

CAREER DIRECTIONS

- PK-5 Physical Education Teacher
- 6-8 Physical Education Teacher
- 9-12 Physical Education Teacher
- Health Education Teacher
- Director of PE/Health for School Districts
- Aquatics director
- Camp director
- Municipal recreation director
- Corporate fitness instructor/director
- Fitness center instructor/director
- Intramural director (college)
- Coaching at all levels
- Personal trainer
- Sports official
- YMCA or YWCA instructor/director

PHYSICAL EDUCATION

The bachelor's degree in Physical Education leads to teacher certification in grades PK–12. It is designed for students who have a love of physical activity and a special interest in working with children and young adults in public schools. The courses in this program emphasize the philosophies of physical education, health education and promotion, exercise science, child development, curriculum development and pedagogy. Extensive field experience is included in this professional program and is capped by a full semester of student teaching at both the elementary and secondary levels.

The Physical Education Teacher Certification Program's goal is to promote the concept of mind-body unity within the academic mission of the University. The department is committed to providing students with exciting educational experiences through sound pedagogical approaches that enhance personal knowledge and encourage participation in physical education, health, wellness and recreational activities.



In partnership with the Society of Health and Physical Educators (SHAPE) and the Connecticut Association for Health, Physical Education, Recreation and Dance (CTAHPERD), department faculty members are committed to nurturing each student's personal and professional development in our major, minor and liberal arts core courses.

The modern information era has made health, wellness, nutrition and exercise information available to millions of people. Scientific principles and extensive research are major trends in this field. It is imperative that trained professionals provide insight and information to help individuals make reasoned decisions relating to their personal development and lifestyle.

The Physical Education program prioritizes teaching and student achievement. Our students are frequent recipients of state and regional awards for excellence, and many earn scholarships and special recognition at professional conferences. Faculty encourage and mentor our talented students in professional activities such as presentations at state and regional workshops and conferences. The Physical Education major includes extensive fieldwork for students as teachers in Connecticut public and private schools or as interns with local park and recreation departments and schools and teams at the collegiate and professional level.

HIGHLIGHTS

- Eastern's PE Program founded the international honor society for health and physical education.
- Eastern's PE team won the first College Bowl at the SHAPE (Society of Health and Physical Educators) National Convention in March 2017 and have won 3 of the first 4 national competitions.
- The newly renovated PE Lab in Goddard Hall, is home to state-of-the-art movement equipment for school-age students, including an interactive video wall where Lumo Play helps students move while utilizing technology.

ALUMNI SUCCESS

Graduates of Eastern's Physical Education program are employed in schools and sport-related businesses throughout the United States. Our alumni have been recognized as "Teachers of the Year" by their city, district and state. Our alumni have also earned doctoral degrees from many universities across America, including West Virginia University, Columbia University, Ohio State University, Florida State University, the University of North Carolina and the University of Maryland. Eastern alumni are also members of Central, Southern and Eastern Connecticut State University's Physical Education faculty, preparing teaching candidates for tomorrow's physical education.



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