

**Central Connecticut State University**  
**School of Education**

**Degree:** Bachelor of Science (Certifiable for PK-12 Teaching)

**Program:** Physical Education

**Effective Term:** Fall 2025

Name: \_\_\_\_\_

ID#: \_\_\_\_\_

**General Education: Ways of Understanding:**

**Arts & Humanities (9 credits)**

	Credit	Grade
Literature (L)	3	
	3	
	3	

**Social & Behavioral Sciences (12 credits)**

HIST 161 or HIST 162 American History	X	
PSY 136 Life-Span Development	X	
EDF 215 Education in a Multicultural Society	X	
	3	

**Math & Natural Sciences (9-10 credits)**

STAT 104 or STAT 215 or STAT 200	X	
BIO 111 Intro BIO or BMS 102 or BIO 121	X	
CHEM 161 General Chemistry	X	
BIO 113 or BMS 103 or EXS 211 or CHEM 162	X	

**General Education: Essential Skills:**

**Written & Oral Communication (6 credits)**

WRT 105 & 105P or WRT 110 Freshman Comp.	3	
COMM 115 or COMM 140	X	

**World Language (0-6 credits) or Gen Ed Free Elective (3 credits)**

World Language course numbered 112 or 118* or Gen Ed Free Elective.	3	
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**Thriving in College (2-3 credits)**

CCSU 102, 103, or FYE course** or 3 credit Gen Ed Elective for transfer students with 24 or more transfer credits at the time of admission.	2-3	
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**International & Equity, Justice, & Inclusion (EJI)**

**Requirements:**

International (I) Requirement	3	
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Equity, Justice, & Inclusion*** (EDF 215)	X	

Coursework applied toward International & EJI requirements may be used in any other area of general education or program requirements.

**Residency Requirements:** A minimum of 30 credits overall must be completed in residence, with at least 15 credits in the major (at least 12 of which must be at the 300 level or above) and 9 credits in a minor at Central. In residence means attending classes conducted on campus or under supervision of Central.

**Is a Minor Required with this Major?**

Yes       No

**Physical Education Major (59 credits)**

**Lecture Courses (42 credits)**

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

**Skill Courses (17 credits)**

PE 273 Educational Games, Gymnastics & Dance	3	
PE 274 Lifetime Activities	3	
PE 279 Skills & Strategies for Invasion Games	3	
PE 280 Skills & Strategies for Net & Wall Games	3	
PE 281 Skills & Strategies for Sport, Dance and Activities	3	
Dance 272 Creative Dance in Education	2	

**Related Requirements (22 credits)**

HIST 161 or 162 American History	3	
PSY 136 Life-Span Development	3	
EDF 215 Education in a Multicultural Society	3	
CHEM 161 General Chemistry	3	
BIO 111 Introductory BIO or BMS 102 or BIO 121	3	
COMM 115 Fundamentals of Comm or COMM 140	3	
STAT 104 Elementary Statistics or STAT 215	3	
BIO 113 or BMS 103 or EXS 211 or CHEM 162	1	

**Professional Education Requirements (16 credits)**

*Requires grade of C or better*

*EDT 315 Educational Technology in the Secondary School Classroom	1	
EDTE 314 Applying Learning Theories in Diverse Settings (K-12 Programs)	3	
*EDSC 417 Student Teaching (Elementary P.E.)	6	
*EDSC 419 Student Teaching (Secondary P.E.)	6	

**\*Admission to the Professional Program is required before taking this course. A grade of C or better is required.**

**Total Credits Required for Degree: 120**

\* Students with 3 years, or more, of one world language at the high school level, a passing score on a world language placement exam, or native proficiency in a language other than English will have the World Language requirement waived and can satisfy this requirement with any general education free elective course (3cr).

\*\* Transfer students with 24 or more transfer credits at the time of admission can satisfy this requirement with any general education free elective (3cr).

\*\*\* Waived for transfer students with 50 or more transfer credits at the time of admission.