	3-12
Electives		3-12
	Credits	**6-24**
	Total Credits	**120**

[1] Required for the Option

Physical Education and Health Education Teacher Certification (K-12) Option of BS Physical Education

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.

Course	Title	Credits
Year One		
EN 1400	Composition	4
IS 1115	Tackling a Wicked Problem	4
MA (https://coursecatalog.plymouth.edu/general-education/#MATH)	Mathematics Foundations	3-4
PE 2405	Concepts of Fitness and Skill Performance [1]	2
PE 2406	Concepts of Fitness and Skill Performance Lab [1]	1
PEHE 2415	Introduction to Physical Education & Health Instruction	3
PE 2424	Net and Wall Activities [1]	1.5
PE 2425	Lifetime/Leisure Activities [1]	1.5
PE 2440	Elementary Activities, Gymnastics and Rhythms [1]	3
PE 2550	Foundations of Physical Education (TECO) [1]	3
PE 2735	Motor Development	3
Complete one Group A Course from the following: [1]		1.5
PE 2428	Flexibility, Core, and Balance Training	
PE 2640	Burdenko Conditioning	
PE 2831	Resistance Training Techniques	
Elective		0.5
	Credits	**31-32**
Year Two		
PE 2860	Adventure Programming for Physical Educators (WECO) [1]	3
PE 2950	Territorial and Striking/Field Activities [1]	3
PE 3020	Instructional Strategies I - Elementary [1]	3
PE 3050	Instructional Strategies I: Elementary Physical Education Teaching Lab [1]	1
PE 3570	Kinesiology	3
BI 2110 & BI 2130	Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I	4
BI 2120 & BI 2140	Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II	4
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		3-4

Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		3-4
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		3-4
	Credits	**30-33**
Year Three		
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO) [1]	3
PEHE 3315	Curriculum Design and Implementation	2
PE 3720	Motor Learning	3
EX 3580	Physiology of Exercise	3
Health Education Elective: [1]		
HE 2900 or PEHE 2000	Disease, Safety, and Environment (WECO) or Wellness Choices for Healthy Living (WECO)	3
HE 3105	Teaching Strategies, Methods, and Resources in Health Education [1]	3
Complete three Health Education Content Courses from the following: [1]		9
HE 3200	Stress Management (WECO)	
HE 3220	Applied Nutrition for Healthy Living (TECO)	
HE 3700	Drug Behavior (WECO)	
HE 3730	Sex and Family Living (WECO)	
HE 4100	Women's Health Issues (WECO)	
IS 4360	Cultural Diversity and American Society (DICO,INCO) [1]	3
	Credits	**29**
Year Four		
PE 4040	Instructional Strategies II - Secondary [1]	3
PE 4050	Instructional Strategies II: Secondary Physical Education Teaching Lab [1]	1
PEHE 4815	Teaching Seminar in Physical Education and Physical Education Health Education	1
PEHE 4730	Internship in Teaching, K-12	12
Pathway Course (https://coursecatalog.plymouth.edu/general-education/) [2]		4-8
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		3
	Credits	**24-28**
	Total Credits	**120**

[1] Required for the Option

Teacher Certification (K-12) Option of BS Physical Education

Check all course descriptions for prerequisites before planning course schedule. Course sequence is suggested but not required.

Course	Title	Credits
Year One		
EN 1400	Composition	4
IS 1115	Tackling a Wicked Problem	4
MA (https://coursecatalog.plymouth.edu/general-education/#MATH)	Mathematics Foundations	3-4
PE 2405	Concepts of Fitness and Skill Performance [1]	2
PE 2406	Concepts of Fitness and Skill Performance Lab [1]	1
PEHE 2415	Introduction to Physical Education & Health Instruction	3
PE 2424	Net and Wall Activities [1]	1.5
PE 2425	Lifetime/Leisure Activities [1]	1.5
PE 2550	Foundations of Physical Education (TECO) [1]	3
PE 2735	Motor Development	3
Complete one Group A Course from the following: [1]		1.5
PE 2428	Flexibility, Core, and Balance Training	
PE 2640	Burdenko Conditioning	
PE 2831	Resistance Training Techniques	
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		3-4
	Credits	**30.5-32.5**
Year Two		
PE 2440	Elementary Activities, Gymnastics and Rhythms [1]	3
PE 2860	Adventure Programming for Physical Educators (WECO) [1]	3
PE 3020	Instructional Strategies I - Elementary [1]	3
PE 3050	Instructional Strategies I: Elementary Physical Education Teaching Lab [1]	1
PE 3570	Kinesiology	3
BI 2110 & BI 2130	Human Anatomy and Physiology I and Human Anatomy and Physiology Laboratory I	4
BI 2120 & BI 2140	Human Anatomy and Physiology II and Human Anatomy and Physiology Laboratory II	4
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		3-4
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		3-4
Elective		1-3
	Credits	**28-32**
Year Three		
PE 2950	Territorial and Striking/Field Activities [1]	3
PEHE 3315	Curriculum Design and Implementation	2
PE 3610	Adapted Physical Education (DICO)	3
PE 3720	Motor Learning	3
EX 3580	Physiology of Exercise	3
IS 4360	Cultural Diversity and American Society (DICO,INCO) [1]	3
Pathway Course (https://coursecatalog.plymouth.edu/general-education/) [2]		4-8
Electives		7.5-9.5
	Credits	**28.5-34.5**

Year Four		
PE 3565	Measurement and Assessment in Physical Education (QRCO,WRCO) [1]	3
PE 4040	Instructional Strategies II - Secondary [1]	3
PE 4050	Instructional Strategies II: Secondary Physical Education Teaching Lab [1]	1
PEHE 4730	Internship in Teaching, K-12	12
PEHE 4815	Teaching Seminar in Physical Education and Physical Education Health Education	1
Pathway Course (https://coursecatalog.plymouth.edu/general-education/)		3
Electives		4-5
	Credits	**27-28**
	Total Credits	**120**

[1] Required for the Option

Learning Outcomes

In addition to the departmental outcomes, students who complete a Bachelor of Science in Physical Education are able to:

- Demonstrate disciplinary content and concept knowledge appropriate for an entry level practitioner/professional.
- Demonstrate competent performance of a variety of psychomotor skills related to physical fitness, sports/games, adventure pursuits, aquatics and rhythmic/expressive movement and psychomotor activities.
- Describe performance concepts and strategies related to skillful movement and physical activity.
- Describe and apply biophysical (anatomical, physiological, and biomechanical) and psychosocial concepts to skillful movement, physical activities and fitness.
- Describe and discuss current issues in the area of human performance based on historical. Philosophical and sociological perspectives
- Demonstrate knowledge of, and commitment to professional standards and ongoing professional development.

Career Pathways

The Undergraduate Physical Education Program offers **3 options**: Physical Education K–12 Teacher Certification, Physical Education and Health Education K–12 Teacher Certification, and Physical Activity and Sport Leadership (non-certification).

Students graduating in the options of **Physical Education K-12 or Physical Education and Health Education K-12 Certification** are primarily prepared to teach K-12 students in public and private schools, but could also work in recreation programs, after-school physical activity programs, YMCA/YWCAs, summer camps, and athletic programs.

Students who graduate with the **non-certification option, Physical Activity and Sport Leadership**, are prepared to work with individuals of all ages in a variety of physical activity-settings. Examples may include coaching, summer camps, YMCA/YWCAs, youth centers, senior centers, after-school physical activity programs, Special Olympics, etc., depending on their focus.