

# FOUR-YEAR PLAN

Education: Wellness PreK-Adult, B.S. Ed.

15 to Finish



## Semester 1

Course	Credits	Grade	✓
ENGL 101: Composition & Rhetoric I	3	C*	<input type="checkbox"/>
COMM 101: Fundamentals of Speech	3		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
H ED 200: Foundations of Health Education	2		<input type="checkbox"/>
UNIV 100: CU Foundations	1		<input type="checkbox"/>
	15		

## Semester 2

Course	Credits	Grade	✓
ENGL 102: Composition & Rhetoric II	3	C*	<input type="checkbox"/>
MATH 101: Quantitative Reasoning	3		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
P ED 242: Individual Sports in PE	3		<input type="checkbox"/>
P ED 239: Physical Education Pedagogy	3		<input type="checkbox"/>
	15		

## Semester 3

Course	Credits	Grade	✓
General Education Course	3-4		<input type="checkbox"/>
EDUC 210: Diversity, Culture, and Education in Society	3	C	<input type="checkbox"/>
EDSP 303: Introduction to Special Education	3	C	<input type="checkbox"/>
P ED 207: Anatomy and Physiology	3		<input type="checkbox"/>
P ED 241: Team Sports in PE	3		<input type="checkbox"/>
	15-16		

## Semester 4

Course	Credits	Grade	✓
EXSS 202: Foundations of PE & Sport	3		<input type="checkbox"/>
EDUC 301: Educational Technology (EPAT)	3	C	<input type="checkbox"/>
EDUC 305: Psychology of Teaching & Learning (EPAT)	3	C	<input type="checkbox"/>
H ED 303: Principles of Mental & Emotional Health	2		<input type="checkbox"/>
P ED 238: Lifetime Physical Education	3		<input type="checkbox"/>
General Education Course	3		<input type="checkbox"/>
	17		



### The Bachelor of Science in Education, Wellness PreK-Adult

degree prepares competent and dedicated teachers who are able to design, deliver, and assess health and physical education programs that meet needs of all students in the PreK-Adult schools. Candidates who complete this program will meet the requirements from the WV Department of Education and will be granted a West Virginia teaching license in the field.



### MILESTONE COURSES

Courses marked as Milestone Courses are crucial for staying on track to complete your degree in four years. Take them in the recommended semester to stay on track! If you see a recommended minimum grade, this is the grade you need to earn to have the best chance for success in this degree! Grades marked with an asterisk are required to pass.



### LANDMARKS

Points where you see a landmark icon on the four-year plan indicate you have reached a point of action outside regular coursework! See the Helpful Hints for information on each landmark.

### Helpful Hints

- Semester 3 Landmark—Students should take the Praxis Core no later than this semester. *Core Praxis prep course available—see your advisor.*
- Semester 3—EDUC 210 and EDSP 303 must be taken concurrently.
- Semester 4 Landmark—At this point, you have taken all the necessary coursework to apply to the Teacher Education Program. Note—candidates must have a 2.5 GPA to apply. Check out the [application process](#) online!
- Semester 4—EDUC 301 and EDUC 305 must be taken concurrently.

## Semester 5

Course	Credits	Grade		✓
General Education Course	3			<input type="checkbox"/>
General Education Course	3			<input type="checkbox"/>
*EDUC 306: Classroom Management	3	C		<input type="checkbox"/>
P ED 402: Curriculum & Instruction for Elementary PE	3			<input type="checkbox"/>
P ED 403: Curriculum & Instruction for Secondary PE	3			<input type="checkbox"/>
EXSS 329: Motor Learning & Development	2			<input type="checkbox"/>

17

## Semester 6



Course	Credits	Grade		✓
General Education Course	3-4			<input type="checkbox"/>
EXSS 315: Kinesiology and Biomechanics	3			<input type="checkbox"/>
H ED 304: Principles of Nutrition and Weight Management	2			<input type="checkbox"/>
H ED 306: Principles of Human Sexuality	3			<input type="checkbox"/>
HS 201: Emergency Care	1			<input type="checkbox"/>
P ED 307: Assessment in Health & PE	3			<input type="checkbox"/>

15-16

## Semester 7



Course	Credits	Grade		✓
*EDUC 416: Assessment and Data Informed Teacher	3	C		<input type="checkbox"/>
*EDUC 418: Content Area Reading	3	C		<input type="checkbox"/>
*H ED 400: Methods and Materials in Health Education	3			<input type="checkbox"/>
*P ED 407: Adapted Physical Education	3			<input type="checkbox"/>

12

## Semester 8



Course	Credits	Grade		✓
*EDUC 460: Student Teaching	6	C		<input type="checkbox"/>
*EDUC 460: Student Teaching	6	C		<input type="checkbox"/>

12



### ADVISING

When you choose to pursue this degree, you will be assigned two advisors: one who is an expert in the field of Wellness and one who is an expert in the field of Education. These advisors can help you with course selection, career planning, resume building, and help you with tracking your path to degree completion.

### CAREERS

Physical Education Teacher  
 Health Education Teacher  
 Athletic Director  
 Head Coach in a School Setting  
 School Administrator (Requires additional education)

### STUDENT ORGANIZATIONS

Human Performance Student Club

### COMPLEMENTARY MINORS

Health Promotion

### Helpful Hints

- For the Natural Sciences General Education courses, Wellness Education students should take BIOL 101 and GEOG 200.
- Classes with field placements include: EDUC 210, EDUC 305, and EDUC 306.
- Courses marked with an asterisk (\*) require admission to the Teacher Education Program.
- Semester 6 Landmark—Students should take PLT and Praxis II during this semester.
- Semester 7 Landmark—Secondary Education Methods Block. These courses must be taken concurrently. All other coursework except EDUC 460 must be completed before taking the block courses.
- Semester 8 Landmark—Your last semester will be Supervised Student Teaching! An overall GPA of 2.75 is required for admission to Student Teaching.