

Physical Education Teacher Education (PETE)

Promoting healthy lifestyles and communities

Physical Education Teacher Education Concentrations: Exercise Science Pre-Education Non-Licensure & PETE Programs		
Required Core Classes (36 cr)	Cr	Prerequisites (PRQ's)
EXS 230 Foundations of Exercise Science	4	None
EXS 310 Motor Behavior	4	None
EXS 370 Soc and Psych Aspects of Physical Activity	4	None
EXS 372 Biomechanics	4	EXS 310, MTH 110 or MTH 111Z
EXS 373 Physiology of Exercise	4	BI 235, 236, EXS 372
EXS 383 Kinesiology	4	EXS 230, EXS 372, BI 234
EXS/HE 426 Sport & Exercise Nutrition	4	HE 325
EXS 444 Lifespan Adapted Physical Activity	4	EXS 383
EXS 490 Research Methods	4	EXS 373
Activity Core (22 cr)		
Activity Core (22 cr)	Cr	Prerequisites (PRQ's)
EXS 239 Movement Education	3	Co-requisite EXS 330
EXS 240 Dance in Physical Education	3	None
EXS 241 Teaching Games for Understanding	3	None
EXS 242 Sport Education	3	None
EXS 243 Outdoor Pursuits & Adventure Based Learning	3	None
EXS 244 Group Exercise Leadership	3	None
EXS 245 Foundations of Strength Training & Conditioning	4	None
Methodology Core (16 cr)		
Methodology Core (16 cr)	Cr	Prerequisites (PRQ's)
EXS 330 Teaching Elementary Physical Education	4	EXS 230, EXS 310, EXS 371; Co-requisite EXS 239
EXS 430 Teaching Secondary Physical Education	4	EXS 330; Co-requisite EXS 431
EXS 431 Assessment Strategies in Physical Education	4	EXS 330; Co-requisite EXS 430
EXS 445 Curricular Issues in Physical Education	4	EXS 430, EXS 431
Total credits	98	Includes Prerequisites

A minimum grade of C- is required in all courses used to satisfy requirements of the EXS Required Core, Activity Core, & Methodology Core, and non-EXS pre-requisite courses.

Non EXS Prerequisites: (24cr)	Cr	Prerequisites (PRQ's)
BI 102 General Biology: The Foundations of Life	4	None
BI 234 Human Anatomy & Physiology	4	BI 102
BI 235 Human Anatomy & Physiology	4	BI 234
BI 236 Human Anatomy & Physiology	4	BI 235
HE 325 Nutrition	4	None
MTH 110 Applied College Mathematics or MTH 111 College Algebra	4	None
Total credits	24	

There are two degree options for becoming a Physical Education teacher.

1. Complete all courses above, Pre-Education coursework below, and the clinical student teaching program for licensure ([Education: Middle level/High School Teaching Preparation](#)). Successful completion earns a BS degree and a teaching license from the Division of Education & Leadership. You must have a 2.75gpa to receive a recommendation into the student teaching program from PETE faculty.

Physical Education Teacher Education Pre-Education Coursework: (12cr)	Cr	Prerequisites (PRQ's)
ED 200 Foundations of Education	3	None
ED 233 Applied Adolescent Learning & Development	3	None
ED 259 Special Educaton & Inclusive Communities	3	None
ED 260 Sociopolitical Foundations of Diverse Classroom	3	None
ED 373 Introduction to Curriculum & Assessment*		* Not needed by PETE Majors as EXS 431 & EXS 445 are required as part of Methodology Core.
Total credits	12	

2. Earn a BS degree in [Exercise Science](#) (no pre-education courses above required), then complete a master's-level clinical student teaching program for licensure. Requires a 3.0gpa minimum and a recommendation from PETE faculty.
 - a. [WOU MAT programs](#)
 - b. [OSU MAPE program](#)
 - c. Another MAT program at another university