



Springfield College Sequencing Guidelines Movement and Sports Studies Major/ Physical Education and Health Education Dual Licensure ▼ 2018-2019

If you entered Springfield College in 2018-2019, 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:

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

These majors typically require 115 credits to complete (totaling as many as 133 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)

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)
 MOSK 140, Skill Themes and Movement Concepts (.5 cr – also partially fulfills Physical Activity GenEd)
 Plus required skills courses to total 17-18 credits
 (Recommended to delay free choice GenEds to 3rd or 4th 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)

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

Major Requirements – Typical Third-Year Schedule

Fall or Spring:

AEXS 319, Kinesiology/Biomechanics (3 cr)
AEXS 321, Kinesiology/Biomechanics Lab (0 cr)
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 439, Sociology and Heritage of Sport in Physical Education (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)
Plus required skills courses or GenEds to total 34-36 credits for the year

Major Requirements – Typical Fourth-Year Schedule

Fall or Spring:

EDUC 328, Sheltered English Immersion (3 cr – concurrent with Practicum)
HLTH 484, Practicum in Health/Family and Consumer Science – Grades PreK-8 (4 cr)
HLTH 485, Practicum and Seminar in Health/Family and Consumer Science – Grades 5-12 (4 cr)

Complete a total of 8 credits from:

PHED 484, Practicum and Seminar in Elementary Physical Education (0-8 cr)
PHED 485, Practicum and Seminar in Secondary Physical Education (0-8 cr)

Plus any outstanding major or GenEd requirements

Additional Major Requirements – Flexible Timing

Required Skills (7.5 cr total, 1 cr also 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)

In addition, complete 1 credit from the following:

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

Required Coaching/ Officiating Course (must total 3 cr):

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)

or

PHED 315, Coaching Men's Gymnastics (2 cr) *AND*
PHED 336, Officiating Athletic Events (1 cr)

or

PHED 325, Coaching Women's Gymnastics (2 cr) *AND*
PHED 336, Officiating Athletic Events (1 cr)

MOST/PHE 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.