

EXERCISE, SPORT, & HEALTH SCIENCES

Physical Education Teacher Certification



University of Idaho

College of Education,
Health and Human Sciences

The Exercise, Sport, & Health Sciences degree with an emphasis in Physical Education offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. Graduates come away with a certification to teach PE K-12 and may opt to work towards an additional certification in Health. Exercise, Sport, & Health Sciences majors must have a cumulative GPA of 2.75 or greater to graduate.

Curricular requirements – 120 semester credits total for graduation

MOVEMENT SCIENCES CORE (3CRS)

MVSC 201 Physical Activity, Wellness & Behavior 3
Change *Prereq or coreq: PEP 100*

MOVEMENT SCIENCES THEORY & LAB (33CRS)

BIOL 227 Human Anatomy and Physiology I (F) *Prereq: BIOL 102 or 115. Suggested sophomore standing* 4

BIOL 228 Human Anatomy and Physiology II (S) *Prereq: BIOL 227* 4

FCS 205 Concepts in Human Nutrition (F) 3

H&S 245 Introduction to Athletic Injuries (S) 3

H&S 451 Psychosocial Determinants of Health (S) 3
Prereq: MVSC 201

PEP 100 Introduction to Exercise Science & Health (F) 1

PEP 300 Applied Human Anatomy & Biomechanics 3
Prereq: BIOL 227 or permission

PEP 360 Motor Behavior (S) *Prereq: BIOL 227* 3

PEP 418/PEP 418L Physiology of Exercise & Lab 3
Prereq: MVSC 201, BIOL 227 & BIOL 228; or permission

PEP 455 Design & Analysis of Research in Movement Sciences *Prereq: Junior or Senior standing* 3

PEP 493 Fitness Assessment & Prescription 3
Prereq: Senior standing & PEP 418; or permission

PE TEACHER CERTIFICATION EMPHASIS (42CRS)

EDCI 201* Contexts of Education (GE: Social Science) 3

EDCI 301 Learning, Development & Assessment 3

EDCI 401 Internship Seminar *Coreq: PEP 484* 1

EDCI 463 Literacy Methods for Content Learning 3

ENGL 207, 208, 313 OR 317 Advanced Composition 3

MVSC 486* Healthy, Active Lifestyle Assessment & Intervention (S) *Prereq: junior or senior standing (Counts toward GE & certification)* 3

PEP 412 Elementary Methods in Physical Activity Pedagogy (F) *Prereq: Admission to teacher ed program; MVSC 201; PEP 132, 133, 134 & 413* 3

PEP 413 Foundations & Assessment (S) 3
Prereq: MVSC 201; PEP 132, 133 & 134

PEP 421 Secondary Methods in Physical Activity Pedagogy (S) *Prereq: Admission to teacher ed program; MVSC 201; PEP 132, 133, 134 & 413* 3

PEP 424 Inclusive Physical Education & Recreation (F) 3
Prereq: Junior standing or permission

PEP 484** Internship in PE Teaching *Coreq: EDCI 401* 14

OPTIONAL: HEALTH CERTIFICATION (12CRS)

H&S 423 Health Education Methods & Administration 3

H&S 450 Critical Health Issues (F) 3

H&S 490 Health Promotion (S) *Prereq: H&S 450 or permission* 3

FCS 240 Intimate Relationships (S) OR 3

PSYC 330 Human Sexuality *Prereq: PSYC 101*

ACTIVITY CLASSES (5CRS)

IFIT 108, PEP 107, PEP 132, PEP 133 & PEP 134 5

UI GENERAL EDUCATION REQUIREMENTS

UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.

COMMUNICATIONS (8CRS)

ENGL 101 College Writing & Rhetoric 3

The UI catalog requires students take ENGL 101 or 102 (depending on placement scores).

ENGL 102 College Writing & Rhetoric II 3

The UI catalog requires students take ENGL 101 or 102 (depending on placement scores) or dual college credit.

COMM 101 Speech (also a major requirement) 2

NATURAL & APPLIED SCIENCES (7-8CRS)

Gen Ed Lab Science 4

Gen Ed Lab Science OR CORS 3-4

MATH, STATISTICS & COMPUTER SCIENCE (3-4CRS)

Gen Ed Math OR Stats (see advisor) 3-4
(Suggested completion of Math within first year)

ADDITIONAL UI GEN ED REQUIREMENTS (—CRS)*

Humanities (from 2 different disciplines) 6

Social Sciences (from 2 different disciplines) 6
(PSYC 101 suggested)

American Diversity** 1 class

International** 1 class

MVSC 486 Senior Experience 3

** Additional coursework may be required. See advisor for more information.*

***American Diversity & International Courses: One course each is required from approved list. There are some Humanities or Social Science courses that count for the International or American Diversity requirements. See advisor for more information.*

Admission to Teacher Education: To take any EDCI class above EDCI 301, all students must meet the requirements for admission to teacher education which include the following: receiving a "C" or higher in EDCI 201, Engl 102, Math 143, and Comm 101; have a GPA of at least 2.75; complete an interview; application; two reference forms; and a fingerprint background check.

*an online background check is required **First Aid & CPR certification, Praxis scores & PETE faculty approval required

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Sample Four-Year Plan 2021-2022

FRESHMAN FALL (15CRS)			FRESHMAN SPRING (16CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	EDCI 201	Contexts of Education* (GE: Social Science)	3
PEP 132	Skill & Analysis of Striking & Net/Wall Activities (F)	1	PEP 107 & 133	Movement Fundamentals and Skill Analysis (S)	2
ENGL 101	College Writing and Rhetoric I	3	ENGL 102	College Writing and Rhetoric II	3
Soc Sci	GE: Social Science (<i>PSYC 101 suggested</i>)	3	COMM 101	Fundamentals of Public Speaking	2
BIOL 102 & 102L	Biology and Society (GE: Science)	4	MVSC 201	Phys Act & Beh Change <i>Prereq or coreq: PEP 100</i>	3
MATH	General Education Math (<i>MATH 143 suggested</i>)	3	Humanities	General Education Humanities	3
SOPHOMORE FALL (14CRS)			SOPHOMORE SPRING (16CRS)		
BIOL 227	Human Anatomy and Physiology I (F) <i>Prereq: BIOL 102 or 115. Suggested sophomore standing</i>	4	BIOL 228	Human Anatomy and Physiology II (S) <i>Prereq: BIOL 227</i>	4
EDCI 301	Learning, Development & Assessment	3	Humanities	General Education Humanities	3
FCS 205	Concepts in Human Nutrition (F) (GE: Science)	3	H&S 245	Introduction to Athletic Injuries (S)	3
PEP 134	Skill & Analysis of Rec & Outdoor Activities (F)	1	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 227</i>	3
International	General Education International	3	Am Diversity	General Education American Diversity	3
JUNIOR FALL (16CRS)			JUNIOR SPRING (15CRS)		
ENGL —	Advanced Composition	3	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
IFIT 108	Water-Based Sports & Fitness Activities	1	MVSC 486	Healthy, Active Lifestyle Assessment & Intervention (S) <i>Prereq: junior or senior</i>	3
PEP 418 & PEP 418L	Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 227, BIOL 228 or permission</i>	3	Elective	Elective to reach 120 credits	3
PEP 424	Inclusive Physical Education & Recreation (F) <i>Prereq: Junior standing or permission</i>	3	PEP 413	Foundations & Assessment (S) <i>Prereq: MVSC 201; PEP 132, 133, 134</i>	3
PEP 300	Applied Human Anatomy & Biomechanics <i>Prereq: BIOL 227 or permission</i>	3	PEP 421	Secondary Methods in Physical Activity (S) <i>Prereq: Admissions to teacher ed program; MVSC 201; PEP 132, 133, 134 & 413</i>	3
Elective	Elective to reach 120 credits	3			
SENIOR FALL (15CRS)			SENIOR SPRING (15CRS)		
EDCI 463	Literacy Methods for Content Learning <i>Prereq or coreq: EDCI 302 permission</i>	3	EDCI 401	Internship Seminar <i>Coreq: PEP 484 or permission</i>	1
Elective	Elective to reach 120 credits	3	PEP 484	Internship in Physical Education Teaching <i>Coreq: EDCI 401</i>	14
PEP 412	Elementary Methods in Physical Activity Pedagogy (F)	3			
PEP 455	Design & Analysis of Research in Movement Sciences <i>Prereq: junior or senior standing</i>	3			
PEP 493	Fitness Assessment & Prescription <i>Prereq: senior, PEP 418/418L or permission</i>	3			

*an online background check is required

**ACT, SAT, or COMPASS Scores will place student in English and Math

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FRESHMAN FALL (15CRS)			FRESHMAN SPRING (16CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	EDCI 201	Contexts of Education* (GE: Social Science)	3
PEP 132	Skill & Analysis of Striking & Net/Wall Activities (F)	1	PEP 107 & 133	Movement Fundamentals and Skill Analysis (S)	2
ENGL 101	College Writing and Rhetoric I	3	ENGL 102	College Writing and Rhetoric II	3
Soc Sci	GE: Social Science (PSYC 101 suggested)	3	COMM 101	Fundamentals of Public Speaking	2
BIOL 102 & 102L	Biology and Society (GE: Science)	4	MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3
MATH	General Education Math (MATH 143 suggested)	3	Humanities	General Education Humanities	3
SOPHOMORE FALL (17CRS)			SOPHOMORE SPRING (16CRS)		
BIOL 227	Human Anatomy and Physiology I (F) <i>Prereq: BIOL 102 or 115. Suggested sophomore standing</i>	4	BIOL 228	Human Anatomy and Physiology II (S) <i>Prereq: BIOL 227</i>	4
EDCI 301	Learning, Development & Assessment	3	FCS 240 OR PSYC 330	Intimate Relationships (S) OR Human Sexuality <i>Prereq: PSYC 101</i>	3
Humanities	General Education Humanities	3	H&S 245	Introduction to Athletic Injuries (S)	3
FCS 205	Concepts in Human Nutrition (F) (GE: Science)	3	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 227</i>	3
PEP 134	Skill & Analysis of Rec & Outdoor Activities (F)	1	Am Diversity	General Education American Diversity	3
International	General Education International	3			
JUNIOR FALL (16CRS)			JUNIOR SPRING (18CRS)		
H&S 450	Critical Health Issues (F)	3	ENGL —	Advanced Composition	3
IFIT 108	Water-Based Sports & Fitness Activities	1	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
PEP 418 & PEP 418L	Physiology of Exercise & Lab <i>Prereq: MVSC 201, BIOL 227, BIOL 228 or permission</i>	3	MVSC 486	Healthy, Active Lifestyle Assessment & Intervention (S) <i>Prereq: junior standing</i>	3
PEP 424	Inclusive Physical Education & Recreation (F) <i>Prereq: Junior standing or permission</i>	3	PEP 421	Secondary Methods in Physical Activity (S) <i>Prereq: Teacher Ed; MVSC 201; PEP 132, 133, 134 & 413</i>	3
PEP 455	Design & Analysis of Research in Movement Sciences <i>Prereq: junior or senior standing</i>	3	PEP 413	Foundations & Assessment (S) <i>Prereq: MVSC 201; PEP 132, 133, 134</i>	3
PEP 300	Applied Human Anatomy & Biomechanics (F) <i>Prereq: BIOL 227 or permission</i>	3	H&S 490	Health Promotion (S) <i>Prereq: H&S 450 or permission</i>	3
SENIOR FALL (15CRS)			SENIOR SPRING (15CRS)		
EDCI 463	Literacy Methods for Content Learning <i>Prereq or coreq: EDCI 302 or permission</i>	3	EDCI 401	Internship Seminar <i>Coreq: PEP 484 or permission</i>	1
H&S 423	Health Education Methods & Administration (F)	3	PEP 484	Internship in Physical Education Teaching <i>Coreq: EDCI 401</i>	14
Elective	Elective to reach 120 credits	3			
PEP 412	Elementary Methods in Phys. Activity Pedagogy (F)	3			
PEP 493	Fitness Assessment & Prescription <i>Prereq: senior, PEP 418/418L or permission</i>	3			

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