

FOUNDATIONS OF TEACHING & PHYSICAL EDUCATION K-12 (DUAL DEGREE)

Bachelor of Applied Science & Bachelor of Science Checklist

- Review the Program Admission requirements.
- View the General Education Matrix for a complete list of qualifying courses.
- Fulfill the College Degree Requirements in conjunction with this degree plan.
- Consult an Academic Advisor to ensure all academic requirements are met.
- **Note:** The classes listed below are shown in a suggested order, but do not have to be taken in that exact order to fulfill degree requirements.

Summary

Foundation	3
Major	34
General Education	37
Digital Literacy	
Electives	63
Total Credits	137

Degree Plan

Semesters

Course	Title	Credits
Semester 1		
Major		
EDUC 250	Introduction to Education ¹	3
EDUC 298	Pre-Professional Experience ¹	1
EDUC 201	Ethical Foundations of Teaching ¹	2
General Education		
Written Communications		
ENGL 110	College Composition I	3
Business, Math, Science & Technology		
Select from the following:		3
MATH 110	Math in Society (Recommended)	
MATH 104	Finite Mathematics	
MATH 210	Elementary Statistics	
MATH 103	College Algebra	
Electives		
Prescribed Electives		
HPER 208	Introduction to Physical Education	2
HPER 207	Prevention and Care of Injuries	2
HPER 210	First Aid and CPR	1
Credits		17
Semester 2		
Major		
EDUC 205	Exceptional Learners ²	3
EDUC 206	Diverse Learners Experience ²	2
General Education		
Written Communications		
ENGL 120	College Composition II	3

Electives		
Prescribed Electives		
HPER 222	Personal Training Concepts and Applications	3
HPER 206	Fundamentals of Teaching Health & Physical Education ⁶	3
HPER 215	Motor Behavior ⁶	3
EDUC 249	Intro to VCSU Education Program ⁶	1
Credits		18
Semester 3		
General Education		
Social and Behavioral Science		
PSYC 250	Developmental Psychology	3
Electives		
Prescribed Electives		
HPER 380	Instructional Methods in Human Sexuality ⁶	3
Credits		6
Semester 4		
Foundation		
PSYC 230	Educational Psychology	3
Major		
EDUC 215	Assisting Reading & Language Arts Instruction ³	2
EDUC 220	Assisting Math Instruction ³	1
EDUC 225	Assisting Academic Instruction Experience ³	2
General Education		
Social & Behavioral Sciences		
Select from the following:		3
SOC 235	Cultural Diversity	
SOC 221	Minority Relations	
Electives		
Prescribed Electives		
HPER 325	Instructional Methods in the Elementary Physical Education Classroom ⁶	3
EDUC 375	Teaching Reading in the Content Area ⁶	2
Credits		16
Semester 5		
Major		
EDUC 300	Curriculum and Instruction ⁴	3
EDUC 301	Classroom Management ⁴	3
EDUC 302	Teaching Practicum I ⁴	2
Electives		
Prescribed Electives		
HPER 314	Activities for the Physical Educator (spring only) ⁶	3
HPER 285	Introduction to Adapted PE (spring only) ⁶	3
HPER 410	Organization & Administration of PE & Sport ⁶	3
Select from the following:		1
HPER 101	Activity: Introductory Level	
HPER 202	Activity: Intermediate Level	
Credits		18
Semester 6		
Major		
EDUC 310	Educational Assessment ⁵	2
EDUC 313	Collaborative Relationships ⁵	3
EDUC 315	Foundations Capstone Experience ⁵	3
Electives		

Prescribed Electives		
HPER 222	Personal Training Concepts and Applications	3
HPER 386	Adapted PE Teaching Strategies (fall only) ⁶	3
Credits		14

Semester 7

General Education		
Arts & Humanities		
Select from the following:		3
HIST 103	United States to 1877	
HIST 104	United States Since 1877	
Oral Communications		
COMM 110	Fundamentals of Public Speaking	3
Business, Math, Science & Technology		
BIOL 111 & 111L	Concepts of Biology and Concepts of Biology Lab	4

Electives

Prescribed Electives		
HPER 305	Kinesiology	3
HPER 402	Adapted Physical Education Program Planning ⁶	3
HPER 388	Outdoor Pursuits for the Physical Educator ⁶	2
Credits		18

Semester 8

General Education		
Social & Behavioral Sciences		
PSYC 111	Introduction to Psychology	3
GEOG 161	World Regional Geography	3
Business, Math, Science, & Technology		
CSCI 101	Introduction to Computers	3

Electives

Prescribed Electives		
HPER 315 & 315L	Exercise Physiology and Exercise Physiology Lab	4
HPER 490	Methods of Teaching K-12 Physical Education (fall) ⁶	3
Credits		16

Semester 9

Major		
EDUC 210	Educational Technology	2
General Education		
Arts & Humanities		
MUSC 100	Music Appreciation	3
Electives		
Prescribed Electives		
EDUC 480	Student Teaching ⁶	9
Credits		14
Total Credits		137

Digital Literacy

Select one of the following:

ENGL 110	College Composition I
NDUS Institution Approved Training Course	
NDUS Institution Designated Digital Literacy Course	

Footnotes

- ¹ EDUC 298 is a 45-hour field experience in P12 schools, corequisite with EDUC 250 and EDUC 201.
- ² EDUC 206 is a 90-hour field experience in community and P12 schools, corequisite with EDUC 205.
- ³ EDUC 225 is a 90-hour field experience in P12 schools, corequisite with EDUC 215 and EDUC 220.
- ⁴ EDUC 302 is a 90-hour field experience in P12 schools, corequisite with EDUC 300 and EDUC 301.
- ⁵ EDUC 315 is a 135-hour practicum in P12 schools, corequisite with EDUC 310 and EDUC 313.
- ⁶ These courses are taught and completed through Valley City State University. Students must register using the North Dakota University System Collaborative Student Registration process. Contact your advisor for assistance.