

EXERCISE SCIENCE, PHYSICAL EDUCATION, & RECREATION: K-12 TEACHER PREPARATION CONCENTRATION 3+2 PLAN, INTEGRATED BACHELOR OF SCIENCE/MASTER OF EDUCATION: HEALTH & PHYSICAL EDUCATION CONCENTRATION

The 3+2 Program offers students the unique opportunity to graduate with both a Baccalaureate and Master's degree in 5 years. Students will earn a BS degree in Exercise Science, Physical Education and Recreation with a Physical Education concentration and a minor in Education and an MEd degree in Education. Students will attain certification K-12 in Physical Education and an endorsement in Health. Talented students are thus quickly moved toward expanding their academic and scientific horizons based on an individual student's abilities and motivation.

Students who are interested in becoming a Certified Teacher will begin their degree in the BS in Exercise Science, Physical Education and Recreation K-12 Physical Education concentration. In the Junior Year students can apply to the School of Education which will result in a BS degree in EXPER and an MEd degree in Education after completing 106 credits of undergraduate work and 38 credits of graduate work. Students must meet the requirements of both degrees (BS in EXPER K-12 Physical Education and MEd In Education). Students who decide not to apply to the 3+2 program can graduate with a BS in EXPER K-12 Physical Education concentration with 123 credits of undergraduate course work.

By at least the third year of the program, students must apply to the School of Education and the 3+2 Program. Please see the admission tab for full admission information.

Specific Admission Requirements

Students complete the admission to education process during ED 301 (<https://catalog.csupueblo.edu/search/?P=ED%20301>) Frameworks of Teaching (4 c.h.). The entire process for gathering information and submitting it to faculty is completed during the course.

The following are the requirements that must be met to be admitted to teacher education and to the 3+2 program. No exceptions can occur to these requirements:

1. Cumulative grade point of 3.000 or better for admission to the 3+2 program to earn the graduate degree.
2. Completion of ENG 101 (<https://catalog.csupueblo.edu/search/?P=ENG%20101>) Rhetoric & Writing I (3 c.h.) and ENG 102 (<https://catalog.csupueblo.edu/search/?P=ENG%20102>) Rhetoric & Writing II (3 c.h.) with grades of C or better.

3. For students pursuing secondary or K-12 licensure, completion of math course required by major field with a grade of C or better¹.
4. Completion of COMR 103 (<https://catalog.csupueblo.edu/search/?P=COMR%20103>) Speaking and Listening (3 c.h.) with a grade of B- or better. Students completing COMR 103 (<https://catalog.csupueblo.edu/search/?P=COMR%20103>) Speaking and Listening (3 c.h.) with a C or C+, or degree plus students may complete this competency through the Oral Proficiency Exam.
5. Completion of ED 301 (<https://catalog.csupueblo.edu/search/?P=ED%20301>) Frameworks of Teaching (4 c.h.) with a grade of C or better.
6. Completion of a formal, standardized test during ED 301 (<https://catalog.csupueblo.edu/search/?P=ED%20301>) Frameworks of Teaching (4 c.h.) such as the Proficiency Profile and a writing sample.
7. Completion of satisfactory background check with the Colorado Bureau of Investigation. Background check is sent to the Colorado Department of Education and report must meet the criteria required for obtaining a teaching license in Colorado as outlined in 22-60.5-103 C.R.S.
8. Completion of an education portfolio. Six types of materials will be submitted with the portfolio:
 - a. transcripts and official documents demonstrating students performance in University classes,
 - b. materials developed in University classes which demonstrate proficiency on specific education standards,
 - c. recommendations and evaluations from teachers,
 - d. materials used in field experiences and videos of teaching,
 - e. personal reflections and summaries about progress, and
 - f. results of formal tests.Specific portfolio requirements and manner of evaluation are included in the appendices to the *Teacher Education Handbook*. All portfolios will be submitted in electronic format (website).
9. Completion of at least 60 credits of undergraduate coursework and junior status.

Student Learning Outcomes

1. Possess content knowledge and skills necessary for their perspective fields of study.
2. Exhibit the ability to read and interpret scientific research with application of the scientific methods, statistics, study design, and reporting.
3. Evaluate and integrate critical concepts and skills acquired in the EXPER program to common professional problems in the fields of interest.
4. Exhibit effective oral and written communication regarding subjects related to EXPER in individual and group setting.
5. Apply and demonstrate knowledge, skills and critical problem solving in a field-based setting.

Outcomes Assessment Activities

- Monitors individual student progress necessary to support success.
- Provides summative information on student proficiency on all performance-based standards.
- Provides reliable and valid information on the program's successes and weaknesses to ensure continuous program improvement.

Specific Program Requirements

Program Overview

Requirement	Credits
General Education	35
BS EXPER: K -12 Concentration Requirements	51
MED: Health & Physical Education Concentration Requirements	29
Education Minor (UG & GR Courses)	29
Total Credits	144

- This program requires specific General Education courses. See the Undergraduate Requirements section for course list.

Undergraduate Requirements

Course	Title	Credits
General Education		23
ANTH 100	Cultural Anthropology (GT-SS3)	3
BIOL 223 & 223L	Human Physiology and Anatomy I (GT-SC2) and Human Physiology and Anatomy I Lab (GT-SC1)	4
CID 103	Speaking & Listening	3
ENG 101	Rhetoric & Writing I (GT-CO1) ^{1/2}	3
EPER 162 & 162L	Personal Health and Personal Health Lab	4
PSYC 151	Human Development (GT-SS3)	3
MATH 101	Introductory College Mathematics (GT-MA1)	3

In addition, complete the following:

English	3
History	3
Humanities	6
Total Credits	35

Course	Title	Credits
Required Major Courses		
AT 232	First Aid	2
BIOL 112	Nutrition	3
EPER 101	Intro to EXPER	2
EPER 162	Personal Health <small>Hours counted in General Education</small>	0
EPER 162L	Personal Health Lab <small>Hours counted in General Education</small>	0
EPER 222	Behavior Facilitation	3
EPER 343	Research and Statistics	3
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 364	Kinesiology	3
EPER 461	Managing Events & Programs	3
Required Concentration Courses		
AT 260	Injury/Illness Care and Prevention	3
AT 323	Functional Exercise Training	2
EPER 233	History & Principles of Physical Education & Rec	2
EPER 243	Methods of Rhythmic Activities	2
EPER 245	Motor Learning and Development	3
EPER 345	Methods of Physical Activities & Games I	2

EPER 346	Methods Physical Activities & Games II	2
EPER 347	Methods of Fitness Instruction	1
EPER 348	Methods of Individual and Dual Sports	3
EPER 362	Methods of Health Education	3
EPER 470	Methods of Coaching	3
Choose 1 credit from the courses below		1
EPER 102	Mountain Orientation	2
EPER 103	Winter Orientation	2
EPER 104	Desert Orientation	2
EPER 105	Canyon Orientation	2
EPER 106L	Martial Arts and Self-Defense	1
EPER 107L	Triathlon	1
EPER 108L	Yoga	1
EPER 109L	Volleyball	1
EPER 110L	Weight Training	1
EPER 112L	Rock Climbing	1
EPER 113L	Whitewater Boating	1
EPER 114L	Basic Mountaineering Techniques	1
EPER 116L	Camping	1
EPER 117L	Backpacking	1
EPER 118L	Fly Fishing	1
EPER 119L	Walking for Fitness	1
EPER 123L	Zumba	1
EPER 124L	Tai Chi	1
EPER 125L	Snow Sports	1
EPER 126L	Personal Fitness	1
EPER 127L	Jogging	1
EPER 128L	Aerobics	1
EPER 175L	Racquetball	1
Choose 1 credit from the courses below		1
EPER 146L	Beginning Swimming	1
EPER 176L	Life Guard Training	2
EPER 246L	Methods of Swimming	1
EPER 276L	Water Safety Instructor Certification	2

Total Credits **51**

Course	Title	Credits
Education Minor		
ED 202	Foundations of Education	3
ED 301	Frameworks of Teaching	4
ED 485	Capstone Seminar in Education	1
ED 489	Student Teaching K-12	12
ED 520	Educational Media and Technology	3
RDG 535	Advanced Disciplinary Literacy	3
EPER 565	Adapted Physical Education	3
Total Credits		29

Graduate Requirements

Course	Title	Credits
Required MED Courses		
ED 502	Teacher As Change Agent	3
ED 503	Teacher as Researcher	3
ED 504	Leading Change in America's Schools	3

ED 593	Seminar	2
EPER 522	Methods of Elementary Physical Education	3
EPER 549	Facilitation of Adventure Education	3
EPER 562	Contemporary Issues In Hpe	3
EPER 578	Methods of Secondary School PE	3
HS 520	Advanced Evaluation of Health Issues	3
HS 536	Community & Global Health Application	3

Total Credits **29**

Specific Graduation Requirements

EXPER / MEd 3+2 Students are required to:

- Complete an undergraduate concentration of study with a cumulative GPA of 3.000 or higher;
- Complete a minor in Education with a C or better in each course;
- Complete MATH 101 with at least a C or better;
- Complete a satisfactory background check with the Colorado Bureau of Investigation;
- Complete an education portfolio.
- Successfully pass the Physical Education PRAXIS exam and student teaching;
- Successfully complete the 24 hours for the K-12 Health Endorsement;
- Earn a 2.0 overall GPA to enroll in 300 or 400 level courses in the department;
- Earn a minimum grade of a "C" in all prerequisite and major courses;
- Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved; and
- Earn a cumulative GPA of 2.0 or higher in required English and speech communication courses.
- Earn at least 144 credit hours with at least 40 upper division credits and at least 38 graduate hours.
- Successfully pass the Praxis and complete student teaching.
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- All students must fulfill the following requirements for a graduate degree:
 - A cumulative graduate GPA of 3.000 or better in graduate courses at graduation. A maximum of six semester hours of course work at the grade of C+ or C may be applied toward graduation. A maximum number of nine semester hours of transfer credit may be applied to the degree.
 - Regular student status.
 - The program's minimum number of hours of approved course work (38 semester hours).
 - Completion of a final portfolio review and oral examination. The portfolio project includes a directed research project.
 - Submission of a graduation planning sheet signed by the student's graduate advisor and program director, in accordance with published deadlines during the semester is to occur. The deadline for submission is published in the *Semester Notes, University Calendar, and CSU Pueblo Catalog*.

See the School of Education Webpage for a full explanation of the above criteria.

Planning Sheet

Disclaimer: The Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

Course	Title	Credits
Year 1		
Fall		
AT 232	First Aid	2
BIOL 112	Nutrition <small>OR EPER 212 Sports Nutrition</small>	3
CID 103	Speaking & Listening	3
ENG 101	Rhetoric & Writing I (GT-CO1)	3
EPER 101	Intro to EXPER	2
MATH 101	Introductory College Mathematics (GT-MA1)	3
Credits		16
Spring		
ED 202	Foundations of Education	3
ENG 102	Rhetoric & Writing II (GT-CO2)	3
EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
PSYC 151	Human Development (GT-SS3)	3
General Education History		3
Credits		16
Year 2		
Fall		
ANTH 100	Cultural Anthropology (GT-SS3)	3
AT 260	Injury/Illness Care and Prevention	3
BIOL 223	Human Physiology and Anatomy I (GT-SC2)	3
BIOL 223L	Human Physiology and Anatomy I Lab (GT-SC1)	1
EPER 222	Behavior Facilitation	3
EPER 233	History & Principles of Physical Education & Rec	2
EPER 246L	Methods of Swimming	1
Credits		16
Spring		
ED 305	Frameworks of Teaching	3
EPER 243	Methods of Rhythmic Activities	2
EPER 245	Motor Learning and Development	3
EPER 345	Methods of Physical Activities & Games I	2
EPER 346	Methods Physical Activities & Games II	2
EPER 364	Kinesiology	3
Credits		15
Year 3		
Fall		
ED 520	Educational Media and Technology	3
EPER 343	Research and Statistics	3
EPER 348	Methods of Individual and Dual Sports	3
EPER 549	Facilitation of Adventure Education	3
RDG 535	Advanced Disciplinary Literacy	3
EPER activity course	<small>EPER 102, 103, 104, 1-5, 106L, 107L, 108L, 109L, 110L, 112L, 113L, 114L, 116L, 117L, 118L, 119L, 120L, 123L, 124L, 125L, 126L, 127L, 128L, 175L, 205L, 208L, 249</small>	1
Credits		16
Spring		
AT 323	Functional Exercise Training	2
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 347	Methods of Fitness Instruction	1

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EPER 362	Methods of Health Education	3
EPER 565	Adapted Physical Education	3
General Education Humanities		3
Credits		16
Year 4		
Fall		
EPER 461	Managing Events & Programs	3
EPER 470	Methods of Coaching	3
EPER 522	Methods of Elementary Physical Education	3
EPER 578	Methods of Secondary School PE	3
General Education Humanities		3
Credits		15
Spring		
ED 485	Capstone Seminar in Education	1
ED 489	Student Teaching K-12	12
Credits		13
Year 5		
Fall		
ED 502	Teacher As Change Agent	3
ED 503	Teacher as Researcher	3
EPER 562	Contemporary Issues In Hpe	3
HS 536	Community & Global Health Application	3
Credits		12
Spring		
ED 504	Leading Change in America's Schools	3
ED 593	Seminar	2
HS 520	Advanced Evaluation of Health Issues	3
Credits		8
Total Credits		143