

Physical Education Teacher Education (B.S. Ed.)
With Health Education Minor
Teacher Certification for Grades K-12
 Sample 4.5 Year Plan

FRESHMAN FALL			FRESHMAN SPRING		
ENGL 102**	College Writing and Rhetoric	3	COMM 101*	Fundamentals of Public Speaking	2
ISEM 101*	Integrated Seminar	3	Social Science	Core Social Science	3
Science*	Core Natural Science	4	Science*	Core Natural Science	4
MATH XXX*	Core Math	3	*	International/Diversity Course	3
PEP 161	Introduction to Physical Education (F)	1	Humanities*	Core Humanities	3
PEP 132	Skill & Analysis of Tennis, Pickleball, & Badminton	1	PEP 107	Movement Fundamentals	1
			PEP 135	Skills & Analysis of Basketball & Volleyball	1
CREDITS 15			CREDITS 17		

SOPHOMORE FALL			SOPHOMORE SPRING		
BIOL 120	Human Anatomy (F)	4	BIOL 121	Human Physiology (Prereq: BIOL 120) (S)	4
PSYC 101	Introduction to Psychology (Core Social Science)	3	EDCI 301**	Learning, Development & Assessment	3
EDCI 201	Contexts of Education	2	PEP 133	Skills & Analysis of Golf, Softball, & Archery	1
MVSC 201***	Physical Activity, Wellness & Behavior Change (F)	3	PEP 136	Skills & Analysis of Soccer & Speedball	1
PEB 108	Water-Based Sports and Fitness Activities	1	PEP 243	Recreation activities	2
PEP 134	Skill & Analysis of Walking, Jogging, Track and Field	1	DAN 105	Dance	1
REC 107	Outdoor Recreation & Tourism Pursuits	3	Humanities*	Core Humanities	3
			H&S 245	Prevention of Athletic Injuries	3
CREDITS 17			CREDITS 18		

****In order to take Education courses beyond EDCI 301, you must be admitted into the Teacher Education Program. Please see the University of Idaho College of Education website at www.uidaho.edu/ed for admissions requirements.**

JUNIOR FALL			JUNIOR SPRING		
MVSC 429***	Leadership, Pedagogy & Programming in Physical Activity (Prereq: MVSC 201) (F)	3	MVSC 486***	Programming and Mktg. for Healthy Active Lifestyles (Prereq: 429) (S)	1
PEP 418	Physiology of Exercise (Prereq: MVSC 201, BIOL 120 -121) (F)	3	EDCI 453	Phonics, Phonological Awareness, Fluency, and Assessment	1
PEP 421	Secondary Methods in Physical Activity Pedagogy	3	PEP 300	Applied Human Biomechanics (Prereq: BIOL 120) (S)	2
PEP 424	Inclusive Physical Education and Recreation (F)	3	PEP 380	Assessment & Research in Physical Activity Pedagogy	3
DAN 360	Children's Dance	1	PEP 412	Elementary Methods in Physical Activity Pedagogy (S)	3
H&S 288	First Aid Emergency Response	2	PEP 440	Curriculum & Administration in Physical Activity Pedagogy (S)	1
PEB 106	Weight Training (CSCS instructor certified)	1	H&S 245	Introduction to Athletic Injuries	3
CREDITS 15			CREDITS 14		

SENIOR FALL			SENIOR SPRING		
EDCI 463	Literacy Methods for Content	3	PEP 360	Motor Behavior (Prereq: BIOL 120) (S)	3
ISEM 301*	Great Issues	3	H&S 451	Psychosocial Determinants of Health	3
Engl XXX	Advance Composition requirement	3	FCS 205	Concepts in Human Nutrition	3
H&S 423	Health Education Methods & Administration	3	FCS 240/ PSYC 330	Intimate Relationships/ Human Sexuality	3
H&S 450	Critical Health Issues	3			
CREDITS 15			CREDITS 12		

SENIOR FALL					
PEP 484	Internship	14			
EDCI 401	Internship Seminar	1			
CREDITS 15					

*Indicates University Core Requirements (see <http://www.uidaho.edu/registrar>). **Degree-seeking students must be enrolled in English 095, 101, or 102 in their first semester in residence and in each subsequent semester until they have passed English 102.

***Courses required in all majors in the Department of Movement Sciences. (F) Course offered only in Fall (S) Course offered only in Spring