

# Bachelor of Science - Physical Education

## Bachelor of Science - Physical Education Health and Physical Education PK-12 Teaching Licensure

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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.

### Four-Year Plan - Health and Physical Education PK-12 Teaching Licensure Concentration - BS ([http://catalog.odu.edu/undergraduate/ dardencollegeofeducation/humanmovementsscience/pe- healthandpe-pk-12-bs-fouryearplan/](http://catalog.odu.edu/undergraduate/dardencollegeofeducation/humanmovementsscience/pe-healthandpe-pk-12-bs-fouryearplan/))

- *The four-year plan 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.*

### 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. The requirement can be satisfied by meeting a passing score in the following:

- Virginia Communication and Literacy Assessment (VCLA): scaled passing score of 235 for the reading subtest and score of 235 for the writing subtest or a composite score of 470 for the assessment.

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 Health and Physical Education teacher preparation program 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 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. Have a passing Virginia Communication and Literacy Assessment (VCLA) score on file. A scaled passing score of 235 for the reading subtest and score of 235 for the writing subtest OR a composite score of 470 is required.
6. 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 Health and Physical Education

teacher preparation program 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 start of the Teacher Candidate Internship Orientation session. 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://www.odu.edu/oce/teacher-education/placement/background-checks/> (<https://www.odu.edu/oce/teacher-education/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.

### Graduation

Requirements for graduation include completion of:

1. All program requirements
2. ENGL 110C, ENGL 211C or ENGL 221C 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.

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

## Lower-Division General Education

Written Communication Skills *	6
Oral Communication Skills	3
COMM 101R Public Speaking (required)	
Mathematical Skills	3
MATH 101M An Introduction to Mathematics for Critical Thinking	
or MATH 102M College Algebra	
or MATH 103M College Algebra with Supplemental Instruction	
or MATH 162M Precalculus I	
Language and Culture	0-6
Information Literacy and Research	3
Human Creativity	3
Interpreting the Past	3
Literature	3
Philosophy and Ethics	3
The Nature of Science **	8
Human Behavior	3
PSYC 201S Introduction to Psychology	
Impact of Technology ***	
<b>Total Hours</b>	<b>38-44</b>

\* Grade of C or better required in both courses

\*\* BIOL 117N/BIOL 118N and BIOL 121N/BIOL 122N recommended

\*\*\* Satisfied by TLED 430W in the major.

## Health and Physical Education Requirements\*

BIOL 240 Fundamentals of Anatomy and Physiology I	4
or BIOL 250 Human Anatomy and Physiology I	
EXSC 322 Anatomical Kinesiology	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 Physiology of Exercise	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 Hours</b>		<b>74</b>

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

## Driver Education Endorsement

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

## 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).

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 make 120 total 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.

## HEALTH AND PHYSICAL EDUCATION Courses

### HPE 200. Foundations of Education, Physical Education and Health. 3 Credits.

Teacher candidates gain insight into the techniques, methodology, and philosophy of field-based health and physical education teachers. Teacher candidates will be expected to observe and participate in the teaching of simple lessons. This course requires a completed ODU clearance/background check prior to entering a school or community agency. Visit: [odu.edu/occe](http://odu.edu/occe) for clearance procedures. If students do not have the clearance by the first week of classes, they will be dropped. This course requires a 20 hour placement in an elementary setting.

### HPE 218. Aquatics and Outdoor Education. 2 Credits.

Teacher candidates gain insight into the techniques, methodology, and philosophy of field-based health and physical education teachers. Teacher candidates will be expected to observe and participate in the teaching of simple lessons. Prerequisites: open to PE - Teacher Prep majors only.

### HPE 220. Teaching of Team Sports. 3 Credits.

This course covers skills and strategies of team sports, where opposing teams interact directly and simultaneously to achieve an objective. The team sports will be broken down into the components of territory, net/wall, and fielding/run scoring games. The student teacher will become familiar with teaching and organizational techniques appropriate for each activity. Emphasis is placed on a tactical approach and knowledge of sport specific skills, game strategy, rules, teaching facilitation, organization, and demonstration of different parts of a lesson. Prerequisites: open to PE-Teacher Preparation majors only.

### HPE 222. Teaching Individual Sports and Dance. 3 Credits.

This course is designed as both a laboratory and methods class in which the student learns skills and strategies of pickleball, bowling, badminton, golf, tennis, gymnastics, and dance. It is designed to develop knowledge, understanding, and attitudes of fundamental movements. The student teacher will become familiar with teaching and organizational techniques appropriate for each activity. Emphasis is placed on a tactical approach and knowledge of specific skills, game strategy, rules, teaching facilitation, organization, and demonstration of different parts of a lesson. Prerequisites: open to PE - Teacher Prep majors only.

### HPE 295. Topics in Physical Education. 1-3 Credits.

This course provides an opportunity for in-depth study of selected topics in physical education. Prerequisite: sophomore standing and approval of program advisor.

**HPE 300. Teaching Elementary Physical Education. 3 Credits.**

This course is designed to acquaint the teacher candidate with elementary age children, their characteristics, interests, needs, and learning styles. Observation, analysis, and prescription of motor skills, curriculum design using skill themes and movement concepts are aimed at providing the teacher candidate with an increased understanding of how these actions directly relate to the process of effective teaching. Includes a 15 hour field experience. Prerequisites: A grade of C or better in ENGL 211C or ENGL 221C or ENGL 231C and HPE 200.

**HPE 301W. Methods and Materials in Teaching Physical Education. 3 Credits.**

This course is designed to acquaint the teacher candidate with the current theories, techniques, and practices utilized in teaching physical education at the secondary level. Discussions will focus on the various age group characteristics, interests, needs and learning styles as related to a school setting. Observation, analysis, and prescription of motor skills, movement concepts, instructional techniques, and curriculum models are aimed at providing the professional educator with an increased understanding of how these factors directly relate to a process of effective teaching. This writing intensive course includes a 15 hour field experience. Prerequisites: A grade of C or better in ENGL 211C or ENGL 221C or ENGL 231C and HPE 200.

**HPE 308. Driver Education Foundations of Traffic Safety. 3 Credits.**

The intent of the course is to develop a thorough understanding of the highway transportation systems, the complexity of the driving task, and factors contributing to performance of highway users (e.g. attitudes and skills) necessary to develop competent drivers. The course will provide prospective teachers with the essential knowledge and skills to effectively deliver course content as an endorsed driver education trainer. Prerequisites: A grade of C or better in ENGL 110C or instructor permission. Pre- or corequisite: HPE 309.

**HPE 309. Principles and Methodologies of Classroom and In-Car Instruction. 3 Credits.**

This course provides teacher candidates with an overview of teaching methods and effective practices for driver education instruction with a focus on teaching skills. An emphasis is placed on program organization, administration, classroom instruction, single car instruction, multiple-car range instruction, simulation and evaluation. A minimum of 20 hours behind-the-wheel supervised teaching experiences. Prerequisites: A grade of C or better in ENGL 110C or instructor permission. Pre- or corequisite: HPE 308.

**HPE 317. Human Growth & Motor Development. 3 Credits.**

This course is an examination of the physical growth and motor development of the human being over the life span. Emphasis is on the assessment of physical and cognitive development, particularly in the K-12 ages. Theory and technique for research are discussed and the use of research findings is incorporated into the assessment materials. Attention is directed toward acquisition of basic skills, perceptual-motor development, and age-related changes. Prerequisites: HPE 200.

**HPE 318. Motor Learning. 3 Credits.**

This course is designed to provide the student with experiences in the practical application of theory related to motor learning. Feedback, transfer learning, practice, and motor control principles and concepts are addressed. Prerequisites: HPE 200.

**HPE 324. Teaching Injury Care for Sports. 3 Credits.**

This course presents the knowledge, skills, and teaching techniques essential for proper care in emergency and sport injury situations. Aspects of emergency first aid, sport specific injury recognition and care, and CPR will be covered. Upon satisfactory completion of the course and payment of certification fees, students will receive a two-year certification in first aid and CPR. Students will have the option of taking the sports first aid certification test from ASEP for coaching. Prerequisites: HPE 200.

**HPE 327. Teaching of Health and Physical Education, Pre-K-8. 3 Credits.**

This course is designed to prepare classroom teachers in PreK-8 licensure programs for the teaching of health and physical education. Appropriate content, instructional strategies, effective classroom management, and safety issues and requirements will be presented. Prerequisites: junior standing.

**HPE 400. Management Skills for Teaching Health and Physical Education. 3 Credits.**

Foundations in psychological, sociological, and academic needs of students, with specific focus on management skills in open classroom and sport settings. Specialized safety concerns and environmental considerations are also addressed. Lesson planning, goal setting, and movement formations unique to HPE activities are included. Prerequisites: HPE 200.

**HPE 402/502. Methods and Materials in Health Education. 3 Credits.**

This course will enable teacher candidates to gain insight into the techniques, methodology, and philosophy of field-based health and physical education. Teacher candidates will be expected to observe and participate in the teaching of simple lessons. Prerequisites: HPE 200.

**HPE 404/504. Adapted Physical Education. 4 Credits.**

Students will become acquainted with the practices and researching of different disabilities, the learning modes of the exceptional child, and IDEA (the law that advocates free and appropriate education). The course will also examine how to work within the ecosystem surrounding a child with disabilities. A vital component of the course will be the practical application of theory. Prerequisites: HPE 200.

**HPE 406/506. Tests and Measurement in Physical Education and Health. 3 Credits.**

This course is designed to acquaint the student with tests and measurement in the fields of health and physical education, test construction, scoring, and methods of using results. Prerequisites: junior standing.

**HPE 409/509. Physiology of Exercise. 3 Credits.**

An investigation into the physiological adjustments of the human organism to exercise, including systematic and biochemical molecular changes. Major areas of concern include neuromuscular, metabolic, and cardiorespiratory changes during exercise and the influence of such variables as nutrition, drugs, environment, age, sex, training and body weight. Prerequisites: BIOL 240 or BIOL 250.

**HPE 430/530. Nutrition and Fitness Education. 3 Credits.**

The study of techniques for the teaching of nutrition and health-related fitness. Content to be covered includes nutrition and various aspects of fitness training appropriate for the teaching of PreK-12 physical education and health. Prerequisites: HPE 200 and HPE 402.

**HPE 469/569. Practicum Experience and Instructional Planning in Health and Physical Education. 3 Credits.**

Instructional planning coupled with a clinical experience that allows the teaching candidate to teach and observe professionals in a field-based setting. Portfolio development, reflective assessment of teaching, and student assessment techniques will be emphasized. This course requires a completed ODU clearance/background check prior to entering a school or community agency. Visit: <https://www.odu.edu/oce> for clearance procedures. If students do not have the clearance by the first week of classes, they will be dropped. Prerequisites: HPE 200 and admission into teacher education program.

**HPE 480. Teacher Candidate Seminar. 1 Credit.**

Study and group discussion of problems growing out of the student teaching (teacher candidate internship) experience. Prerequisites: acceptance into teacher education and approval of the program advisor.

**HPE 485. Teacher Candidate Internship. 12 Credits.**

A culminating experience that provides a field-based application of effective techniques in behavior, management, instructional strategies, and the development of professional attributes in K-12 school setting. This course requires a completed ODU clearance/background check prior to entering a school or community agency. Visit: <https://www.odu.edu/oce> for clearance procedures. If students do not have the clearance by the first week of classes, they will be dropped. Prerequisites: acceptance into teacher education, completion of approved program, passing scores on the appropriate PRAXIS II content examination, and an approved application for Teacher Candidate Internship.

**HPE 497. Topics in Health and Physical Education. 1-3 Credits.**

Prerequisite: permission of the instructor.

**HPE 498. Topics in Health and Physical Education. 1-3 Credits.**

Prerequisite: permission of the instructor.

## PHYSICAL EDUCATION Courses

### PE 101+. Swim Conditioning. 1 Credit.

Students will discuss and learn the training process including advantages and benefits of swimming, principles of training, training procedures, evaluation and motivation, and minor annoyances. Stroke mechanics and improvement and information for triathletes.

### PE 102+. Beginning Swimming. 1 Credit.

Development of the basic water safety skills and knowledge to make one reasonably safe in the water.

### PE 103+. Intermediate Swimming. 1 Credit.

Instruction in all strokes will be covered. Prerequisites: must be comfortable in deep water.

### PE 104+. Lifeguard Training. 2 Credits.

Development of the skills and knowledge designed to save the life of another in the event of an emergency in the water. Red Cross certification.

### PE 105+. Water Safety Instruction. 3 Credits.

This course is designed to provide the student with knowledge and skills in water safety and teaching techniques for certification to teach swimming, lifesaving, rescue and water safety courses. Red Cross Water Safety Instructor Certificate upon successful completion. Prerequisites: must be at least 17, in sound physical condition, and have the ability to perform skills in the level VI ARC swim course.

### PE 112+. Yoga. 1-2 Credits.

The 1-credit option of this course focuses on yoga postures and breathing exercises. The 2-credit option provides a foundation for the understanding and practice of Hatha yoga in its complete form. Course covers yoga postures, breathing exercises, philosophy, and meditation.

### PE 115+. Introduction to Rock Climbing. 1 Credit.

This course is designed to guide students through several processes in rock climbing. Students will be able to properly fit a harness, tie in to the system, use passive and active belay devices, and perform basic rescues. The class will also focus on proper climbing technique and injury prevention. Additionally, rock climbing facility administration will be discussed.

### PE 117+. Accessible Fitness and Wellness. 1-2 Credits.

Designed for students who self-identify as having social, cognitive, emotional, psychological, or physical limitations who would benefit from a small group and/or individualized fitness/nutritional training program. Students will learn the basic principles about cardiovascular/aerobic training and resistance/weight training to increase flexibility, balance and overall fitness. Upon completion, students should be able to plan and implement a personal, lifelong fitness program based on their individual needs, abilities, goals and interests. Course will also include classes on nutrition to increase overall wellness.

### PE 118+. Weight Training. 1 Credit.

Designed to allow students an individualized weight training program. The program will include use of free weights, universal, and other appropriate tools for the variety of weight training differences.

### PE 134+. Beginning Golf. 1 Credit.

The fundamentals of golf, stance, grip, swing, rules, and etiquette are presented. Driving range and golf course may be used. Students pay all fees.

### PE 140+. Beginning Self-Defense. 1 Credit.

The student is introduced to the various practical skills and methods of self-defense. Judo, Aikido, Jujutsu, and Karate are combined to explore the most effective means to defend oneself.

### PE 141+. Intermediate Self-Defense. 1 Credit.

This course is designed to give the student further instruction and practice in the various practical skills and methods of self-defense. Prerequisites: PE 140+.

### PE 142+. Beginning Karate. 1 Credit.

This course is designed to give the traditional Karate training ('Art of Empty Hand') to the beginning student. It emphasizes the traditional mode of training with mental and physical discipline. Formal Kata, defensive skills, punches, kicks, and blocking techniques are introduced.

### PE 143+. Intermediate Karate. 1 Credit.

This course is designed to give the student further instruction and practice in traditional Karate. Prerequisites: PE 142+.

### PE 144+. Advanced Karate. 1 Credit.

This course is designed to introduce further instruction and practice in traditional martial art aspects of Karate-doh. Philosophical understanding and high level of skill proficiency are emphasized. Prerequisites: PE 143+.

### PE 145+. Theory of Advanced Karatedo. 1 Credit.

This course is designed to provide the theoretical framework of Karatedo that embodies the higher principle of physical and mental dynamics and aims to achieve the advanced skills in Karatedo. Prerequisites: PE 142+, PE 143+, PE 144+ and/or equivalent proficiency level.

### PE 146+. Beginning Aikido. 1 Credit.

Course is designed to introduce the fundamental dynamics of Aikido principle. It contains the fundamental skills in body dynamics, body movements, safety landing, defensive pattern drills, and overall understanding of Aikido as a classical art form. Course provide comprehensive information on the philosophical and aesthetic aspects of Aikido.

### PE 147+. Intermediate Aikido. 1 Credit.

Course is designed to introduce the intermediate level of Aikido dynamics. It contains the basics of fundamental skills in body dynamics, body movements, safety landing, intermediate level of defensive pattern drills, and overall understanding of Aikido as a classical art form. Prerequisites: PE 146+.

### PE 148+. Advanced Aikido. 1 Credit.

Course is designed to introduce the advanced level of Aikido dynamics. It contains training in advanced skills in body dynamics, body movements, defensive pattern drills, and overall understanding of Aikido theory and application as a classical art form. Prerequisites: PE 147+.

### PE 149+. Theory of Advanced Aikido. 1 Credit.

This course is designed to provide the theoretical framework of Aikido that embodies the mental and physical dynamics of the martial arts discipline of Aikido. Prerequisites: PE 146+, PE 147+, and PE 148+.

### PE 150+. Beginning Judo. 1 Credit.

An introduction to Judo including the techniques of throws, holdings, lockings, and pinnings. Philosophy and cultural aspects of Sport Judo are also covered.

### PE 151+. Intermediate Judo. 1 Credit.

An intermediate course in Sport Judo covering intermediate skills and strategies. Prerequisites: PE 150+.

### PE 171+. Physical Conditioning. 1 Credit.

This course addresses the basic principles of progressive weight training. Objectives of the course include knowledge of various weight-training systems, proper use of weight-training equipment, and effective record-keeping to monitor individual progress.

### PE 174+. Aerobics I. 1-2 Credits.

This course is designed to introduce the student to a complete physical fitness program that strengthens the heart and lungs, and tones up the muscles.

### PE 175+. Zumba. 1 Credit.

Zumba is a Latin inspired, dance-fitness class that incorporates Latin and International music with dance movements. It is a high calorie-burning fitness class that features fast and slow rhythms. The student will participate in instructor led routines. This class will include discussion of Zumba's history and basic four rhythms. No dance experience necessary.

### PE 176+. Pilates. 1 Credit.

Students will understand the basic principles of Pilates and will be able to demonstrate the ability of performing beginning and intermediate Pilates exercises with correct form and technique.

**PE 196+. Topics in Health and Physical Education. 1-3 Credits.**

A variety of new and innovative courses in lifetime physical activities are offered such as advanced theory class in martial arts, advanced Iaido, self defense seminar, yoga, cross country skiing, yacht racing, racquetball, nautilus, swim conditioning, water safety instructor, scuba and aerobic dance.

**PE 368. Coaching Internship. 6 Credits.**

Final field placement required for all students with an emphasis in a coaching minor. Students will be placed in an athletic coaching environment to gain experience in personal communication, technique instruction, practice organization and administrative duties required of the specific sport of their emphasis. Placement of internship subject to instructor approval. Minimum of 200 clock hours (hours to be arranged). Prerequisites: Senior standing; HPE 409, PE 415, PE 456.

**PE 415. Principles of Coaching Management. 3 Credits.**

This course is designed to provide students with a basic knowledge of the coaching profession. Special emphasis will be placed on establishing a sound coaching philosophy, selecting a coaching style, desirable qualities of a coach, ethics and the coach, roles of the head coach, planning and organizing for games and practices, coaching pedagogy, off-season planning, final preparations for the season, and issues and problems related to coaching and recruiting athletes. Prerequisites: junior standing.

**PE 456. Sports Psychology. 3 Credits.**

Study of the psychological bases of coaching strategies and methodologies. Emphasis is placed on applying knowledge in field settings. Prerequisites: Junior standing.

**PE 497/597. Topics in Health and Physical Education. 1-3 Credits.**

This course provides an opportunity for in-depth study of selected topics in health and physical education. Prerequisites: junior standing and approval of program advisor.