

Department of Human Performance and Sport Studies
Physical Education Teaching EMPHASIS
2020-2021 Program of Study

NAME: _____ BENGAL# _____

84, Credits
(39 Professional Education core plus 9 Physical Education Core)

PHYSICAL EDUCATION CORE (9 Credits)					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
HPSS 2222	First Aid, CPR and Sport Safety	F, S, Su	3		
HPSS 2223	Foundations of Physical Education & Sport	F, S, Su	3		
HPSS 2243	Anatomical Foundations of Human Activity	F, S, Su	3		
Total			9		

OBJECTIVE # 1: To develop teaching skills in a variety of areas in physical activities, athletics, and creative movement (18 credits)					
<i>Skills Component: 8 credits</i>					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
HPSS 2237	Activity Performance Techniques III	F,S	3		
One (1) aquatics PEAC course, examples include: ¹					
PEAC 1170A	Beginning Swimming	F, S	1		
PEAC 1170B	Intermediate Swimming	F, S	1		
One (1) Field Based PEAC course, examples include: ¹					
PEAC 1155A	Beginning Soccer	S	1		
PEAC 1158	Softball	F, S	1		
PEAC 1159	Ultimate Frisbee	S	1		
One (1) Court based PEAC course, examples include: ¹					
PEAC 1151A	Beginning Tennis	F, S, Su	1		
PEAC 1156A	Beginning Basketball	F, S	1		
PEAC 1157A	Beginning Volleyball	S	1		
One (1) Lifetime activity PEAC course, examples include: ¹					
PEAC 1122A	Beginning Yoga	F, S	1		
PEAC 1132A	Spinning	F, S, Su	1		
PEAC 1175A	Beginning Kayaking	F, S	1		
One (1) additional PEAC course from the examples listed above ¹					
			1		
Total			8		

¹For a complete list, please see <https://www.isu.edu/sspe/physical-education-activity-courses/> or see your advisor.

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Methods Component: 10 credits					
HPSS 2281	Practical Outdoor Skills	F, S	1		
HPSS 3357	Methods of Teaching Elementary Physical Education. PREREQ	F, S, Su	3		
HPSS 3370	Care and Prevention of Athletic Injuries. PREREQ	F, S	3		
HPSS 4437	Methods of Teaching Secondary Physical Education. PREREQ	S	3		
			Total	10	

OBJECTIVE # 2: To acquire knowledge in the basic foundations of human activity (9 credits)					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
HPSS 3300	Movement Theory and Motor Development	F, S	3		
HPSS 3303	Kinesiology for Teachers and Coaches. PREREQ	S	3		
HPSS 4494	Adapted Physical Activity. PREREQ	S	3		
			Total	9	

OBJECTIVE # 3: To understand and develop skills required for teaching physical education (9 credits)					
<i>Course</i>	<i>Title</i>	<i>Offered</i>	<i>Credits</i>	<i>Date</i>	<i>Grade</i>
HPSS 3362	Tests and Measurements in Physical Education	F	3		
HPSS 4475	Organization and Administration of Physical Education	F	3		
One of the following:					
HPSS 3322	Introduction to Sport Psychology	F, S	3		
HPSS 3364	Introduction to Sport Law	F	3		
			Total	9	

OBJECTIVE # 4: To understand and develop general pedagogical skills and teacher effectiveness					
Professional Education Core Courses.					
Refer to the College of Education Teacher Education Admission standards (http://coursecat.isu.edu/undergraduate/education) and Elementary (http://coursecat.isu.edu/undergraduate/education/elementaryeducation/#programstext) and/or Secondary (http://coursecat.isu.edu/undergraduate/education/secondaryeducation) Education Core					

ADDITIONAL REQUIREMENTS:

Candidates who have completed the required physical education teaching emphasis courses must also obtain K-12 Teacher Certification in Physical Education by completing all requirements in the Teacher Education Program.

Candidates completing the Physical Education Teaching Emphasis are not required to take the HPSS 4454 Senior Capstone core course.

In addition to completing departmental major requirements, candidates must make formal application and complete an interview for admission to the Teacher Education Program. See all requirements in the Teacher Education section of the College of Education (<http://coursecat.isu.edu/undergraduate/education>) portion of the catalog.

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The Physical Education Learning Goals are aligned with 2 sets of standards: The Idaho State University College of Education Core Standards and the Content Standards in Physical Education of the National Association for Sport and Physical Education (NASPE).

NASPE Content Standards in Physical Education

The NASPE Standards identify seven areas that include the following.

The candidate completing this program:

1. Demonstrates competency in many movement forms and proficiency in a few movement forms;
2. Applies movement concepts and principles to the learning and development of motor skills;
3. Exhibits a physically active lifestyle;
4. Achieves and maintains a health-enhancing level of physical fitness;
5. Demonstrates responsible personal and social behavior in physical activity settings;
6. Demonstrates understanding and respect for differences among people in physical activity settings; and
7. Understands that physical activity provides opportunities for enjoyment, challenge, self-expression, and social interaction.

PREREQ-INDICATES THIS COURSE HAS A PREREQUISITE COURSE, SEE ISU ONLINE CATALOG FOR MOST CURRENT DETAILS

GRADUATION REQUIREMENTS:

In order to graduate from the Human Performance and Sport Studies Program as a major, in addition to the course requirements listed, the following must be successfully completed:

- Minimum grade of "C" (2.0) in professional courses.
- Minimum cumulative GPA of 2.7.
- Minimum GPA of 3.00 in the major.
- Completion of student portfolio.
- Exit Interview with advisor

*****STUDENTS MUST PRESENT EVIDENCE OF CURRENT FIRST AID/CPR CERTIFICATION TO THEIR ADVISOR AT THE TIME OF GRADUATION:

Certification/Expiration Date	Certification Agency
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