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

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) 38-44

Health and Physical Education

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 240</td>
<td>Fundamentals of Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>or BIOL 250</td>
<td>Human Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>EXSC 322</td>
<td>Anatomical Kinesiology</td>
<td>3</td>
</tr>
<tr>
<td>TLED 408</td>
<td>Reading and Writing in Content Areas</td>
<td>3</td>
</tr>
<tr>
<td>TLED 430W</td>
<td>PK-12 Instructional Technology</td>
<td>3</td>
</tr>
<tr>
<td>HPE 200</td>
<td>Foundations of Education, Physical Education and Health</td>
<td>3</td>
</tr>
<tr>
<td>HPE 218</td>
<td>Aquatics and Outdoor Education</td>
<td>2</td>
</tr>
<tr>
<td>HPE 220</td>
<td>Teaching of Team Sports</td>
<td>3</td>
</tr>
<tr>
<td>HPE 222</td>
<td>Teaching Individual Sports and Dance</td>
<td>3</td>
</tr>
<tr>
<td>HPE 300</td>
<td>Teaching Elementary Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>HPE 301W</td>
<td>Methods and Materials in Teaching Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>HPE 317</td>
<td>Human Growth &amp; Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>HPE 318</td>
<td>Motor Learning</td>
<td>3</td>
</tr>
<tr>
<td>HPE 324</td>
<td>Teaching Injury Care for Sports</td>
<td>3</td>
</tr>
<tr>
<td>HPE 400</td>
<td>Management Skills for Teaching Health and Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>HPE 402</td>
<td>Methods and Materials in Health Education</td>
<td>3</td>
</tr>
<tr>
<td>HPE 404</td>
<td>Adapted Physical Education</td>
<td>4</td>
</tr>
<tr>
<td>HPE 406</td>
<td>Tests and Measurement in Physical Education and Health</td>
<td>3</td>
</tr>
</tbody>
</table>
**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 continuation 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. 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 for the assessment.
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 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 continuation.
3. Students must take and pass the Praxis Subject Assessment, Health and Physical Education content knowledge (test code 5657) 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 prescribed 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/oce/placement/background-checks](https://ww1.odu.edu/oce/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**
--- | --- | ---
**Freshman**
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
**Total Credit Hours** | **16**

**Spring**
Select one of the following: | 3
ENGL 213C | Writing, Rhetoric, and Research | 3
ENGL 231C | Writing, Rhetoric, and Research: Special Topics | 3
Literature | 3
Nature of Science (BIOL 121N/BIOL 122N recommended) | 4
Select one of the following: | 3

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<table>
<thead>
<tr>
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<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 409</td>
<td>Physiology of Exercise</td>
<td>3</td>
</tr>
<tr>
<td>HPE 430</td>
<td>Nutrition and Fitness Education</td>
<td>3</td>
</tr>
<tr>
<td>HPE 469</td>
<td>Practicum Experience and Instruction Planning in Health and Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>HPE 480</td>
<td>Teacher Candidate Seminar</td>
<td>1</td>
</tr>
<tr>
<td>HPE 485</td>
<td>Teacher Candidate Internship</td>
<td>12</td>
</tr>
</tbody>
</table>

| Total Credit Hours | **112-118** |

* 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 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**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 308</td>
<td>Driver Education Foundations of Traffic Safety</td>
<td>3</td>
</tr>
<tr>
<td>HPE 309</td>
<td>Principles and Methodologies of Classroom and In-Car Instruction</td>
<td>3</td>
</tr>
</tbody>
</table>

**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. 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://ww1.odu.edu/oce/placement/background-checks](https://ww1.odu.edu/oce/placement/background-checks/).

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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.

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**Education major with a Major in PreK-12 Health and Physical Education (BS)**
BA or BS to MBA (Master of Business Administration) Linked Program

The linked BA/MBA or BS/MBA program is an early entry to the MBA program of study. The early-entry program is designed for well qualified non-business undergraduate ODU students to start their MBA program prior to completing their undergraduate degree. Well qualified non-business undergraduate students may take MBA-level courses as early as three semesters prior to graduation and count up to 12 graduate credits toward their undergraduate degree. Students participating in the early-entry program must earn a minimum of 150 credit hours (120 discrete credit hours for the undergraduate degree and 30 discrete credit hours for the graduate degree). Early-entry program students should carefully consider their undergraduate degree program requirements when planning their course of study. Students in the early-entry program work in close consultation with the MBA Program Office and should refer to information in the Strome College of Business section in the graduate catalog (http://catalog.odu.edu/graduate/stromecollegeofbusiness/) to develop an individualized plan of study based on the required coursework.

BA or BS to MPA (Master of Public Administration) Linked Program

The linked BA/MPA or BS/MPA program provides qualified Old Dominion University undergraduate students with the opportunity to earn a master’s degree in public administration while taking credits in the MPA program as an undergraduate student. The program is designed for highly motivated students with the desire to immediately continue their education after the bachelor's degree. The program is especially relevant to individuals seeking to work (or currently working) in the public or non-profit sectors, but is suitable for students from any undergraduate major. Graduate courses may be taken during the fall and spring semester of the student's senior undergraduate year. Up to 12 graduate credits can count toward both the
undergraduate and graduate degree and can meet upper-level General Education requirements. After receiving the undergraduate degree, a student will continue with the MPA program, taking MPA courses until completing the required 39 credit hours. Students in the linked program must earn a minimum of 150 credit hours (120 discrete credit hours for the undergraduate degree and 30 discrete credit hours for the graduate degree).

Requirements for admission to the graduate program can be found in the School of Public Service section of the Graduate Catalog (http://catalog.odu.edu/graduate/business/public-service/). For additional information, please contact the School of Public Service in the Strome College of Business.