

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 (44 - 45 credits) Crs. Grd.

Some General Education courses may also fulfill Related Requirements

STUDY AREAS

Study Area I Arts & Humanities (9 credits)

ENG literature	3	
	3	
	3	

Study Area II Social Sciences (9 credits)

	3	
	3	
	3	

Study Area III Behavioral Sciences (6 credits)

	3	
	3	

Study Area IV Natural Sciences (6 credits)

	3	
	3	

SKILL AREAS

Skill Area I Communication Skills (6 credits)

WRT 105 & 105P or WRT 110 Freshman Composition	3	
	3	

Skill Area II Mathematics Requirement (6 credits)

	3	
	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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International Requirement	met	
International Requirement	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 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 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	