

Physical Education

*Bachelor of Science /
Bachelor of Science-Master of Science Accelerated Pathway*

Southern's Physical Education Teacher Education Program is designed to prepare students to teach physical education in PreK-12 public and private schools. Successful completion of this program fulfills the academic requirements of the Connecticut initial educator certificate for PK-12 physical education. The Physical Education Teacher Education Program is nationally accredited by the Council for the Accreditation of Educator Preparation (CAEP) and fulfills all standards established by the Society of Health and Physical Education (SHAPE) America.

PROGRAM FEATURES

Physical Education, B.S. – Concentration: Pre-K-12 Teacher Certification
The program includes multiple opportunities to gain real-life field experience throughout the student's matriculation, including 16 weeks of full time teaching during the culminating student teaching experience. Course instruction is provided by experienced, dynamic faculty who have a sincere interest in each student's development.

Click here for Program Information
or visit <https://www.southernct.edu/physical-education-prek-12>

Physical Education, B.S. – Concentration: Pre-K-12 Teacher Certification and School Health Education M.S. Accelerated Pathway
This B.S./ M.S. five-year program provides high-achieving students with the opportunity to complete foundational graduate coursework during their senior year of undergraduate study in order to accelerate and complete both their bachelor's degree and the M.S. in School Health Education. This contemporary program prepares students to teach, lead, coordinate and advocate for physical education and school health education programs for children and youth in grades Pre-K through 12. It meets the requirements for a cross-endorsement in health education, as well as addresses workforce demands, given the 1.0 credit Connecticut state high school graduation requirements in health education.

Click here for Program Information
or visit <https://www.southernct.edu/bs-physical-education-to-ms-school-health-education>

CAREER OPPORTUNITIES

Graduates enter the physical education and health education fields equipped to drive and shape change as impassioned leaders of student health and wellness. Physical education graduates are currently teaching and coaching in public and private elementary, middle, and high schools. Professionals with graduate-level experience are more competitive upon entering the workforce.

FOR MORE INFORMATION

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FIELD EXPERIENCES

A staple of the SCSU Physical Education Teacher Education Program is providing teacher candidates with real-life field experiences from the moment they enter the program. Teacher candidates participate in over 300 hours of field experiences before their student teaching semester.



Expect more. Be more.
Southern.



Southern Connecticut
State University

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 [Degree Requirements >>General Education \(LEP\) 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 (25 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 in ENG (T1WC, T2CE, or T2TP)*
9 Credits in General Education Subjects for State Certification (T1CT, T1MC, T1QR, T1TF, T2CE, T2GA, T2PR, and/or T2TP)*

General Education Subjects for State Certification (select from recommended LEP areas above):

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

PHYSICAL EDUCATION PK-12, B.S. - SCHOOL HEALTH EDUCATION M.S. ACCELERATED PATHWAY

The B.S. in Physical Education (Concentration: PreK-12 Teacher Certification and School Health Education MS Accelerated Pathway) provides high-achieving students with the opportunity to complete foundational graduate coursework during their senior year of undergraduate study in order to accelerate graduate degree completion. This competitive program allows admitted students the opportunity to complete both their bachelor's degree and the M.S. in School Health Education (Accelerated Pathway Concentration) in five years at Southern Connecticut State University.

The program outline and graduation requirements are listed below. In addition, free electives are selected to reach 120 credits overall and a 3.0 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 [Degree Requirements >>General Education \(LEP\) Requirements](#). Courses in the major and/or cognate may also be used to satisfy LEP requirements where noted below (*).

MAJOR REQUIREMENTS (80 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

Accelerated Pathway Requirements (9 Credits)

SHE 508 - Contemporary Issues in Adolescent Health ('B' or better)
 SHE 558 - Group Process in School Health ('B' or better)
 EDU 581 - Research in Education ('B' or better) or SHE 554 - Research Techniques ('B' or better)

COGNATE REQUIREMENTS (25 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 in ENG (T1WC, T2CE, or T2TP)*
 9 Credits in General Education Subjects for State Certification (T1CT, T1MC, T1QR, T1TF, T2CE, T2GA, T2PR, and/or T2TP)*

General Education Subjects for State Certification (select from recommended LEP areas above):

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

SCHOOL HEALTH EDUCATION, M.S. (ONLINE OR ON GROUND)

The program course outline and graduation requirements for this catalog year are listed below. The department website provides an overview of the program, including admission requirements, faculty biographies, learning outcomes, and careers: <https://www.southernct.edu/academics/hms/programs>

Program Sequence-30 Credits

Program Requirements (21 credits)

Students must earn a grade of "B" or better in each course.

SHE 505 – School Health Education Foundations – 3 credits

SHE 508 – Contemporary Issues in Adolescent Health – 3 credits

SHE 556 – Methods of Planning and Evaluation in School Health Education – 3 credits

SHE 560 – Curriculum Development in Health Education – 3 credits

SHE 561 – Sexual Health Education – 3 credits

SHE 570 – Leadership and Advocacy of School Health Education Programs – 3 credits

Select one:

SHE 554 – Research Techniques – 3 credits

EXS 554 – Research Techniques – 3 credits

EDU 581 – Research in Education – 3 credits

Electives (6 credits)

SHE 500 – Health and Society – 3 credits

SHE 511 – School Health Nutrition Institute – 3 credits

SHE 558 – Group Process – 3 credits

SHE 547 – Drug Prevention – 3 credits

SHE 552 – Methods of Teaching School Health Education – 3 credits

SHE 579 – Holistic Health – 3 credits

SHE 590 – Thesis / Special Project – 3 credits

Capstone (3 credits)

SHE 594 – Thesis/Special Project Seminar II – 3 credits