

# EXERCISE SCIENCE, PHYSICAL EDUCATION, & RECREATION: PHYSICAL EDUCATION K-12 TEACHER PREPARATION CONCENTRATION, BACHELOR OF SCIENCE

The BS degree in EXPER prepares program graduates for professional positions in worksite, clinical, school, fitness government, and community settings.

- Graduates of the Physical Education K-12 Teacher Preparation concentration who also complete the Teacher Education program, and receive a passing score on the Colorado Department of Education PRAXIS test, are eligible to receive Teacher Licensure in the State of Colorado. Licensed graduates can find physical education teaching positions in both the public and private school settings and will be certified Kindergarten to 12th grade for Physical Education.

Many education courses require the prerequisite of admission to education (see description of courses). Students complete the admission to education process during ED 301 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. No exceptions can occur to these requirements:

1. Cumulative grade point of 2.600 or greater.
2. Completion of ENG 101 Rhetoric & Writing I (3 c.h.) and ENG 102 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 better<sup>1</sup>. For students pursuing elementary or early childhood education, admission can happen by either<sup>1</sup>:
  - a. completion of MATH 109 Mathematical Explorations (3 c.h.) with a B- or better or
  - b. completion of two of the following courses with a C or better: MATH 109 Mathematical Explorations (3 c.h.), MATH 156 Introduction to Statistics (3 c.h.), MATH 360 Elementary Mathematics Concepts I (3 c.h.), MATH 361 Elementary Mathematics Concepts II (3 c.h.)
4. Completion of COMR 103 Speaking and Listening (3 c.h.) with a grade of B- or better. Students completing COMR 103 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 Frameworks of Teaching (4 c.h.) with a grade of C or better.
6. Completion of a formal, standardized test during ED 301 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).

## Student Learning Outcomes

Expected student outcomes in Physical Education K-12 Teacher Preparation are based on the six physical education standards from the Society of Health and Physical Educators.

- Standard 1: Scientific and Theoretical Knowledge
- Standard 2: Skill-Based and Fitness-Based Competence
- Standard 3: Planning and Implementation
- Standard 4: Instructional Delivery and Management
- Standard 5: Impact on Student Learning
- Standard 6: Professionalism

Students completing a major in EXPER with an concentration in Physical Education K-12 Teacher Preparation are required to complete a minor in education and meet all other requirements outlined by the Teacher Education Program.

Students in the Physical Education Teacher Education Program (K-12) will be able to:

- Meet Colorado State University Pueblo Teacher Education Goals and Beginning Physical Education Teacher Standards (in the areas of knowledge, dispositions, and performance). See links for detail: <http://ceeps.csupueblo.edu/TEP/StandardsAndGoals/Pages/default.aspx>.
- Be prepared to develop safety plans, teach and adapt lessons in a progressive manner, and meet the needs of diverse learners in the following activities:
  - a. Rhythmic Activities,
  - b. Tumbling,
  - c. Individual Sports,
  - d. Dual Sports,
  - e. Team Sports,
  - f. Fitness Education,
  - g. Adventure education, and
  - h. Team Sports.

### Exercise Science, Physical Education, and Recreation students will:

- Possess content knowledge and skills necessary for their perspective fields of study.

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

Student Learning Outcomes for emphasis areas can be found on the EXPER curriculum maps.

## Specific Program Requirements

### Specific Core Requirements

Course	Title	Credits
EPER 101	INTRO TO EXPER	2.0
BIOL 112	NUTRITION	3
EPER 162	PERSONAL HEALTH	3.0
EPER 162L	PERSONAL HEALTH LAB	1.0
EPER 222	BEHAVIOR FACILITATION	3.0
AT 232	FIRST AID	2
EPER 343	RESEARCH AND STATISTICS	3.0
EPER 344	EXERCISE PHYSIOLOGY	3.0
EPER 344L	EXERCISE PHYSIOLOGY LAB	1.0
EPER 364	KINESIOLOGY	3.0
EPER 461	MANAGING PROGRAMS IN EXHPR	3.0
Total Credits		27

### Specific Concentration Requirements

Course	Title	Credits
<b>Required EXPER Core Courses</b>		
EXPER Core Courses		21
<b>Required Concentration Courses</b>		
AT 260	INJURY/ILLNESS CARE & 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 349	METHODS OF OUTDOOR PE & SUSTAINABILITY	2
EPER 351	METHODS OF TEACHING ELEM PHYSICAL ED	3
EPER 362	METHODS OF HEALTH EDUCATION	2
EPER 470	METHODS OF COACHING	3
EPER 478	METHODS OF SECONDARY PHYSICAL EDUCATION	3
Select 1 course from the Group A Electives (see below)		1
Select 1 credit from the following:		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

#### Other Required Courses

BIOL 223	HUMAN PHYSIOLOGY AND ANATOMY I	3
BIOL 223L	HUMAN PHYSIOLOGY AND ANATOMY I LAB	1
COMR 103	SPEAKING AND LISTENING	3
MATH 101	INTRODUCTORY COLLEGE MATHEMATICS	3

Education Minor Courses (Below)		33
General Education: English		6
General Education: History		3
General Education: Humanities		6
General Education: Social Science <sup>1</sup>		3

Total Credits	123
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<sup>1</sup> Providing either PSYC 151 HUMAN DEVELOPMENT (3.0 c.h.) or PSYC 251 CHILDHOOD AND ADOLESCENCE (3.0 c.h.) in Education minor courses.

### Electives

Course	Title	Credits
EPER 106L	MARTIAL ARTS AND SELF-DEFENSE	1.0
EPER 107L	TRIATHLON	1.0
EPER 108L	YOGA	1.0
EPER 109L	VOLLEYBALL	1.0
EPER 110L	WEIGHT TRAINING	1.0
EPER 119L	WALKING FOR FITNESS	1.0
EPER 121L	AEROBICS INSTRUCTOR TRAINING	1.0
EPER 123L	ZUMBA	1.0
EPER 124L	TAI CHI	1.0
EPER 125L	SNOW SPORTS	1.0
EPER 126L	PERSONAL FITNESS	1.0
EPER 127L	JOGGING	1.0
EPER 128L	AEROBICS	1.0
EPER 174L	TENNIS	1.0
EPER 175L	RACQUETBALL	1.0
EPER 208L	YOGA II	1.0
EPER 102	MOUNTAIN ORIENTATION	2.0
EPER 104	DESERT ORIENTATION	2.0
EPER 105	CANYON ORIENTATION	2.0
EPER 112L	ROCK CLIMBING	1.0
EPER 113L	WHITewater BOATING	1.0
EPER 114L	BASIC MOUNTAINEERING TECHNIQUES	1.0
EPER 116L	CAMPING	1.0
EPER 117L	BACKPACKING	1.0
EPER 118L	FLY FISHING	1.0
EPER 120L	INTRODUCTION TO SEARCH AND RESCUE	1.0
EPER 249	CHALLENGE COURSE LEADERSHIP	2.0

## Specific Requirements for Secondary & K-12 Education/Minor

The student must complete an appropriate major and the following Education courses:

Course	Title	Credits
Select one of the following:		
PSYC 151	HUMAN DEVELOPMENT <sup>1</sup>	3
or PSYC 251	CHILDHOOD AND ADOLESCENCE	
or PSYC 342	EDUCATIONAL PSYCHOLOGY	
ED 202	FOUNDATIONS OF EDUCATION	3
ED 280	EDUCATIONAL MEDIA AND TECHNOLOGY <sup>2</sup>	3
ED 301	FRAMEWORKS OF TEACHING (Admission to Education is completed in this course)	4
RDG 435	CONTENT AREA LITERACY <sup>3,5</sup>	4
Special Methods in Education Areas (Prerequisites - Admission to Education) <sup>5,6</sup>		4
ED 412	TEACHING DIVERSE LEARNERS <sup>4,5</sup>	3
ED 485	CAPSTONE SEMINAR IN EDUCATION	1
ED 488	STUDENT TEACHING SECONDARY	12
or ED 489	STUDENT TEACHING K-12	
Total Credits <sup>3</sup>		37-40

<sup>1</sup> Music students may take PSYC 151 HUMAN DEVELOPMENT (3.0 c.h.) or PSYC 251 CHILDHOOD AND ADOLESCENCE (3.0 c.h.).

<sup>2</sup> Music Education students may complete MUS 103 MUSIC AND COMPUTER TECHNOLOGY I (1.00 c.h.) and MUS 306 TECHNOLOGY FOR MUSIC EDUCATORS (2.00 c.h.) for ED 280 EDUCATIONAL MEDIA AND TECHNOLOGY (3.00 c.h.).

<sup>3</sup> English/Language Arts student must also complete RDG 355 LINGUISTICS FOR EDUCATORS (3.0 c.h.)

<sup>4</sup> Physical Education students may complete EPER 465 ADAPTED PHYSICAL EDUCATION (3.0 c.h.) or ED 412 TEACHING DIVERSE LEARNERS (3.00 c.h.).

<sup>5</sup> GPA of 2.6 required

<sup>6</sup> English/Language Arts student must also complete ED 447 TEACHING ENGLISH IN SECONDARY SCHOOLS (4.00 c.h.)

EXPER Physical Education K-12 Students are required to:

- Complete a concentration of study with a cumulative GPA of 2.60 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;
- 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 123 credit hours with at least 40 upper division credits.
- Successfully complete an internship or field experience course.
- Submit a graduation contract by the deadline the semester of graduation.

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 student's 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.

Note: Students completing a major in EXPER with a concentration in Physical Education K-12 Teacher Preparation are required to complete a minor in Education and meet all other requirements outlined by the Teacher Education Program.

\*COMR 103 is required for admission into Teacher Education Program.

Course	Title	Credits
<b>Year 1</b>		
<b>Fall</b>		
BIOL 112	Nutrition	3
COMR 103	Speaking and Listening	3
ENG 101	Rhetoric & Writing I (GT-C01)	3
EPER 101	Intro to EXPER	2
General Education		3
Elective <sup>Must be one of the following: EPER 102, 103, 104, 105,106L, 108L, 109L, 110L, 119L, 120L, 121L, 123L, 124L, 125L, 127L, 128L, 174L, 175L, 205L, 208L, 249</sup>		1
Credits		15
<b>Spring</b>		
ED 202	Foundations of Education	3
ENG 102	Rhetoric & Writing II (GT-C02)	3
EPER 162	Personal Health	3
EPER 162L	Personal Health Lab	1
PSYC 151	Human Development (GT-SS3)	3
General Education		3
Credits		16
<b>Year 2</b>		
<b>Fall</b>		
AT 232	First Aid	2
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 233	History & Principles of Physical Education & Rec	2
MATH 101	Introductory College Mathematics (GT-MA1)	3
Elective <sup>Must be one of the following: EPER 146L, 176L, 246L, 276L</sup>		1
Credits		15
<b>Spring</b>		
ED 280	Educational Media and Technology	3
ED 301	Frameworks of Teaching	4
EPER 243	Methods of Rhythmic Activities	2
EPER 245	Motor Learning and Development	3
EPER 343	Research and Statistics	3
EPER 347	Methods of Fitness Instruction	1
Credits		16

**Year 3****Fall**

EPER 222	Behavior Facilitation	3
EPER 344	Exercise Physiology	3
EPER 344L	Exercise Physiology Lab	1
EPER 345	Methods of Physical Activities & Games I	2
EPER 470	Methods of Coaching	3
RDG 435	Content Area Literacy	4
	Credits	16

**Spring**

EPER 346	Methods Physical Activities & Games II	2
EPER 364	Kinesiology	3
EPER 461	Managing Programs in EXHPR	3
EPER 465	Adapted Physical Education	3
EPER 349	Methods of Outdoor PE & Sustainability	2
General Education		3
	Credits	16

**Year 4****Fall**

AT 323	Functional Exercise Training	2
EPER 348	Methods of Individual and Dual Sports	3
EPER 351	Methods of Teaching Elem Physical ED	3
EPER 362		2
EPER 478	Methods of Secondary Physical Education	3
General Education		3
	Credits	16

**Spring**

ED 485	Capstone Seminar in Education	1
ED 489	Student Teaching K-12	12
	Credits	13
	Total Credits	123