



## Springfield College Sequencing Guidelines Physical Education and Health/Family and Consumer Science (PEHF) ▼ 2019-2020

*If you entered Springfield College in 2019-2020, use this guide for sequencing your courses. Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress, and always confirm your plans with your advisor.*

### GenEd Requirements, Electives, and College Requirements

*In addition to the major requirements listed below, you will need to fill the following General Education (GenEd) categories:*

- |                            |                         |                              |
|----------------------------|-------------------------|------------------------------|
| • Computing and Technology | • Spiritual and Ethical | • Behavioral/Social Sciences |
| • Literary Studies         | • Historical/Cultural   | • Int'l/Global subcategory   |

*These majors typically require 118 credits to complete (totaling as many as 142 with additional GenEds). You will not need any elective credits.*

*In addition to the GenEd and major requirements listed, you must complete:*

- The **residency requirement**—60 credits taken at Springfield College (including 15 of your last 30)

### PEHF Major Requirements – Typical First-Year Schedule

**Fall:**

ENGL 113, College Writing I (3 cr – also fills half College Writing GenEd)  
 BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Natural Sciences GenEd)  
 BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr – also fills Natural Sciences GenEd)  
 MOST 105, Lifespan Motor Development (3 cr)  
 PHED 102, Instructional Strategies in Physical Education (3 cr; C or better required)  
 PHED 104, Instructional Strategies in Physical Education Lab (0 cr)  
 Plus required skills courses to total 17-18 credits  
 (Recommended to delay free choice GenEds to 3<sup>rd</sup> or 4<sup>th</sup> year)

**Spring:**

ENGL 114, College Writing II (3 cr – also fills half College Writing GenEd)  
 BIOL 131, Anatomy and Physiology Concepts II (3 cr; C or better required)  
 BIOL 133, Anatomy and Physiology Concepts II Lab (1 cr; C or better required)  
 MOSK 101, Outdoor Pursuits (1 cr – also partially fulfills Physical Activity GenEd)  
 Plus required skills courses to total 34-36 credits for the year

**Fall or Spring:**

DANC 102, Introduction to Dance (3 cr – also fills Visual/Performing Arts GenEd)  
 HLTH 101, Physical Health and Wellness (3 cr – also fills Health and Wellness GenEd)  
 MATH 115, College Algebra (or MATH 125, 131, or 140; 3 cr – also fills Quantitative Reasoning GenEd)  
 MOSK 140, Skill Themes and Movement Concepts (.5 cr – also partially fulfills Physical Activity GenEd)

### PEHF Major Requirements – Typical Second-Year Schedule

**Fall or Spring:**

AEXS 313, Physiology of Exercise (3 cr)  
 AEXS 315, Physiology of Exercise Lab (0 cr)  
 EDUC 237, Foundations of Multicultural Education (3 cr – also fills Social Justice GenEd and Multicultural subcategory)  
 HLTH 210, Consumer and Environmental Health (3 cr)  
 HLTH 260, Drugs and Society (3 cr)  
 MOST 224, Motor Learning and Skill Acquisition (3 cr – also fills half of WAC GenEd)  
 NUSC 261, Introduction to Nutrition (3 cr)  
 PHED 236, Elementary Physical Education Methods and Pre-Practicum: Grades K-2 (1.5 cr; C or better required)  
 PHED 237, Elementary Physical Education Methods and Pre-Practicum: Grades 3-5 (1.5 cr; C or better required)  
 PHED 238, Secondary Physical Education Methods and Pre-Practicum: Grades 6-8 (1.5 cr; C or better required)  
 PHED 239, Secondary Physical Education Methods and Pre-Practicum: Grades 9-12 (1.5 cr; C or better required)  
 PHYS 205, Physics for Movement Science (3 cr)  
 PHYS 206, Sports Physics Laboratory (0.5 cr)  
 MOST 206, Physics for Movement Science Laboratory (0.5 cr)  
 Plus required skills courses to total 34-36 credits for the year

### PEHF Major Requirements – Typical Third-Year Schedule

#### Fall or Spring:

AEXS 319, Kinesiology/Biomechanics (3 cr)  
 AEXS 321, Kinesiology/Biomechanics Lab (0 cr)  
 EDUC 328, Sheltered English Immersion (3 cr – concurrent with Pre-practicum)  
 HLTH 304, Health Education Methods and Pre-practicum: PreK-12 (3 cr; C or better required)  
 HLTH 355, Human Sexuality (3 cr)  
 HLTH 360, Violence Prevention and Psychosocial Health (3 cr)  
 HLTH 365, Family and Group Dynamics in Health Education (3 cr)  
 MOST 328, Psychology of Sport (3 cr)

MOST 410, Assessment in Movement and Sport (3 cr)  
 MOST 412, Assessment in Movement and Sport Lab (0 cr)  
 MOST 429, Heritage and Values of Movement and Sport (3 cr)  
 PHED 308, Adapted Physical Education Programming (3 cr; C or better required – fills half of WAC GenEd)  
 PHED 309, Adapted Physical Education Programming Lab (0 cr)

#### Select 2 credits of Pre-practicum:

PHED 348, Elementary Physical Education Pre-practicum and Seminar (2 cr)

#### OR

PHED 350, Secondary Physical Education Pre-practicum and Seminar (2 cr)

Plus required skills courses or GenEds to total 34-36 credits for the year

### PEHF Major Requirements – Typical Fourth-Year Schedule

#### Fall or Spring:

HLTH 484, Health/Family and Consumer Science (PreK-8) Practicum and Seminar (4 cr)  
 HLTH 485, Health/Family and Consumer Science (5-12) Practicum and Seminar (4 cr)  
 PHED 485, Physical Education (5-12) Practicum and Seminar (8 cr), if you completed PHED 348  
**or**  
 PHED 484, Physical Education (PreK-8) Practicum and Seminar (8 cr), if you completed PHED 350  
 Plus any outstanding major or GenEd requirements

### Additional PEHF Major Requirements – Flexible Timing

Complete **6.5 credits** of skills (1 cr completes Physical Activity GenEd):

PEPC 100, Fitness for Life (1 cr)  
 PEPC 180, Educational Gymnastics (.5 cr)  
 PEPC 240, Target Games (.5 cr)  
 PEPC 244, Basketball (.5 cr)  
 PEPC 250, Territorial/Invasion Games (1 cr)  
 PEPC 258, Volleyball (.5 cr)  
 PEPC 260, Striking Games (.5 cr)  
 PEPC 263, Track and Field I (.5 cr)  
 PEPC 270, Racket Sports: Net and Wall Games (1 cr)  
 PEPC 280, Outdoor Adventure (.5 cr)

Complete **1 credit** from the following:

PEAC 205, Lifeguard Training (1 cr) **or**  
 PEAC 206, Water Safety Instructor (1 cr) **or**  
 PEAC 208, Adapted Aquatics Instructor (1 cr) **or**  
 PEAC 104, Swimming (.5 cr) **AND** PEAC 115, Fitness Swimming (.5 cr)

PHED 212, Principles and Problems of Coaching (2 cr) – can be completed any time after first semester.

Complete **3 credits** of a Coaching/Officiating Course:

PHED 311, Coaching and Officiating Baseball (3 cr)  
 PHED 314, Coaching and Officiating Football (3 cr)  
 PHED 317, Coaching and Officiating Basketball (3 cr)  
 PHED 319, Coaching and Officiating Softball (3 cr)  
 PHED 321, Coaching and Officiating Track and Field (3 cr)  
 PHED 322, Coaching and Officiating Volleyball (3 cr)  
 PHED 323, Coaching and Officiating Wrestling (3 cr)  
 PHED 326, Coaching Swimming and Diving (3 cr)  
 PHED 337, Coaching and Officiating Field Hockey (3 cr)  
 PHED 338, Coaching and Officiating Soccer (3 cr)

### PEHF Major – Program Standards

Program standards for the MOST/PHE major include, but are not limited to:

- Earn a minimum cumulative GPA of 3.250 for all designated licensure courses (see degree audit for more information)
- Earn a minimum cumulative GPA of 3.000
- Receive a passing score on the Communication and Literacy Skills Test (reading and writing) of the Massachusetts Test for Education Licensure (MTEL)
- Receive passing scores on the appropriate MTEL Subject Tests
- Earn minimum grades specified for designated courses
- Be recommended for admission to the teacher licensure program by the PEHE department chair

For more information about these and other program standards, contact your advisor or the PEHE department chair.