

# Bachelor of Science

## Physical Education with a Major in PreK-12 Health and Physical Education (BS)

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This program is designed to promote competencies involved in the teaching of health and physical education in pre-kindergarten through grade 12.

### Advanced Placement

Departmental examinations for advanced placement are available for selected courses in the undergraduate programs. Please contact the department chair for further details. Refer also to the Policy on Prior Learning Assessment Credit Options at the Undergraduate Level in this Catalog.

### Lower-Division General Education

Written Communication ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#written">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#written</a> )	6
Oral Communication ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#oral">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#oral</a> )	3
Mathematics ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#math">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#math</a> )	3
Language and Culture ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#language">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#language</a> )	0-6
Information Literacy and Research ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#information">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#information</a> )	3
Human Behavior ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior</a> )	3
Human Creativity ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity</a> )	3
Interpreting the Past ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret</a> )	3
Literature ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature</a> )	3
Philosophy and Ethics ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#philosophy">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#philosophy</a> )	3
The Nature of Science ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#nature">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#nature</a> )	8
Impact of Technology ( <a href="https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#impact">https://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#impact</a> )	3

Written Communication Skills: Grade of C or better required in both courses

Oral Communication: COMM 101R required

Mathematics: Select from MATH 101M, MATH 102M, MATH 103M, MATH 162M, or STAT 130M.

Human Behavior: PSYC 201S, PSYC 203S, or HMS 200S required.

The Nature of Science: BIOL 117N/BIOL 118N and BIOL 121N/BIOL 122N recommended

Impact of Technology: Satisfied by TLED 430W in the major.

### Upper-Division General Education

Satisfied by the required minor in health education included in the program (Option A) and completion of professional education courses (Option C).

### Requirements for Graduation

Requirements for graduation include completion of:

1. All program requirements
2. ENGL 110C, ENGL 211C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C or better
3. A minimum cumulative 2.75 GPA in the major area and in the professional education core, with no grade less than a C- in the major/content and in the professional education core
4. Completion of the Senior Assessment
5. Successful completion of the Teacher Candidate Internship
6. Completion of a minimum of 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University.

All HPE courses, EXSC courses, and BIOL 240 or BIOL 250 will be used to calculate the major content grade point average. HPE and TLED courses will be used to calculate the professional education grade point average. Both major content and professional education grade point averages must be 2.75 for admission into the approved teacher education program and for continuance and graduation. Additional elective hours may be needed to make 120 total hours.

Licensure requirements also include certificate of completion in First Aid/AED/CPR, Dyslexia Awareness Training, Child Abuse and Neglect Recognition and Intervention Training, and Regulations Governing the Use of Restraint and Seclusion in Elementary and Secondary Schools, Cultural Competence Training, and passing Praxis Subject scores.

Due to changing University requirements, national accreditation standards, and the Virginia Board of Education licensure regulations, the programs in the Darden College of Education and Professional Studies are under constant revision. Any changes resulting from these factors supersede the program requirements described in this Catalog. Students are encouraged to obtain current program information from their advisors and from the Office of Clinical Experiences website, <http://www.odu.edu/occe> (<http://www.odu.edu/tes/>).

### Health and Physical Education Major\*

#### General Education

Complete lower-division requirements	38-44
Complete upper-division requirements (met in the major)	

#### Health and Physical Education

BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I Human Anatomy and Physiology I	4
EXSC 322	Anatomical Kinesiology and Musculoskeletal Injuries	3
TLED 408	Reading and Writing in Content Areas	3
TLED 430W	PK-12 Instructional Technology	3
HPE 200	Foundations of Education, Physical Education and Health	3
HPE 218	Aquatics and Outdoor Education	2
HPE 220	Teaching of Team Sports	3
HPE 222	Teaching Individual Sports and Dance	3
HPE 300	Teaching Elementary Physical Education	3
HPE 301W	Methods and Materials in Teaching Physical Education	3
HPE 317	Human Growth & Motor Development	3
HPE 318	Motor Learning	3
HPE 324	Teaching Injury Care for Sports	3
HPE 400	Management Skills for Teaching Health and Physical Education	3

HPE 402	Methods and Materials in Health Education	3
HPE 404	Adapted Physical Education	4
HPE 406	Tests and Measurement in Physical Education and Health	3
HPE 409 or EXSC 309	Physiology of Exercise Fundamentals of Exercise Physiology	3
HPE 430	Nutrition and Fitness Education	3
HPE 469	Practicum Experience and Instructional Planning in Health and Physical Education	3
HPE 480	Teacher Candidate Seminar	1
HPE 485	Teacher Candidate Internship	12
<b>Total Credit Hours</b>		<b>112-118</b>

\* Grade of C or better required in HPE 301W; grade of C- or better required in all other courses.

All HPE courses, EXSC courses, and BIOL 240 or BIOL 250 will be used to calculate the major content grade point average. HPE and TLED courses will be used to calculate the professional education grade point average. Both major content and professional education grade point averages must be 2.75 to graduate.

Additional elective hours may be needed to reach 120 total credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University.

### Driver Education Endorsement

HPE 308	Driver Education Foundations of Traffic Safety	3
HPE 309	Principles and Methodologies of Classroom and In-Car Instruction	3

### Additional Requirements and Information

#### Prescribed Virginia Board of Education Assessment for Admission to an Approved Teacher Education Program

Old Dominion University students seeking admission to an approved teacher education program must satisfy the Virginia Board of Education required assessment for admission into an approved teacher education program.

Students are encouraged to complete the following courses (or their approved equivalents) prior to taking the Praxis content knowledge licensure tests:

- *Health Education as a Discipline/Health Instruction:* HPE 402.
- *Health Education Content:* HPE 402; HPE 430.
- *Physical Education-Content Knowledge & Student Growth and Development:* HPE 200; HPE 220; HPE 222; HPE 317; HPE 318
- *Physical Education-Management, Motivation, and Communication/ Collaboration, Reflection, and Technology:* HPE 300; HPE 301W; HPE 400; TLED 408; TLED 430W.
- *Physical Education-Planning, Instruction, and Student Assessment:* HPE 300; HPE 301W; HPE 406

Please consult with your academic advisor with any questions and before registering for your licensure test.

For the most current information on the prescribed Virginia Board of Education admission assessments, please visit the Virginia Department of Education at <https://www.doe.virginia.gov/>.

#### Admission to the Undergraduate Teacher Education Program

All students must apply for and be admitted into the approved PreK-12 Health and Physical Education major as a requirement of continuance and graduation. Admittance to the program requires that the students:

1. Are a declared BS in physical education with a major in PreK-12 Health and Physical Education and a health education minor.

2. Have a cumulative GPA of 2.75.
3. Have a major /content GPA of 2.75 - HPE 301W must be passed with a grade of C or higher, and all other Health and Physical education courses must be passed with a grade of C- or higher.
4. Have a professional education GPA of 2.75 – all professional education courses must be passed with a grade of C- or higher.
5. Submit an application for admission that is approved by the program and the Darden College of Education and Professional Studies.

Although students may enroll in a limited number of education courses, students must be admitted into the approved PreK-12 Health and Physical Education major prior to enrolling in any instructional strategies practicum education course (HPE 469).

### Continuance

Students must:

1. Maintain a cumulative GPA of 2.75, a major/content GPA of 2.75, and a professional education GPA of 2.75.
2. HPE 301W must be passed with a grade of C or higher, and all other health and physical education courses must be passed with a grade of C- or higher. The remaining courses required for the major and in the professional education core must be completed with a grade of C- or higher for continuance.
3. Students must take and pass the Praxis Subject Assessment, Health and Physical Education content knowledge (test code 5857) prior to or while enrolled in the student teaching seminar course. A passing score of 160 is required.

All assessments must be passed prior to the prescribes deadlines posted. Test results will be submitted to the Office of Clinical Experiences.

### Background Clearance Requirement

Old Dominion University requires a background clearance check of candidates interested in many of the professional education programs. Professional education programs have several field experiences that are required for continuance and graduation from the program. The background clearance must be successfully completed prior to a field experience placement. Candidates will be provided a field experience placement when the background check process is completed with resolution of any issues. The process to complete the ODU clearance background check is located at: <https://ww1.odu.edu/occe/placement/background-checks/> (<https://ww1.odu.edu/occe/placement/background-checks/>). The ODU clearance process includes: an FBI fingerprint SP-24 form, a child protective service/ social service review, and a Virginia State Police sex offender registry review. Candidates interested in the professional education programs are advised to complete this clearance process immediately upon entry into the program since the clearance process takes a minimum of eight weeks to complete.

### Degree Program Guide

The Degree Program Guide is a suggested curriculum to complete this degree program in four years. It is just one of several plans that will work and is presented only as broad guidance to students. Each student is strongly encouraged to develop a customized plan in consultation with their academic advisor. Additional information can also be found in Degree Works.

Course	Title	Credit Hours
<b>Freshman</b>		
<b>Fall</b>		
ENGL 110C	English Composition (C or better required)	3
Nature of Science (BIOL 117N/BIOL 118N recommended)		4
Information Literacy and Research		3
Human Creativity		3
COMM 101R	Public Speaking	3
<b>Credit Hours</b>		<b>16</b>

<b>Spring</b>		
Select one of the following:		3
ENGL 211C	Writing, Rhetoric, and Research	
ENGL 231C	Writing, Rhetoric, and Research: Special Topics	
Literature		3
Nature of Science (BIOL 121N/BIOL 122N recommended)		4
Select one of the following:		3
MATH 101M	An Introduction to Mathematics for Critical Thinking	
MATH 102M	College Algebra	
MATH 103M	College Algebra with Supplemental Instruction	
MATH 162M	Precalculus I	
STAT 130M	Elementary Statistics	
Interpreting the Past		3
<b>Credit Hours</b>		<b>16</b>
<b>Summer</b>		
Elective or Foreign Language (if required)		3
<b>Credit Hours</b>		<b>3</b>
<b>Sophomore</b>		
<b>Fall</b>		
Philosophy and Ethics		3
HPE 200	Foundations of Education, Physical Education and Health	3
HPE 218	Aquatics and Outdoor Education (C- or better required)	2
HPE 220	Teaching of Team Sports (C- or better required)	3
BIOL 240 or BIOL 250	Fundamentals of Anatomy and Physiology I (C- or better required) or Human Anatomy and Physiology I	4
<b>Credit Hours</b>		<b>15</b>
<b>Spring</b>		
PSYC 201S or PSYC 203S or HMS 200S	Introduction to Psychology or Lifespan Development or Personal Health and Wellness	3
HPE 222	Teaching Individual Sports and Dance (C- or better required)	3
HPE 300	Teaching Elementary Physical Education (C- or better required)	3
HPE 301W	Methods and Materials in Teaching Physical Education (C or better required)	3
Elective		2
<b>Credit Hours</b>		<b>14</b>
<b>Summer</b>		
Elective or Foreign Language (if required)		3
<b>Credit Hours</b>		<b>3</b>

<b>Junior</b>		
<b>Fall</b>		
EXSC 322	Anatomical Kinesiology and Musculoskeletal Injuries (C- or better required)	3
HPE 317	Human Growth & Motor Development (C- or better required)	3
HPE 400	Management Skills for Teaching Health and Physical Education (C- or better required)	3
HPE 409 or EXSC 309	Physiology of Exercise (C- or better) or Fundamentals of Exercise Physiology	3
<b>Credit Hours</b>		<b>12</b>
<b>Spring</b>		
HPE 318	Motor Learning (C- or better required)	3
HPE 324	Teaching Injury Care for Sports (C- or better required)	3
HPE 402	Methods and Materials in Health Education (C- or better required)	3
TLED 408	Reading and Writing in Content Areas (C- or better required)	3
TLED 430W	PK-12 Instructional Technology (C- for better)	3
<b>Credit Hours</b>		<b>15</b>
<b>Senior</b>		
<b>Fall</b>		
HPE 404	Adapted Physical Education (C- or better required)	4
HPE 406	Tests and Measurement in Physical Education and Health (C- or better required)	3
HPE 430	Nutrition and Fitness Education (C- or better required)	3
HPE 469	Practicum Experience and Instructional Planning in Health and Physical Education (C- or better required)	3
HPE 480	Teacher Candidate Seminar (C- or better required)	1
<b>Credit Hours</b>		<b>14</b>
<b>Spring</b>		
HPE 485	Teacher Candidate Internship (C- or better required)	12
<b>Credit Hours</b>		<b>12</b>
<b>Total Credit Hours</b>		<b>120</b>

## Master of Science in Education Programs

There is a linked program available to qualified students under existing university policy to link the Bachelor of Science (Physical Education with a Major in PreK-12 Health and Physical Education) (p. 1) undergraduate program with the Master of Science in Education (Physical Education with a Concentration in Adapted Physical Education) (<https://catalog.odu.edu/graduate/education/human-movement-studies-special-education/physical-education-adapted-msed/>) or Master of Science in Education (Physical Education with a Concentration in Coaching) (<https://catalog.odu.edu/graduate/education/human-movement-studies-special-education/physical-education-coaching-msed/>) or Master of Science in Education (Physical

Education with a Concentration in Curriculum & Instruction) (<https://catalog.odu.edu/graduate/education/human-movement-studies-special-education/physical-education-health-sport-pedagogy-msed/>) graduate program. See program director for additional details.

## Admission and Entrance Requirements

Applicants for the MSED in Physical Education are required to submit credentials for consideration through the Office of Graduate Admissions at Old Dominion University. Students applying for admission with regular status must have:

- A completed online application via [www.odu.edu/admission/graduate](http://www.odu.edu/admission/graduate) (<http://www.odu.edu/admission/graduate/>)
- A baccalaureate degree from a regionally-accredited institution or an equivalent degree from a foreign institution
- 2.8 cumulative GPA or higher (on a 4.0 scale) \*
- 3.0 GPA or higher in the undergraduate major \*
- A combined GRE score of 291 or higher (verbal and quantitative sections) \*
- Personal essay (no more than two pages) addressing motivations to apply to program, career interests, and ability to complete graduate level work
- Three letters of recommendation (from former professors or employers)
- Current copy of résumé
- Transcripts from all prior postsecondary institutions
- Test of English as a Foreign Language (TOEFL) score of 550 on the paper-based test (or 79-80 on the iBT) for non-native English speakers

\* Students who have a low GPA or a low GRE score may be considered for admission with provisional status.

\* The program admissions committee will consider GRE waiver requests for high potential candidates by considering application elements that demonstrate the ability to take on the rigor of graduate level studies. A request for a waiver does not guarantee that a waiver will be granted.