

## Physical Education B.S.Ed – 4 – Year Plan

Student's Name: \_\_\_\_\_ Advisor's Name: \_\_\_\_\_

Cortland ID #: \_\_\_\_\_ Email: \_\_\_\_\_

Student also needs to complete the following workshops: <sup>1</sup> **CARR 500**  
**SAVE 500**  
**DASA 500** GPA Requirement: Students must receive a C- or higher in all professional block courses (PED 201, EDU 255, EDU 256, EDU 355, PED356) and maintain a 2.5 GPA or higher to remain in the major.

Course Requirement	Course Title	Credits	Min. Grade	Grade Earned T - Transfer	Semester Completed
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### FIRST YEAR

#### FALL

COR 101	The Cortland Experience: A First Year Seminar	1			
CPN 100 OR CPN 102	Writing Studies I OR Writing Studies in the Community I	3			
EXS 197	History & Philosophy of Physical Education & Sport	3			
PED 282	Health - Related Physical Fitness	1			
PED 189	Aquatics <sup>2</sup>	1			
SUNY/Cortland GEN ED Restricted Electives <sup>3</sup>		6			
<i>Total Credits</i>		15			

#### SPRING

CPN 101 OR CPN 103	Writing Studies OR Writing Studies in the Community II	3			
PSY 101	Introduction to Psychology <sup>4</sup>	3			
PED 283	Racquet Activities	1			
PED 101	Introduction to Contemporary Physical Education	1			
SUNY/Cortland GEN ED Restricted Electives <sup>3</sup>		7			
<i>Total Credits</i>		15.0			

### SECOND YEAR

#### FALL

BIO 206	Fundamentals of Human Anatomy & Physiology	4			
HLTH 110	Personal & Community Health	3			
PED 201	Motor Development	3	C-		
PED 181	Adventure Activities	1			
PED 180	Team Sport Methods	1			
SUNY/Cortland GEN ED Restricted Elective <sup>3</sup>		3			
<i>Total Credits</i>		15			

#### SPRING

EXS 380	Motor Control & Learning	3			
PED 321	Movement Education	3			
PED 257	Lifetime Activities in Physical Education	1			
PED 253	Inclusive Physical Activity in Physical Education	0.5			
PED 187	Track and Field	0.5			
EXS Elective <sup>5</sup>		3			
SUNY/Cortland GEN ED Restricted Electives <sup>3</sup>		6			
<i>Total Credits</i>		17			

### THIRD YEAR

#### FALL

EDU 255	Basics of Effective Instruction in Physical Education <sup>6</sup>	3	C-		
EDU 256	Seminar for Field Experience	1	C-		
PED 434	Statistics & Assessment in Physical Education <sup>7</sup>	3			
PSY 332	Educational Psychology	3			
PED 384	Self-Defense	1			
Physical Activity Elective <sup>8</sup> OR Unrestricted LASR Elective <sup>9</sup>		1			
SUNY/Cortland GEN ED Restricted Electives <sup>3</sup>		3			
<i>Total Credits</i>		15			

SPRING					
EXS 387	Biomechanics	3			
PED 356	Adapted Physical Education & Sport	3	C-		
PED 381	Sport Models in Physical Education	1			
PED 388	Rhythms & Dance	1			
EXS 230 OR PED 4XX	Foundations of Coaching: Principals & Theories OR Coaching Clinic (PED 404-419)	2			
PED 308	Outdoor Adventure Education for Teachers <sup>10</sup>	3			
Physical Activity Elective <sup>8</sup> OR Unrestricted LASR Elective <sup>9</sup>		1			
SUNY/Cortland GEN ED Restricted Electives <sup>3</sup>		3			
<i>Total Credits</i>		17			

**FOURTH YEAR**

FALL					
EDU 470	Foundations of Education in American Culture <sup>11</sup>	3			
EXS 397	Exercise Physiology	3			
PED 382	School-Based Fitness Programming	3			
PED 385	Gymnastics for School-Based Settings	1			
EDU 355	Physical Education Curriculum: Planning & Practice	3	C-		
EDU 454	Pre-Student Teaching Conference in Physical Education	1			
HLH 120	Responding to Emergencies <sup>12</sup>	2			
Physical Activity Elective <sup>8</sup> OR Unrestricted LASR Elective <sup>9</sup>		1			
<i>Total Credits</i>		17			

SPRING					
EDU 456	UG Student Teaching & Seminar in Physical Education Part I	7			
EDU 457	UG Student Teaching & Seminar in Physical Education Part II	7			
<i>Total Credits</i>		14			

**Minimum Credits Required for Graduation: 126**

<sup>1</sup> CARR, SAVE are prerequisites for EDU 355 and PED 356. It is suggested to take alongside PED 201 or EDU 255. DASA is a prerequisite for EDU 454/455/456. It is suggested to take alongside EDU 355 or PED 356.

<sup>2</sup> PED 301 – Water Safety Instructors can be taken in place of PED 189. Students who can provide a current Water Safety Instructor Certification or Basic Swim Instructor Certification may submit a waiver for PED 189; however, they will then be required to take an additional 1 credit hour activity elective.

<sup>3</sup> SUNY GEN ED Restricted Elective: Students may choose classes equaling the number of credits from the following SUNY GEN ED categories: GENS-Natural Sciences (and Scientific Reasoning), GEUS-US History & Civic Engagement, GEWH-World History & Global Awareness, GEHU-Humanities, GEAR-The Arts, GEDI-Diversity: Equity, Inclusion & Social Justice, GEST-Science, Technology, Values & Society.

<sup>4</sup> Fulfills SUNY GESS: Social Sciences

<sup>5</sup> Exercise Science Elective chosen from the following: EXS 287, EXS 290, EXS 345, EXS 346, EXS 367, EXS 410, or EXS 420. *EXS 290 also meets SUNY GEDI: Diversity: Equity, Inclusion & Social Justice. EXS 410 also meets ONE WRIT requirement.*

<sup>6</sup> Fulfills SUNY GECP: Communication - Presentation Skills

<sup>7</sup> Fulfills SUNY GEMA: Mathematics (and Quantitative Reasoning)

<sup>8</sup> Physical Activity Elective: Students may choose any PED elective or course with ACTV or RACT attribute. Students must take a total of 1 credit hour.

<sup>9</sup> Unrestricted LASR Elective: Due to BIO 206 curriculum change students now need 2 extra credits to make up the 2 originally from BIO 301/302, total credits required for program remains 126.

<sup>10</sup> PED 308 has a required 2-week field experience at Raquette Lake. Fees are associated with the course.

<sup>11</sup> EDU 470 meets ONE WRIT requirement.

<sup>12</sup> Students who can provide a current First Aid Certification and an Adult, Child, and Infant CPR or higher may submit a waiver. The 2 credit hours must be completed via other courses.

Teacher Certification Exams: CST should be taken after EXS 387 & EXS 397. EAS should be taken after EDU 255/256 and ALL SUNY GEN ED requirements. Visit <http://www2.cortland.edu/teacher-education/teacher-certification.dot> or <http://www.nystce.nesinc.com/> for more information.