PHYSICAL EDUCATION PK-12, B.S.

The program outline and graduation requirements are listed below. In addition, free electives are selected to reach 120 credits overall and a 2.7 cumulative GPA is required for graduation.

The department website provides an overview of the program, admission requirements (when applicable), faculty biographies, learning outcomes, and careers: https://www.southernct.edu/academics/hms/programs

This is also a teacher/educator preparation program that prepares students for teacher certification in the state of Connecticut. For more information about admission to these programs, please visit Admissions>>Teacher/Educator Preparation Programs.

In addition, candidates recommended for certification must meet the requirements listed below and in effect on the date the CSDE receives the certification application. For more information about these additional CSDE requirements, please visit Degree Requirements>>Teacher/Educator Preparation Programs.

GENERAL EDUCATION REQUIREMENTS

All bachelor’s degree programs include liberal education (LEP) and writing (W) course requirements. To review more detailed information regarding these requirements, please visit https://catalog.southernct.edu/undergraduate/degrees-and-requirements.html (General Education Requirements). Courses in the major and/or cognate may also be used to satisfy LEP requirements where noted below (*).

MAJOR REQUIREMENTS (71 Credits)

Physical Education Requirements (51 Credits)
HMS 131 – Teaching Aquatics (‘B-’ or better)
HMS 191 – Introduction to Teaching Physical Education (‘C-‘ or better)
HMS 282 – Anatomy and Physiology II (‘C-‘ or better)
HMS 291 – Exploring the Teaching of Physical Education (‘B-‘ or better)
HMS 292 – Instructional Strategies for Physical Education (‘B-‘ or better)
HMS 293 - Movement Foundations (‘B-‘ or better) (T2CD)*
HMS 313 – Teaching Skill Themes and Movement Concepts (‘B-‘ or better)
HMS 314 – Teaching Individual Performance Activities (‘B-‘ or better)
HMS 315 – Teaching Outdoor Pursuits and Adventure Education in PE (‘B-‘ or better)
HMS 316 – Physical Activity Promotion and Advocacy (‘B-‘ or better)
HMS 350 – Teaching Physical Fitness K-12 (‘B-‘ or better)
HMS 352 – Skill and Strategy of Target, Striking/Fielding, Net/Wall Games (‘B-‘ or better)
HMS 383 – Biomechanics (‘C-‘ or better)
HMS 384 – Exercise Physiology (‘C-‘ or better)
HMS 394 – Physical Education (Elementary School) (‘B-‘ or better)
HMS 400 – Skill and Strategy of Invasion Games (‘B-‘ or better)
HMS 442 - Practicum Seminar in Physical Education (T3)*
HMS 480 – Motor Learning and Development (‘C-‘ or better)
HMS 483 – Adapted Physical Education (‘B-‘ or better)
HMS 485 – Measurement and Statistics in Exercise Science (‘C-‘ or better)
HMS 495 – Physical Education (Secondary) (‘B-‘ or better)

Physical Education preK-12 Education Requirements (20 Credits)
EDU 316 – Child Development and Psychology for Educators (‘C‘ or better)
EDU 471 - Supporting English Learners for School Success (‘C‘ or better)
RDG 470 - Literacy in the Content Areas (‘C‘ or better)
SED 225 – Introduction to Exceptionalities (‘C‘ or better)
HMS 452 - Elementary Physical Education Student Teaching
HMS 453 - Secondary Physical Education Student Teaching

COGNATE REQUIREMENTS (24 Credits)

BIO 200 - Human Anatomy and Physiology I (T2LE)*
EDU 200 - Teachers, Schools, and Society (‘C‘ or better) (T2CC)*
HIS 110 or HIS 111 – United States History I or II (T2AE)*
SHE 203 – School Health (T2MB)*

3 Credits of English (ENG)

Select 9 Credits from:
Anthropology - ANT
Arabic - ARB
Art - ART
Biology - BIO
Chemistry - CHE
Chinese - CHI
Economics - ECO
English - ENG
Environmental Studies - ENV
Earth Science - ESC
French - FRE
Geography - GEO
German - GER
Hebrew - HBR
History - HIS
Italian - ITA
Japanese - JPN
Latin - LAT
Literature - LIT
Mathematics - MAT
Music - MUS
Philosophy - PHI
Physics - PHY
Portuguese - POR
Political Science - PSC
Psychology - PSY
Russian - RUS
Sociology - SOC
Spanish - SPA
Theatre - THR