

# ACADEMIC PLANNING SHEET

**B.S. EXHPR**

## PHYSICAL EDUCATION K-12 TEACHER PREPARATION

COLORADO STATE UNIVERSITY – PUEBLO

2014-2015 CATALOG

Dr. Christine Rochester, Associate Professor

PHONE: 549-2660 EMAIL: [christine.rochester@csupueblo.edu](mailto:christine.rochester@csupueblo.edu)

Ms. Pamela Parrack, Administrative Assistant II

PHONE: 549-2381 EMAIL: [pamela.parrack@csupueblo.edu](mailto:pamela.parrack@csupueblo.edu)

	Fall Semester		Spring Semester	
<b>First Year</b>	BIOL 112: Nutrition ENG 101: English Composition I EXHP 101: Introduction to EXHPR General Education Course COMR 103: Speaking and Listening* One credit from the following: EXHP 103L,104L, 106L, 108L, 109L, 110L, 119L, 120L, 121L, 123L, 174L, 175L, 208L	3 3 2 3 3 1	ED 202: Foundation of Education ENG 102: English Composition II EXHP 162: Personal Health EXHP 162L: Personal Health Lab PSYCH 151 OR PSYCH 251 OR PSYCH 342 General Education Course	3 3 3 1 3 3
	<b>TOTAL SEMESTER HOURS</b>	<b>15</b>	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>
<b>Second Year</b>	AT 232: First Aid EXHP 233: History & Principles of PE & REC AT 260: Care & Prev. Of Athletic Injuries EXHP One Water Class (146L/176L/246L/276L) BIOL 223: Human Physiology & Anatomy I BIOL 223L: Human Physiology & Anatomy I Lab Gen Ed: Math - MATH 121: College Algebra	2 2 3 1 3 1 4	EXHP 243: Methods of Rhythmic Activities EXHP 245: Motor Learning & Development EXHP 343: Research and Statistics ED 280: Educational Media & Technology ED 301: Frameworks of Teaching EXHP 347: Methods of Fitness instruction	2 3 3 3 4 1
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>
<b>Third Year</b>	EXHP 222: Behavior Facilitation EXHP 344/L: Exercise Physiology / Lab EXHP 345: Physical Activity & Games I EXHP 470: Methods of Coaching OR EXHP 485: Methods in Health Promotion RDG 435: Content Literacy	3 4 2 3 4	EXHP 346: Methods Physical Activity & Games II EXHP 364: Kinesiology EXHP 461: Managing Programs in EXHPR EXHP 465: Adapted Physical Education OR ED 412: Teaching Diverse Learners General Education Course	2 3 3 3 3
	<b>TOTAL SEMESTER HOURS</b>	<b>16</b>	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>
<b>Fourth Year</b>	EXHP 348: Methods of Individual & Dual Sports EXHP 351: Methods of Teaching Elem Physical ED EXHP 478: Methods of Secondary PE Two Credit from the following: Outdoor Activity EXHP 105L, 205L, REC 102, 103, 104, 105, 112L, 113L, 114L, 116L, 117L, 249, General Education Course	3 3 3 2 3	ED 485: Capstone Seminar in Education ED 489: K12 Student Teaching <b>TOTAL SEMESTER HOURS</b>	1 12 <b>13</b>
	<b>TOTAL SEMESTER HOURS</b>	<b>14</b>		

\*COMR 103 is required for admission into Teacher Education Program

The Academic Planning Sheet is designed as a guide for students planning their course selections. The information on this page provides only a suggested schedule. Actual course selections should be made with the advice and consent of an academic advisor. While accurately portraying the information contained in the college catalog, this form is not considered a legal substitute for that document. Students should become familiar with the catalog in effect at the time in which they entered the institution.

**General Education Requirements:** 36 semester hours

- o ENG 101: English Composition I (3)
- o ENG 102: English Composition II (3)
- o Mathematics Course (3)
  - MATH 121: College Algebra (4)*
- o Humanities Courses (9)
  - COMR 103: Speaking & Listening (3)*
- o History Course (3)
- o Social Sciences Courses (6)
  - PSYCH 151 OR PSYCH 251 OR PSYCH 100\**
  - \*will not fulfill Minor in ED requirement
- o Natural and Physical Sciences Courses (8) ((2 courses with labs)
  - EXHP 162: Personal Health (3)*
  - EXHP 162L: Personal Health Lab (1)*
  - BIOL 223: Human Physiology & Anatomy I (3)*
  - BIOL 223L: Human Physiology & Anatomy I Lab (1)*

**Course Completed elsewhere**                      **CSU-Pueblo equivalent**  
 (Ex: English 101)    (Ex: English 101)

**Core Requirements: 27 credit hours**

- o AT 232: First Aid (2)
- o EXHP 101: Introduction to EXHPR (2)
- o BIOL 112: Nutrition (3)
- o EXHP 162: *Personal Health (3)*
- o EXHP 162L: *Personal Health Lab (1)*
- o EXHP 222: Behavior Facilitation (3)
- o EXHP 343: Research and Statistics (3)
- o EXHP 344: Exercise Physiology (3)
- o EXHP 344L: Exercise Physiology Lab (1)
- o EXHP 364: Kinesiology (3)
- o EXHP 461: Managing Programs in EXHPR (3)

**Required Emphasis Course: 31 semester hours**

- o AT 260: Care and Prevention of Athletic Injuries (3)
- o EXHP 233: History and Principles of Physical Education (2)
- o EXHP 243: Methods of Rhythmic Activities (2)
- o EXHP 245: Motor Learning and Development (3)
- o EXHP 345: Methods of Physical Activities and Games I (2)
- o EXHP 346: Methods of Physical Activities and Games II (2)
- o EXHP 347: Methods of Fitness Instruction (1)
- o EXHP 348: Methods of Individual/Dual Sports (3)
- o EXHP 351: Methods of Teaching Elem Physical ED (3)
- o EXHP 470: Methods of Coaching (3)
  - OR
- o EXHP 485: Methods in Health Promotion (3)
- o EXHP 478: Methods of Teaching Secondary PE (3)

(continued next column)

**Institutional Graduation Requirements:**

- o Total of 120 semester hours, minimum                      o Overall cumulative grade point average of 2.00.
- o Complete a minimum of 40 semester hours in upper-division courses.
- o A min. of 60 semester hours must be earned from a four -year institution. Of these, a min. of 30 semester hours of credit must be earned in residence.
- o Of the last 30 semester credits earned immediately preceding graduation, no more than 15 may be completed at other colleges or universities.
- o All other requirements as specified in the Catalog.

**Additional Major Graduation Requirements:**

- o Complete an emphasis of study with a cumulative GPA of 2.50 or higher
- o Earn a minimum grade of a "C" in all prerequisite and major courses
- o Repeat prerequisite and major courses with a grade of "D" or lower until a grade of "C" or higher is achieved; and
- o Earn a cumulative of 2.0 or higher in required English and speech communication courses.

**Two credits from the following:**

- o EXHP 105L: Snow Sports (1)
- o REC 102: Mountain Orientation (2)
- o REC 103: Winter Orientation (2)
- o REC 104: Desert Orientation (2)
- o REC 105: Canyon Orientation (2)
- o REC 112L: Rock Climbing (1)
- o REC 113L: Whiteboard Boating (1)
- o REC 114L: Basic Mountaineering Techniques (1)
- o REC 116L: Camping (1)
- o REC 117L: Backpacking (1)
- o EXHP 205L: Snow Sports II (1)
- o REC 249: Challenge Course Leadership (2)

**One class from the following:**

- o EXHP 103L: Triathlon (1)
- o EXHP 104L: Personal Fitness (1)
- o EXHP 106L: Martial Arts and Self-Defense (1)
- o EXHP 108L: Yoga (1)
- o EXHP 109L: Volleyball (1)
- o EXHP 110L: Weight Training (1)
- o EXHP 119L: Walking for Fitness (1)
- o EXHP 120L: Aerobics (1)
- o EXHP 121L: Aerobic Instructor Training (1)
- o EXHP 123L: Zumba (1)
- o EXHP 124L: Tai Chi (1)
- o EXHP 174L: Tennis (1)
- o EXHP 175L: Racquetball (1)
- o EXHP 208L: Yoga II (1)
- o EXHP 470: Methods of Coaching (3)
- o EXHP 485: Methods in Health Promotion (3)

**One Credit from the following:**

- o EXHP 146L: Beginning Swimming (1)
- o EXHP 176L: Lifeguard Training (2)
- o EXHP 246L: Methods of Swimming (1)
- o EXHP 276L: Water Safety Instructor Certification (2)

**Other Required Courses: 62 semester hours**

- o *BIOL 223/L: Human Physiology & Anatomy I/Lab (4)*
- o ED 202: Foundations of Education (3)
- o ED 280: Educational Media & Technology (3)
- o ED 301: Frameworks of Teaching (4)
- o ED 485: Capstone Seminar (1)
- o ED 489: Student Teaching K-12 (12)
- o *ENG 101: English Composition I (3)*
- o *ENG 102: English Composition II (3)*
- o EXHP 465: Adapted Physical Education (3)
  - OR
- o ED 412: Teaching Diverse Learners (3)
- o *MATH 121: College Algebra (4)*
- o *PSYCH 151 OR PSYCH 251 OR PSYCH 342 (3)*
- o RDG 435: Content Area Literacy (4)
- o *COMR 103 Speaking & Listening (3)*
- General Education: History (3)
- General Education: Humanities (6)
- General Education: Social Science – provided PSYCH 151 or 251 is taken (3)
- (Courses *italicized* meet General Education requirements)

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