LORAS COLLEGE

SAMPLE FOUR-YEAR PLAN FOR PHYSICAL EDUCATION TEACHING MAJOR

Updated: March 2010

JANUARY TERM	
Students admitted Fall 2007 or later are required to complete a minimum of two January terms. **Transfer students who transfer in 56 credits or more are required to complete at least one January term.**	**CR**
Elective	3
Elective	3

FIRST YEAR FALL SEMESTER		FIRST YEAR SPRING SEMESTER	
Title	**CR**	**Title**	**CR**
LIB 100 Modes of Inquiry	3	Catholic requirement (LIB 130 or 135)	3
Writing requirement (LIB 105 or ENG 111) or speaking requirement (LIB 110)	3	Writing requirement (LIB 105 or ENG 111) or speaking requirement (LIB 110)	3
Math Modeling (LIB 112, MAT 113, 115, 117, 150, 170)	3-4	SSC 140 First Aid & Emergency Care for Physical Activity Practitioners	3
PHE 150 Introduction to Kinesiology	3	PSY 121 Developmental Psychology	3
Elective	3	Elective	3
**Complete Collegiate Assessment of Academic Proficiency (CAAP) Test or after 1st Math Course Taken*		**Declare Physical Education as your Major Prior to Spring Registration*	

SOPHOMORE YEAR FALL SEMESTER		SOPHOMORE YEAR SPRING SEMESTER	
Title	**CR**	**Title**	**CR**
LIB 220 Democracy & Global Diversity or Catholic requirement (LIB 130 or 135)	3	EDU 203 Multicultural Education	3
EDU 200 Foundations of American Education	3	PHE 207 Teaching Secondary Physical Education skills	3
EDU 201 Educational Psychology	3	PHE 336 Motor Development and Skill Acquisition	3
PHE 205 Teaching Elementary Physical Education Skills	3	SSC 250 Research Methods in Kinesiology	3
SSC 230 Musculoskeletal Anatomy	3	Advanced General Education	3
**VIRTUS Training Completed*		**Apply for Admission to Teacher Education/ Physical Education Teacher Education – Must have a 2.5 GPA for Admissions*	

JUNIOR YEAR FALL SEMESTER		JUNIOR YEAR SPRING SEMESTER	
Title	**CR**	**Title**	**CR**
PHE 340 Curriculum and Administration in Physical Education	3	PHE 350 Adapted Physical Education	3
PHE 341 Measurement & Evaluation in Physical Education	3	PHE 462 Elementary/Physical Education Methods	3
SSC 322 Physiology of Exercise	3	SSC 432 Biomechanics & Kinesiology	3
Advanced General Education	3	Advance General Education or Cluster	3-6
Elective	3	Elective	3
		**Application for Student Teaching Due March 1st – Must have a 2.75 for Admission*	

SENIOR YEAR FALL SEMESTER		SENIOR YEAR SPRING SEMESTER	
Title	**CR**	**Title**	**CR**
EDU 350 General Secondary Curriculum and Instruction	3	EDU 416 Student Teaching Elementary Physical Education	6
LIB 305	1	EDU 417 Student Teaching Secondary Physical Education	6
PHE 465 Secondary Physical Education Methods	3		
PHE 493 Practicum in Physical Education or Coaching	3		
Advanced General Education or Cluster	3-6		