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/oce (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

BIOL 240 or BIOL 250 Fundamentals of Anatomy and Physiology I 4
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
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

1. Physical Education with a Major in PreK-12 Health and Physical Education (BS)
Although students may enroll in a limited number of education courses, graduation. Admittance to the program requires that the students: Health and Physical Education major as a requirement of continuance and All students must apply for and be admitted into the approved PreK-12 Admission to the Undergraduate Teacher Education Program Education admission assessments, please visit the Virginia Department of Virginia Board of Education required requirement can be satisfied by meeting a passing score in the following: Old Dominion University students seeking admission to an approved teacher Admission to an Approved Teacher Education Program Prescribed Virginia Board of Education Assessment for 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.

**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://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. 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 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 5185) 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.

**Driver Education Endorsement**

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

**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 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.

**Degree Program Guide**

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>ENGL 110C</td>
<td>English Composition (C or better required)</td>
<td>3</td>
</tr>
<tr>
<td>Nature of Science</td>
<td>BIOL 117N/BIOL 118N recommended</td>
<td>4</td>
</tr>
<tr>
<td>Information Literacy</td>
<td>Research</td>
<td>3</td>
</tr>
<tr>
<td>Human Creativity</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>COMM 101R</td>
<td>Public Speaking</td>
<td>3</td>
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</tbody>
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**Spring**

Select one of the following:

<p>| ENGL 231C             | Writing, Rhetoric, and Research             | 3            |
| ENGL 431C             | Writing, Rhetoric, and Research: Special Topics | 3            |
| Literature            |                                            | 3            |
| Nature of Science     | BIOL 121N/BIOL 122N recommended            | 4            |
| Select one of the following: |                                      | 3            |</p>
<table>
<thead>
<tr>
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<th>Credits</th>
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<tbody>
<tr>
<td>MATH 101M</td>
<td>An Introduction to Mathematics for Critical Thinking</td>
<td></td>
</tr>
<tr>
<td>MATH 102M</td>
<td>College Algebra</td>
<td></td>
</tr>
<tr>
<td>MATH 103M</td>
<td>College Algebra with Supplemental Instruction</td>
<td></td>
</tr>
<tr>
<td>MATH 162M</td>
<td>Precalculus I</td>
<td></td>
</tr>
<tr>
<td>Interpreting the Past</td>
<td>3</td>
<td></td>
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**Credit Hours** 16

**Summer**  
Elective or Foreign Language (if required) 3

**Sophomore**  
**Fall**  
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) 4

**Credit Hours** 3

**Spring**  
PSYC 201S Introduction to Psychology 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  

**Credit Hours** 14

**Summer**  
Elective or Foreign Language (if required) 3

**Junior**  
**Fall**  
EXSC 322 Anatomical Kinesiology (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  
TLED 430W PK-12 Instructional Technology (C- or better required) 3  

**Credit Hours** 12

**Spring**  
HPE 318 Motor Learning (C- or better required) 3

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</tr>
</thead>
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<tr>
<td>HPE 324</td>
<td>Teaching Injury Care for Sports (C- or better required)</td>
<td>3</td>
</tr>
<tr>
<td>HPE 402</td>
<td>Methods and Materials in Health Education (C- or better required)</td>
<td>3</td>
</tr>
<tr>
<td>HPE 409</td>
<td>Physiology of Exercise (C- or better required)</td>
<td>3</td>
</tr>
<tr>
<td>TLED 408</td>
<td>Reading and Writing in Content Areas (C- or better required)</td>
<td>3</td>
</tr>
</tbody>
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**Credit Hours** 15

**Senior**  
**Fall**  
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  

**Credit Hours** 14

**Spring**  
HPE 485 Teacher Candidate Internship (C- or better required) 12

**Credit Hours** 12

**Total Credit Hours** 120

**Master of Science in Education Programs**  
- Physical Education with a Concentration in Adapted Physical Education (MSEd) (http://catalog.odu.edu/graduate/education/human-movement-sciences/physical-education-adapted-msed/)  
- Physical Education with a Concentration in Coaching (MSEd) (http://catalog.odu.edu/graduate/education/human-movement-sciences/physical-education-coaching-msed/)  
- Physical Education with a Concentration in Health and Sport Pedagogy (MSEd) (http://catalog.odu.edu/graduate/education/human-movement-sciences/physical-education-health-sport-pedagogy-msed/)  
- Physical Education with a Concentration in Initial Virginia Licensure in Health and Physical Education (MSEd) (http://catalog.odu.edu/graduate/education/human-movement-sciences/physical-education-initial-virginia-licensure-health-msed/)  

**Certificate Program**  
- Adapted Physical Education Certificate (http://catalog.odu.edu/graduate/education/human-movement-sciences/adapted-physical-education-certificate/)