

## Physical Education Curriculum Overview

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A major in Physical Education emphasizes principles, problems and procedures for the improvement of individual and community health. The program provides an introduction to the Physical Education profession, and includes historical and philosophical implications and modern trends in program design with an emphasis on the study of the human body. Professional ethics, client privacy and liability issues are stressed throughout the program. Students have access to the facilities and equipment of the Department of Biology and Physical Education. There are various courses designed to develop the students' interest in both pedagogy and the fitness related field

### Goals:

- Prepare students for teaching Physical Education in both elementary and secondary schools
- Show commitment to a standards-based approach in the development of beginning educators
- Recognize and incorporate safe programs and facilities, such as risk management and liability considerations within school-based programs

- Develop and implement assessment plans consistent with national and/or state standards
- Be knowledgeable in the area of accommodations for physical education programs to meet the needs of all individuals

### Outcomes:

- Each student choosing to become a teacher is responsible for developing a portfolio for licensure. The portfolio is constructed throughout the tenure of the undergraduate experience thus demonstrating individual learning and growth to become proficient Vermont State regulations and standards for teacher preparation.

### Careers for this Concentration:

- Elementary/Secondary Physical Education Teachers

### Physical Education Major-Teacher Education Conc.

Physical Education-Teacher Education (B.S.) – Curriculum Map 2020-2021 Catalog

Course	Cr. Comp.	Course	Cr. Comp.
<b>FRESHMAN</b>			
<b>Fall</b>		<b>Spring</b>	
BI 101 Principles of Biology I (General Education Lab Science)	4	EN 102 Composition and Literature II	3
ED 104 Foundations of Education <sup>c</sup>	3	MA 232 Elementary Statistics (General Education Math)	3
EN 101 Composition and Literature I	3	PE 265 Lifelong Motor Development <sup>c</sup>	3
MA 101 Mathematics: A Liberal Art (General Education Math)	3	PY 211 Introduction to Psychology (General Education Social Science)	3
PE 163 Scientific Foundations of Health and Wellness <sup>c</sup>	3	General Education History ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/</a> )	3
Fall Semester Total Cr.:		Spring Semester Total Cr.:	
16		15	
<b>SOPHOMORE</b>			
<b>Fall</b>		<b>Spring</b>	
BI 215 Human Anatomy & Physiology I (General Education Lab Science)	4	BI 216 Human Anatomy & Physiology II	4
General Education Literature ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/</a> )	3	HE 200 Foods and Nutrition	4
PE 223 Motor Skills Development I <sup>c</sup>	3	PE 224 Motor Skills Development II <sup>c</sup>	3
PE 261 Foundations in Health Education <sup>c</sup>	4	PE 245 Assessment in PE & Sports	3
PE 271 Outdoor Physical Education I	3	PE 272 Outdoor Physical Education II	3
Fall Semester Total Cr.:		Spring Semester Total Cr.:	
17		17	
<b>JUNIOR</b>			
<b>Fall</b>		<b>Spring</b>	
PE 341 Instructional Strategies for Physical Education in Elementary School <sup>c</sup>	4	PE 342 Instructional Strategies for Physical Education in Middle-Secondary School <sup>c</sup>	4
PE 355 Coaching: Leadership in Sports (General Education Ethics) <sup>c</sup>	3	PE 371 Physiology of Exercise <sup>c</sup>	4
PE 365 Kinesiology <sup>c</sup>	4	PE 375 Adapted Physical Activity	3

General Education Leadership ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/</a> )	1-3	PE 432 Organization and Administration in Physical Education <sup>c</sup>	3
General Education Arts & Humanities OR SO 320 ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/</a> )	3		
Fall Semester Total Cr.:	15-17	Spring Semester Total Cr.:	14
<b>SENIOR</b>			
<b>Fall</b>		<b>Spring</b>	
ED 432 Curriculum & Methods of Instruction Capstone	4	ED 425 Student Teaching <sup>1</sup> or PE 426 Internship	12
PE 406 Readings in Physical Education (Capstone) <sup>c</sup>	3		
SO 214 Racial and Cultural Minorities	3		
SO 320 Drugs and Society (OR)	3		
General Education Arts & Humanities ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/</a> )			
Free Elective	3		
Fall Semester Total Cr.:	16	Spring Semester Total Cr.:	12
TOTAL CREDITS FOR THIS MAJOR: 122-124			

<sup>c</sup> Grade of C or higher required.

<sup>1</sup> To be eligible for ED 425, students must have a 3.0 cumulative GPA and have passed the Praxis II.

Certification in First Aid and CPR is required for graduation.

### Physical Education Major-Recreation Management Conc.

Physical Education-Recreation Management Concentration (B.S.) – Curriculum Map 2020-2021 Catalog

Course	Cr. Comp.	Course	Cr. Comp.
<b>FRESHMAN</b>			
<b>Fall</b>		<b>Spring</b>	
BI 101 Principles of Biology I (General Education Lab Science)	4	EN 102 Composition and Literature II	3
ED 104 Foundations of Education	3	MA 232 Elementary Statistics (General Education Math)	3
EN 101 Composition and Literature I (General Education Math)	3	PE 265 Lifelong Motor Development <sup>c</sup>	3
MA 101 Mathematics: A Liberal Art (General Education Math)	3	PY 211 Introduction to Psychology (General Education Social Science)	3
PE 163 Scientific Foundations of Health and Wellness <sup>c</sup>	3	General Education History ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/</a> )	3
Fall Semester Total Cr.:	16	Spring Semester Total Cr.:	15
<b>SOPHOMORE</b>			
<b>Fall</b>		<b>Spring</b>	
BI 215 Human Anatomy & Physiology I (General Education Lab Science)	4	BI 216 Human Anatomy & Physiology II	4
General Education Literature ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprogramscatalog/generaleducationgoals/</a> )	3	BI 253	4
PE 223 Motor Skills Development I <sup>c</sup>	3	PE 224 Motor Skills Development II <sup>c</sup>	3
PE 261 Foundations in Health Education <sup>c</sup>	4	PE 245 Assessment in PE & Sports <sup>c</sup>	3
PE 271 Outdoor Physical Education I	3	PE 272 Outdoor Physical Education II <sup>c</sup>	3
Fall Semester Total Cr.:	17	Spring Semester Total Cr.:	17

JUNIOR			
Fall		Spring	
AC 201 Introduction to Accounting and Financial World	3	MG 101 Introduction to Business	3
PE 341 Instructional Strategies for Physical Education in Elementary School (OR) <sup>c</sup> or 342 Instructional Strategies for Physical Education in Middle-Secondary School	4	PE 342 Instructional Strategies for Physical Education in Middle-Secondary School (OR) <sup>c</sup> or 341 Instructional Strategies for Physical Education in Elementary School	4
General Education Arts and Humanities ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/</a> )	3	PE 375 Adapted Physical Activity <sup>c</sup>	3
PE 355 Coaching:Leadership in Sports <sup>c</sup>	3	PE 432 Organization and Administration in Physical Education <sup>c</sup>	3
PE 441 Advanced Exercise Physiology and Prescription <sup>c</sup>	4	Free Elective	3
General Education Leadership ( <a href="http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/">http://catalog.norwich.edu/archives/2020-2021/residentialprograms/catalog/generaleducationgoals/</a> )	1-3		
Fall Semester Total Cr.:	18-20	Spring Semester Total Cr.:	16
SENIOR			
Fall		Spring	
MG 309 Management of Organizations	3	PE 426 Internship (OR) <sup>c</sup>	12
MG 341 Business Law I (General Education Ethics)	3	Free Elective	
PE 333 Management Sports Facilities <sup>c</sup>	3		
PE 406 Readings in Physical Education (General Education Capstone) <sup>c</sup>	3		
SO 214 Racial and Cultural Minorities	3		
Fall Semester Total Cr.:	15	Spring Semester Total Cr.:	12
TOTAL CREDITS FOR THIS MAJOR: 126-128			

<sup>c</sup> Grade of C or higher required.  
Certification in First Aid & CPR is required for graduation.

## Coaching Minor

### Coaching Minor 2020-2021 Catalog

Physical Education majors can declare a Concentration in Coaching.

The concentration or minor is designed to meet proposed national standards preparation in coaching for elementary through high school level. The primary goals are to teach coaching fundamentals, injury prevention, health awareness, motor skill development, adolescent behavior, and youth leadership skills. The following courses are required:

All courses must be passed with a grade of C or higher.

PE 163	Scientific Foundations of Health and Wellness	3
PE 224	Motor Skills Development II	3
PE 355	Coaching:Leadership in Sports	3
PE 432	Organization and Administration in Physical Education	3
<b>Two courses from the following list:</b>		<b>7-8</b>
PE 223	Motor Skills Development I	3
PE 341	Instructional Strategies for Physical Education in Elementary School	4
PE 342	Instructional Strategies for Physical Education in Middle-Secondary School	4
PE 371	Physiology of Exercise	4

PY 324	Adolescent Psychology	3
Total Cr.		19-20

## Health Minor

### Health Minor 2020-2021 Catalog

Physical Education majors can declare a Concentration in Health.

This concentration or minor is designed to add depth and breadth to a student's education in health and wellness, develop healthy lifelong patterns, and increase the marketability of graduates. Students must complete:

All courses must be passed with a grade of C or higher.

PE 163	Scientific Foundations of Health and Wellness	3
HE 200	Foods and Nutrition	4
<b>Four additional courses from the following list:</b>		<b>7-8</b>
BI 220	Introductory Microbiology	4
BI 330	Immunology	4
HE 310	Pathophysiology in Sports Medicine	4
PE 261	Foundations in Health Education	4
PE 365	Kinesiology	4
PE 371	Physiology of Exercise	4
PY 211	Introduction to Psychology	3
PY 220	Developmental Psychology	3
PY 324	Adolescent Psychology	3
SO 320	Drugs and Society	3
Total Cr.		19-20