

**PHYSICAL EDUCATION AND HEALTH
DEGREE COURSES - MAJOR CHECKLIST**

<http://www.eou.edu/peh>

Students must complete the Core Requirements and then select either Concentration #1 or #2. Students may complete both concentrations and this is required for students planning to enter the teacher education program.

CORE REQUIREMENTS - 30 hours

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|------------------------------|--|-------|
| Biology 231 | Human Anatomy (4)* | _____ |
| Biology 232 | Human Physiology (4) | _____ |
| PEH 321 | Applied Anatomy (3) | _____ |
| PEH 322 | Biomechanics (3) | _____ |
| PEH 323 | Physiology of Exercise (5) | _____ |
| PEH 440 | Motor Development , Control, and Learning (3) | _____ |
| PEH 409 | Capstone Practicum (3) | _____ |
| Choose one of the following: | | |
| Psych 327 | Statistics (5) | _____ |
| or | | |
| Stat 315 | Principles of Statistics (4) and Stat 316 Statistical Comp (1) | _____ |

*Chemistry 101, 102 and 103 are required prerequisites for Biology 231 and 232

Concentration #1 Physical Education (Complete a minimum of 30 Credits)

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|---------|---|-------|
| PEH 270 | History, Philosophy & Ethics in PEH (3) | _____ |
| PEH 294 | Team Sports for Health Promotion (3) | _____ |
| PEH 311 | Psychology and Sociology of Sport (3) | _____ |
| PEH 359 | Care & Prevention in PEH Settings (3) | _____ |
| PEH 364 | Scientific Basis for Coaching Youth Sports (3) | _____ |
| PEH 394 | Games, Dance, and Gymnastics for Health Promotion (3) | _____ |
| PEH 410 | Selected Topics (1-6) with advisor approval
(To replace one of the other listed courses) | _____ |
| PEH 412 | Program Design and Evaluation (3) | _____ |
| PEH 444 | Adaptive Physical Education (3) | _____ |
| PEH 470 | Sport Management (3) | _____ |
| PEH 494 | Individual Lifetime Sports for Health Pro (3) | _____ |

Concentration #2 Health Studies (30 Credits)

The following 16 credits are required

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|---------|--|-------|
| PEH 250 | Personal Skills for Healthy Living (3) | _____ |
| PEH 298 | Health and Fitness for Life (3) | _____ |
| PEH 325 | Nutrition (4) | _____ |
| PEH 350 | Lifestyle Behavior and Health (3) | _____ |
| PEH 351 | Community and Social Skills for Healthy Living (3) | _____ |

Choose at least 14 credits from the following:

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|---------|--|-------|
| PEH 320 | Healthy Activities and Games (3) | _____ |
| PEH 409 | Practicum (1-6) | _____ |
| PEH 410 | Selected Health Topics (1-6) | _____ |
| PEH 422 | Gerontology and Healthy Activities (2) | _____ |

continued . . .

GEN/SOC 360 Gender and Power (5)	_____
PEH 431 Alcohol and Drugs: Prevention (5)	_____
PEH 432 Substance Abuse and Family Relations (5)	_____
PEH 433 Alcohol and Drugs: Use Misuse and Addiction (5)	_____
PSY 231 Human Sexuality (3)	_____
PSY 311 Principles of Development (5)	_____
SOC 338 Sociology of Families (5)	_____

TOTAL REQUIREMENTS FOR MAJOR: 60 HOURS (14 LD and 46 UD credits)***

* * A student may take up to a total of 45 credits within the graduation requirement of 186 credits of courses numbered PEH 410

** *60 Upper Division credits are required for graduation

PEH DEGREE REQUIREMENTS CHECKLIST

a. _____ Have good academic standing within the college and a minimum GPA of 2.0 overall.

b. _____ Have passed the Writing Proficiency Examination.

c. _____ It is important that persons engaged in the field of Physical Education and Health reflect a role model of good levels of physical fitness and health. Therefore, the following physical requirements are recommended for the program .

1. Complete a standard health-related fitness test achieving the 65th percentile or above. *

2. Competency in the following areas as demonstrated through completion of PEH 180 course work, professional activity courses, intramural participation, intercollegiate competition, or completion of a skill test: team sports (such as basketball, soccer, and softball), individual lifetime sports and activities (such as bowling, tennis, golf and rock climbing), games/gymnastics/dance, and other recreational activities.

3. Competency in First Aid and CPR

d. _____ Complete all PEH coursework with a grade of "C" or better.**

e. _____ For the BS Degree, fulfill the mathematics competency requirement by completing MATH 105, 111, 112, 113, 211, 212, or 213. Other college level math courses may be approved.

f. _____ Successfully complete the two components of the "capstone" experience.

First, Within the capstone experience, all students will be required to complete a three term sequence of practicum experience. Each experience should be different, but must include a setting applicable to a recognized content area of the program. Second, students must complete a nationally recognized certification examination such as the PRAXIS, ACSM, NATA, ASEP etc.

g. _____ Complete the computer literacy requirement by taking PEH 323, PEH 325, PEH 412, and/or PEH 470.***

*Norms are available for persons with disabilities.

** Students wishing to enter the Master of Teacher Education program (MTE) must achieve a 3.0 GPA on all upper division coursework and meet other admission requirements.

*** Senior Standing is required for registration in any 400 and above level course.