

Student Name:

Advisor:

Professional Education Sequence—Prior to Admission		
<i>Many courses are offered Fall or Spring only so the student is responsible for planning ahead.</i>		
Sem	Course *C or better required	✓
F1 13 hrs	EDCO 101 Observation & Analysis Skills (1)*	
	PETE 101 Intro to Teaching Physical Ed (3)	
	ACAD 101 Principles of Learning Academy (1)	
	WRIT 101 Composition (3)	
	Quantitative Skills – MATH 150 or 151 (3)	
	PESH 102 Weight Training (1)	
	PESH 1xx Fitness & Conditioning (1)	
S1 17 hrs	EDCO 200 Context of Poverty (3)*	
	HLTH 300 Personal & Community Health (3)	
	HMXP 102 The Human Experience (3)	
	PETE 300: Curriculum in PE (3)*	
	PETE 248 Teach Net/Wall/Target Games (3)*	
	PESH 1xx Aquatic Sports/Activities (1)	
	PESH 1xx Outdoor Activities (1)	
<i>Meet testing Requirement before F2 or EDUC191 Required</i>		
F2** 16 hrs	PESH 201 First Aid/CPR (1)	
	Const/Hist Perspectives – HIST 211 or 212 (3)	
	PETE 234 Teach Invasion/Fielding Games (3)*	
	DANA 251 Jazz Dance I (1)	
	Gen Ed BIOL 150/151 – with lab (4)	
	CRTW 201 Critical Reading, Thinking, Writ (3)	
ELECTIVE (1)		
<i>Complete Admission to Teacher Education</i>		
S2 15 hrs	EDCO 201 ELLs in Gen Ed Classrooms (2)*	
	EDCO 202 Exceptional & Gifted Learners (2)*	
	PETE 223 Adventure Facilitation & Lead (2)*	
	PETE 502 Concepts of Fitness & Exer Sci (3)*	
	PETE 512 Skill & Movement (3)*	
PETE 590 Assessment in Physical Ed (3)*		

Cultural Events Tracker			
<i>Complete BEFORE Internship I</i>			
Year	Fall	Spring	Yearly Goal
1			8
2			5
3			5

Professional Education Sequence—After Admission		
<i>Many courses are offered Fall or Spring only so the student is responsible for planning ahead.</i>		
Sem	Course *C or better required	✓
F3 16 hrs	PETE 550 Adapted Physical & Sport (3)*	
	Gen Ed – Social Sciences (3)	
	Gen Ed – Humanities & Arts (3)	
	BIOL 213 Anatomy & Phys I (4)	
	PESH 242 Motor Learning & Control (3)	
<i>Internship I Application due February</i>		
S3 18 hrs	EDCO 350 Inclusive Classroom Climate (3)*	
	PETE 566 Elementary Phys Ed Methods (3)*	
	Earth/Physical Science – no lab (3)	
	READ 346 Content Reading & Writing (3)*	
	EXSC 382 Biomechanics (3)	
<i>Gen Ed – Humanities & Arts (3)</i>		
<i>State Application and Finger printing due June 15 Praxis Subject Assessment taken & passed by Oct 31</i>		
F4 13 hrs	EDCO 401 Internship I: Contextual Factors (1)	
	PETE 591 Secondary Phys Ed Methods (3)*	
	PETE 390 Reflect Teach in PE (1)* <i>IW Gen Ed</i>	
	HLTH 434 Teaching Health K-12 (3)	
S4 12 hrs	EDCO 305 Technology Inclusive Classroom (2)*	
	Gen Ed – Global Perspective (3)	
	EDCO 402 Internship II: Assess & Instruct (9)	
	EDCO 410 Education in a Democracy (2)*	
PETE 490 Seminar in Physical Education (1)*		

Additional Requirements
<i>Accommodations will be made for teacher candidates with documented physical disabilities.</i>
Achieve and maintain the healthy zones in aerobic capacity (1 ½ mile run), muscular strength (push-ups), muscular endurance (curl-ups) as measured by the Air Force Fitness Test, and flexibility (sit & reach) as measured by Fitnessgram.
Demonstrate the six fundamental movement skills at the proficiency level as measured by departmental rubrics.
**Optimal semester for Study Abroad experience – please consult with your advisor.

Content Preparation and General Education	
<i>All coursework in this section must be completed before Internship I experience</i>	
Gen Ed Core	✓
Taken in Order & Completed by 75 credit hours (C- or better required to progress)	
WRIT 101 Composition (3)	
HMXP 102 The Human Experience: Who Am I? (3)	
CRTW 201 Critical Reading, Thinking, & Writing (3)	
Gen Ed/Content Required – See approved list	✓
Quantitative Skills (3)	
Earth/Physical Science (3)	
Life Science Course w/ Lab (4)	
Constitution/Historical Perspective (3)	
Humanities and Arts (3)	
Humanities and Arts (3)	
Social Sciences (3)	
Global Perspective (3)	
PESH coursework/categories in recommended order	✓
<i>See details on page 2</i>	
PESH 102 Weight Training (1)	
PESH 100-level ACTIVITY: Fitness & Conditioning (1)	
PESH 201 First Aid & CPR (1)	
PESH 100-level ACTIVITY: Aquatic Sports & Activities (1)	
PESH 100-level ACTIVITY: Outdoor Activities (1)	

General Advising Topics
Academic Success Center
2.5 GPA by end of year 1
2.75 GPA by end of year 2
Check Winthrop email
Deadlines & Course Fee Overview
Dispositions
Follow College & Student Academic Services on Twitter
Interim Grades
Meeting Testing Requirement before year 2
Professionalism in Field Courses
Study Abroad options (short-term and semester-long)
DegreeWorks Planner for digital record
Use of S/U and Repeat Options
Nature of Internship II semester and Prerequisites

Fitness & Conditioning	Aquatic Sports & Activities	Outdoor Activities
PESH 101 Fitness Walking PESH 103 High Intensity Fitness Training PESH 105 Yoga PESH 106 Pilates Fusion PESH 107 Fitness-Core Stability PESH 108 Cardio Dance and Tone PESH 110 Power Yoga* PESH 115 Beginning Running PESH 150 Martial Arts	PESH 120 Beginning Swimming PESH 123 Fitness Aquatics PESH 124 Lifeguard Training (2 hr) PESH 125 Water Safety Instructor (2 hr) PESH 128 Scuba Diving PESH 129 Advanced Scuba PESH 130 Scuba Diver Rescue PESH 131 Dive Leader PESH 134 Water Polo	PESH 152 Basic Archery Instructor (NASP Cert) PESH 160 Global Games PESH 165 Geocaching PESH 166 Beginning Snow Skiing/Snow Boarding PESH 167 Intermediate Snow Skiing/Snow Boarding PESH 168 Beginning Rock Climbing PESH 170 Leisure Kayaking PESH 171 Intro to Moving Water Kayaking* PESH 172 Rafting, Camping, Backpacking PESH 174 Mountain Biking PESH 176 Fly Fishing*
<i>*Course substitution form may be needed.</i>		<i>*Course substitution form may be needed.</i>