

HEALTH AND PHYSICAL EDUCATION, BACHELOR OF SCIENCE IN EDUCATION (B.S.ED.)

The purpose of the B.S.Ed. in Health and Physical Education degree is to prepare students to serve as health and physical education teachers in PreK-12 schools, as well as to serve as educators and leaders in schools and community-based settings. The program will focus on providing students with the knowledge and experiences they need to successfully implement national and state health and physical education standards. Students will complete course work enabling them to be successful in a variety of learning environments. Graduates will be prepared to work in public and private elementary, middle and high schools across Virginia, with particular focus in urban and high-need areas. The health and physical education program consists of rigorous course work and field experiences that will enable graduates to be leaders in the profession. Successful completion of the program will result in licensure for health and physical education (PK-12).

Student learning outcomes

- Learner and learning:** Students will understand human development and learning theories appropriate to the age group they will teach and acquire an awareness of the diversity of the school-age populations' cultural backgrounds, learning strengths and needs.
- Content:** Students will demonstrate knowledge of the subjects they will teach.
- Instructional practice:** Students will demonstrate an ability to plan and implement effective teaching and measure student learning in ways that lead to sustained development and learning.
- Professional responsibility:** Students will develop an understanding of purposes for education and a defensible philosophical approach toward teaching and demonstrate professional dispositions.

Special requirements

- Students must have received a minimum grade of C in all required education courses (CLEd, ECSE, EDUS, HPED, SEDP and TEDU).
- Students must have received a minimum grade of C in all prerequisite courses for all required upper-level education courses (CLEd, ECSE, EDUS, HPED, SEDP and TEDU).
- Required education courses (CLEd, ECSE, EDUS, HPED, SEDP and TEDU) in which students earn a grade of D or F must be repeated.
- Students must achieve a 2.8 GPA to be admitted to teacher preparation and a 3.0 GPA to be admitted to clinical internship.

Degree requirements for Health and Physical Education, Bachelor of Science in Education (B.S.Ed.)

Course	Title	Hours
General education (https://bulletin.vcu.edu/undergraduate/undergraduate-study/general-education-curriculum/)		
Select 30 credits of general education courses in consultation with an adviser.		30
Major requirements		
• Major core requirements		
EDUS 202	Diversity, Democracy and Ethics	3

EDUS 301	Human Development and Learning	3
EDUS 304	Educational Psychology for Teacher Preparation	3
HPED 102	Health Education as a Discipline	3
HPED 103	Lifetime Fitness, Wellness and Nutrition	3
HPED 200	Motor Learning and Performance	3
HPED 201	Assessment and Technology in Health and Physical Education	2
HPED 202	Health Education Content	3
HPED 204	Outdoor Education	3
HPED 205	History and Philosophy of Health and Physical Education	3
HPED 300	Adapted Physical Education	3
HPED 301	Biomechanics of Teaching Movement Skills	3
HPED 302	Elementary Methods of Physical Education	2
HPED 303	Teaching Team and Individual Sports for Lifetime Fitness	3
HPED 304	Secondary Methods of Physical Education	2
HPED 314	Practicum for Health and Physical Education	2
HPED 402	Becoming a Health and Physical Education Professional	1
HPED 403	Teaching Health Education	2
HPED 493	Field Experience I	4
HPED 495	Field Experience II	4
SEDP 330	Survey of Special Education	3
SEDP 401	Assessment in Diverse Settings	3
TEDU 101	Introduction to Teaching	3
TEDU 405	Seminar for Student Teaching	1
TEDU 410	Building a Community of Learners: Classroom Management	3
TEDU 413	Curriculum Methods and Instructional Models	3
TEDU 452	Teaching Multilingual Learners	2
TEDU 510	Instructional Technology in PK-12 Environments	2
TEDU 562	Reading Instruction in the Content Areas	3

Ancillary requirements

BIOL 101	Biological Concepts (satisfies general education BOK for natural sciences and AOI for scientific and logical reasoning)	3
BIOZ 101	Biological Concepts Laboratory	1
BIOL 205	Basic Human Anatomy	4
HPEX 372	Survey of Kinesiology and Physiology of Exercise	3
PHIS 206 & PHIZ 206	Human Physiology and Human Physiology Laboratory	4
Total Hours		120

The minimum number of credit hours required for this degree is 120.

What follows is a sample plan that meets the prescribed requirements within a four-year course of study at VCU. Please contact your adviser before beginning course work toward a degree.

Freshman year

Fall semester		Hours
BIOL 101	Biological Concepts (satisfies general education BOK for natural sciences and AOI for scientific and logical reasoning)	3
BIOZ 101	Biological Concepts Laboratory	1
HPED 103	Lifetime Fitness, Wellness and Nutrition	3
UNIV 111	Introduction to Focused Inquiry: Play course Investigation and Communication (satisfies video for general education UNIV foundations)	3
	Introduction to Focused Inquiry: Investigation and Communication	
	General education course (select quantitative foundations)	3
	General education course	3
Term Hours:		16

Spring semester

EDUS 202	Diversity, Democracy and Ethics	3
HPED 102	Health Education as a Discipline	3
HPED 205	History and Philosophy of Health and Physical Education	3
TEDU 101	Introduction to Teaching	3
UNIV 112	Focused Inquiry II (satisfies general education UNIV foundations)	3
	Play course Focused Inquiry II	
Term Hours:		15

Sophomore year

Fall semester		Hours
BIOL 205	Basic Human Anatomy	4
EDUS 301	Human Development and Learning	3
HPED 204	Outdoor Education	3
UNIV 200	Advanced Focused Inquiry: Literacies, Research and Communication (satisfies general education UNIV foundations)	3
	General education course	3
Term Hours:		16

Spring semester

2.8 GPA required for admission to teacher preparation		
HPED 200	Motor Learning and Performance	3
HPED 202	Health Education Content	3
PHIS 206 & PHIZ 206	Human Physiology and Human Physiology Laboratory	4
	General education course	3
	General education course	3
Term Hours:		16

Junior year

Fall semester

HPED 201	Assessment and Technology in Health and Physical Education	2
HPED 303	Teaching Team and Individual Sports for Lifetime Fitness	3
SEDP 330	Survey of Special Education	3
TEDU 413	Curriculum Methods and Instructional Models	3
TEDU 510	Instructional Technology in PK-12 Environments	2
	General education course	3
Term Hours:		16

Spring semester

3.0 GPA required for admission to clinical internship		
EDUS 304	Educational Psychology for Teacher Preparation	3
HPED 300	Adapted Physical Education	3
HPED 301	Biomechanics of Teaching Movement Skills	3
HPED 302	Elementary Methods of Physical Education	2
HPEX 372	Survey of Kinesiology and Physiology of Exercise	3
TEDU/SEDP 410	Building a Community of Learners: Classroom Management	3
Term Hours:		17

Senior year

Fall semester

HPED 304	Secondary Methods of Physical Education	2
HPED 314	Practicum for Health and Physical Education	2
HPED 403	Teaching Health Education	2
SEDP 401	Assessment in Diverse Settings	3
TEDU 562	Reading Instruction in the Content Areas	3
Term Hours:		12

Spring semester

HPED 402	Becoming a Health and Physical Education Professional	1
HPED 493	Field Experience I	4
HPED 495	Field Experience II	4
TEDU 405	Seminar for Student Teaching	1
TEDU 452	Teaching Multilingual Learners	2
Term Hours:		12
Total Hours:		120

The minimum number of credit hours required for this degree is 120.