

**UND Department of Physical Education, Exercise Science & Wellness – B. S. Physical Education (for Fall 2008 Freshman)**

| <b>Student</b> _____ <b>ID #</b> _____ <b>Catalog</b> _____ <b>Advisor</b> _____                               |            |  |                    |       |                       |  |  |  |  |                      |                       |
|--|------------|--|--------------------|-------|-----------------------|--|--|--|--|----------------------|-----------------------|
| <b>Essential Studies Requirements – 39 Credits Required</b>  |            |  |                    |       |                       |  |  |  |  |                      |                       |
| Course   | Number     | Course Title   | Credits            | Grade | Special Emphasis Area | Course   | Number   | Course Title   | Credits  | Grade                | Special Emphasis Area |
| <b>I. Communications – 6 cr writing &amp; 3 cr Oral Communication</b>  |            |  |                    |       | 9 Semester Credits    |  | Education Department Courses – <b>+Must be formally admitted to the Teacher Education program to take the courses listed below</b> |  |  | 7-9 Semester Credits |                       |
| Engl   | 110        | College Composition I                                  | 3                  |       |                       |  |  |  |  |                      |                       |
| Engl   | 120 or 125 | College Composition II or Business & Technical Writing | 3                  |       |                       | +T&L   | 345  | Curriculum Development & Instruction   | 3  |                      |                       |
| Comm   | 110        | Public Speaking (Oral Comm class)                      | 3                  |       |                       | +T&L   | 433  | Multicultural Education  | 3  |                      |                       |
| <b>II. Social Sciences – minimum of 2 departments</b>  |            |  |                    |       | 9 Semester Credits    |  | Approved Special Topics  |  |  |                      |                       |
| Psyc   | 111        | Introduction to Psychology                             | 3                  |       |                       |  |  |  |  |                      |                       |
| Soc  | 110        | Introduction to Sociology                              | 3                  |       |                       | Physical Education Courses –Note sequence of certain courses |  |  | 66 Semester Credits  |                      |                       |
| T&L  | 252        | Child Development                                      | 3                  |       |                       | Anat   | 204  | Anatomy for Paramedical Personnel  | 3  |                      |                       |
|  |            |  |                    |       |                       | Anat   | 204L   | Anatomy for Paramedical Personnel Lab  | 2  |                      |                       |
| <b>III. Arts &amp; Humanities – minimum of 2 departments – 3 credits Fine Arts and 3 credits of Humanities</b> |            |  |                    |       | 9 Semester Credits    |  | PPT  | 301 OR   | Mechanics of Human Physiology OR   | 4                    |                       |
|  |            |  |                    |       |                       | PXW  | 499  | ST: Human Movement Physiology (S)  |  |                      |                       |
|  |            |  |                    |       |                       | Nutr   | 240  | Fundamentals of Nutrition (F,S)  | 3  |                      |                       |
|  |            |  |                    |       |                       | PXW  | 205  | Physical Ed for the Elem Grades (F)  | 3  |                      |                       |
|  |            |  |                    |       |                       | PXW  | 224-237  | Movement Performance & Analysis  | Must complete 9 credits  |                      |                       |
|  |            |  |                    |       |                       | **   |  | M P & A : _____  | 1  |                      |                       |
| <b>IV. Math/Science/Technology – minimum 2 dept. – must include a 4-hour science course with a lab</b>         |            |  |                    |       | 9 Semester Credits    |  |  |  | M P & A : _____  | 1                    |                       |
|  |            |  |                    |       |                       |  |  | M P & A : _____  | 1  |                      |                       |
| Chem   | 115        | Introductory Chemistry                                 | 3                  |       |                       |  |  | M P & A : _____  | 1  |                      |                       |
| Chem   | 115L       | Intro Chem lab (Co-req lab required)                   | 1                  |       |                       |  |  | M P & A : _____  | 1  |                      |                       |
|  |            |  |                    |       |                       |  |  | M P & A : _____  | 1  |                      |                       |
|  |            |  |                    |       |                       |  |  | M P & A : _____  | 1  |                      |                       |
|  |            |  |                    |       |                       |  |  | M P & A : _____  | 1  |                      |                       |
|  |            |  |                    |       |                       |  |  | M P & A : _____  | 1  |                      |                       |
| <b>V. Senior Capstone</b>  |            |  |                    |       | 3 Semester Credits    |  | PXW  | 276+lab  | Motor Learning and Lab (S)   | 3                    |                       |
|  |            |  |                    |       |                       | PXW  | 310  | First Aid & CPR (F,S,SS)   | 2  |                      |                       |
| <b>Special Emphasis Areas ES *** (Must complete 3 credits in each area)</b>                                    |            |  | Completed          |       | Left                  | *PXW   | 323 & 323Lab   | Intro to Teaching in Physical Education & Sports Settings w/lab – <b>take 1<sup>st</sup> in sequence (Fall only)</b> | 3/1  | /                    |                       |
| Advanced Communications (A) numbered 200 or higher   |            |  | Credits            | Grade |                       |  |  |  |  |                      |                       |
|  |            |  | 3 Semester Credits |       |                       | PXW  | 326  | Fundamentals of Physical Conditioning  | 3  |                      |                       |
| <b>Quantitative Reasoning (Q)</b>  |            |  |                    |       | 3 Semester Credits    |  | PXW  | 332 & 332Lab   | Biomechanics and lab (F)   | 4                    |                       |
|  |            |  | 3 Semester Credits |       |                       | PXW  | 355  | Applied Motor Development (S)  | 3  |                      |                       |
| <b>United States Diversity (U)</b>   |            |  |                    |       | 3 Semester Credits    |  | *PXW   | 400 & 400Lab   | <b>Pre-req: Admitted to Teacher Education Program</b> Methods & Materials for Teaching Secondary Phy Ed w/lab– <b>take 3<sup>rd</sup> in sequence (Fall)</b> | 3/1                  | /                     |
| T&L  | 433        | Multicultural Education                                | 3                  |       |                       |  |  |  |  |                      |                       |
| <b>Introductory Education Course (Pre-admission Course)</b>  |            |  |                    |       | 3 Semester Credits    |  | PXW  | 401  | Sports Sociology (F)   | 3                    |                       |
| T&L  | 250        | Introduction to Education                              | 3                  |       |                       | PXW  | 402 & 402L   | Exercise Physiology and Lab (F)  | 4  |                      | (over)                |

| Course | Number       | Course Title  | Credits | Grade | Special Emphasis Area | Course   | Number | Course Title   | Credits             | Grade | Special Emphasis Area |
|--------|--------------|---|---------|-------|-----------------------|--|--------|--|---------------------|-------|-----------------------|
| PXW    | 403          | School Health Education (S)   | 2       |       |                       | *PXW   | 491    | <b>Pre-req: Admitted to Teacher Ed Program &amp; co-req: T&amp;L 487 Student Teaching</b><br>Senior Teaching Seminar –<br><b>take 4<sup>th</sup> in sequence (F,S)</b> | 1                   |       |                       |
| PXW    | 404          | Adapted Activities Programming (S)  | 2       |       |                       |  |        |  |                     |       |                       |
| *PXW   | 406 & 406Lab | <b>Pre-req: Admitted to Teacher Ed Program</b> Strategies for Teaching Physical Ed Elementary w/lab – <b>take 2<sup>nd</sup> in sequence</b> (Spring) | 3/1     | /     |                       |  |        |  |                     |       |                       |
| PXW    | 440          | Sport Psychology (S)  | 3       |       |                       | <b>NOTE: All major coursework, V.I.T.A.L. hours and Praxis II test must be completed prior to student teaching</b> |        |  |                     |       |                       |
|        |              |   |         |       |                       | Practica   |        |  | 16 Semester Credits |       |                       |
|        |              |   |         |       |                       | T&L  | 487    | (co-req: PXW 491 Senior Teaching Seminar) Student Teaching (F,S)   | 8 Elem<br>8 Sec     |       |                       |
|        |              |   |         |       |                       |  |        |  |                     |       |                       |

\* **Note:** The sequence of the PXW teaching methods courses **MUST** be taken in order. This sequence is very important in program planning.

\*\***The 9 credits of PXW 224-237 courses MUST be distributed as follows: at least 1 course in each of these topics: aquatics, dance, outdoor pursuits, individual sports, team sports.**

\*\*\* Note: The Special Emphasis Areas may be an approved departmental major course or an approved Communication, Social Science, Arts & Humanities, or Math, Science & Technology Course. CLEP and AP credits will not count towards meeting the Special Emphasis Areas requirements. (Subject to change)

**The PRAXIS II test is required for ND and MN licensure. Visit the ETS web site ([www.ets.org/praxis](http://www.ets.org/praxis)) for appropriate test required for each state.**

Programs preparing teacher educators and other school related personnel at UND are in compliance with the Title II, Higher Education Act and have reported their information to the North Dakota Education Standards and Practices Board.