

**CENTRAL CONNECTICUT STATE UNIVERSITY**  
**School of Education and Professional Studies**  
**B.S.ED. PHYSICAL EDUCATION (Grades NK-12)**  
**120 Credits**

Name: \_\_\_\_\_ ID#: \_\_\_\_\_ Matriculation Semester: \_\_\_\_\_ Date: \_\_\_\_\_

**GENERAL EDUCATION**      Crs.    Grd.

*Some General Education courses may also fulfill Related Requirements*

**STUDY AREAS**

**Study Area I Arts & Humanities (9 credits)**

ENG Literature (L)	3	
	3	
	3	

**Study Area II Social Sciences (9 credits)**

(HIST 161 or HIST 162 American History)	X	
	3	
	3	

**Study Area III Behavioral Sciences (6 credits)**

(PSY 136 Life Span Development)	X	
(EDF 215 Education in a Multicultural Society)	X	

**Study Area IV Natural Sciences (6 credits)**

(BIO 111 or BMS 102 or BIO 121)	X	
(CHEM 161 General Chemistry)	X	

**SKILL AREAS**

**Skill Area I Communication Skills (6 credits)**

WRT 105 & 105P or WRT 110 Freshman Composition	3	
(COMM 115 or COMM 140)	X	

**Skill Area II Mathematics Requirement (6 credits)**

(STAT 104 or STAT 200 or STAT 215)	X	
	3	

**Skill Area III Foreign Language Proficiency Requirement (check one)**

- completion of a level-three high school foreign language	
- passed a standardized foreign language exam	
- completion of 112 or 114 foreign language course	
- successful completion of an upper level foreign language course	
- demonstration of native proficiency in a language other than English	

**Skill Area IV University Requirement (2 or 3 credits)**

PE 144 required for students matriculating with fewer than 15 credits	2 or 3	
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Equity, Justice, & Inclusion Requirement (EDF 215) met	
International Requirement (I) met	
International Requirement (I) met	
First Year Experience Requirement met	

**Recommended Electives for Cross-Endorsement in Health Education**

PSY 454 Drugs and Behavior	3	
PE 337 Group Process in Health Education	3	

\* Admission to the Professional Program is required before taking this course; a Grade of C or better required

**PHYSICAL EDUCATION MAJOR (57 credits)**      Crs.    Grd.

**Lecture Courses (41 credits)**

PE 111 Introduction to Physical Education	2	
EXS 207 Anatomy & Physiology in Exercise Science I	3	
EXS 208 Anatomy & Physiology in Exercise Science II	3	
PE 299 Psycho-Social Aspects of PE	3	
PE 305 Assessment in PE and Health	3	
PE 320 Motor Development	3	
PE 374 Methods of Teaching Fitness	3	
*PE 404 Methods of Teaching School Health Education	3	
*PE 405 Elementary Methods in Physical Education	3	
*PE 406 Adapted Physical Education	3	
*EXS 407 Exercise Physiology and Applied Biomechanics	3	
*PE 416 Program Development in PE, Dance and Health	3	
*PE 417 Secondary Methods in PE and Health	3	
*PE 422 Motor Learning and Skills Acquisitions	3	

**Skill Courses (16 credits)**

PE 273 Educational Games, Gymnastics & Dance	2	
PE 274 Lifetime Activities I	2	
PE 276 Lifetime Activities II	2	
PE 279 Skills & Strategies for Invasion Games	2	
PE 280 Skills & Strategies for Net & Wall Games	2	
PE 281 Skills and Strategies for Individual Sports/Activities	2	
DAN 272 Creative Dance in Education	2	
DAN elective (s)	2	

**RELATED REQUIREMENTS (24 credits)**

*Required for the program & can also fulfill General Education*

HIST 161 or HIST 162 American History (ST II)	3	
PSY 136 Life Span Development (ST III)	3	
EDF 215 Education in a Multicultural Society (ST III)	3	
PHYS 111 Introductory Physics (ST IV)	3	
CHEM 161 General Chemistry (ST IV)	3	
BIO 111 or BMS 102 or BIO 121 (ST IV)	3	
COMM 115 or COMM 140 (SK I)	3	
STAT 104 or STAT 200 or STAT 215 (SK II)	3	

**PROFESSIONAL EDUCATION COURSES (16 credits)**

EDTE 314 Applying Learning Theories in Diverse Settings	3	
*EDT 315 Ed. Technology in the Sec. School Classroom	1	
*EDSC 417 Student Teaching, Elementary PE	6	
*EDSC 419 Student Teaching, Secondary PE	6	