

# EXERCISE, SPORT AND HEALTH SCIENCES (B.S.)

Acceptance into the Teacher Education program for the Physical Education Track requires a minimum GPA of 2.75.

Required course work includes the university requirements (see regulation J-3 (<https://catalog.uidaho.edu/general-requirements-academic-procedures/j-general-requirements-baccalaureate-degrees/>)), the Department of Movement Sciences core course MVSC 201, and the following:

## Major Requirements

Code	Title	Hours
BIOL 227	Anatomy and Physiology I	4
BIOL 228	Anatomy and Physiology II	4
H&S 451	Psychosocial Determinants of Health	3
or H&S 450	Critical Health Issues	
PEP 100	Introduction to Exercise Science and Health	1
PEP 300	Applied Human Anatomy and Biomechanics	3
PEP 418	Physiology of Exercise	3
PEP 493	Fitness Assessment and Prescription	3

### Emphases

Select one of the following emphases: 27-49

Community Health Education and Promotion (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/exercise-science-health-bsesh/#communityhealtheducationandpromotion>)

Fitness, Health, and Human Performance (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/exercise-science-health-bsesh/#fitnesshealthhumanperformance>)

Pre-Physical Therapy & Allied Health (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/exercise-science-health-bsesh/#prephysicaltherapy>)

Pre-Athletic Training (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/exercise-science-health-bsesh/#preathletictraining>)

Physical Education Teacher Certification (<https://catalog.uidaho.edu/colleges-related-units/education-health-human-sciences/movement-sciences/exercise-science-health-bsesh/#physicaleducationteachercertification>)

**Total Hours** 48-70

## A. Community Health Education and Promotion Emphasis

Code	Title	Hours
FN 205	Concepts in Human Nutrition	3
H&S 301	Peer Health Education	2
H&S 328	Community Health: Theory, Systems, and Practice	3
H&S 423	Health Education Methods	3
H&S 450	Critical Health Issues	3
H&S 451	Psychosocial Determinants of Health	3

H&S 490	Health Promotion	3
H&S 498	Internship	6-9
MVSC 445	Internship Preparation and Professional Development	1
MVSC 486	Healthy Active Lifestyle Assessment and Intervention	3
PEP 455	Design & Analysis of Research in Movement Sciences	3
PEP 495 & 495	Practicum and Practicum (Two at 1 credit each)	2
STAT 251	Statistical Methods	3
Select 3 Credits of PE Activity/Skill Analysis Classes (See advisor for selection)		3
Select one of the following		1
PEP 132	Skill and Analysis of Striking and Net/Wall Activities	
PEP 133	Skill and Analysis of Target and Invasion Activities	
PEP 134	Skill and Analysis of Recreation and Outdoor Activities	

**Total Hours** 42-45

**Courses to total 120 credits for this degree**

## B. Fitness, Health, and Human Performance Emphasis

Code	Title	Hours
MVSC 445	Internship Preparation and Professional Development	1
PEP 360	Motor Behavior	3
PEP 455	Design & Analysis of Research in Movement Sciences	3
PEP 495 & 495	Practicum and Practicum (Two at 1 credit each)	2
PEP 498	Internship in Exercise Science & Health	6-9
Select 9 credits from the following		9
H&S 450	Critical Health Issues	
FN 205	Concepts in Human Nutrition	
H&S 451	Psychosocial Determinants of Health	
H&S 490	Health Promotion	
MVSC 486	Healthy Active Lifestyle Assessment and Intervention	
Select 9 credits from the following		9
H&S 245	Introduction to Athletic Injuries	
PEP 305	Applied Sports Psychology	
PEP 459	Sport Nutrition	
PEP 407	Sport Biomechanics	
PEP 409	Concepts in Strength and Conditioning	
Select 3 credits of PE Activity/Skill Classes (see advisor for selection).		3
Select one of the following:		1
PEP 132	Skill and Analysis of Striking and Net/Wall Activities	
PEP 133	Skill and Analysis of Target and Invasion Activities	

PEP 134	Skill and Analysis of Recreation and Outdoor Activities	
<b>Total Hours</b>		<b>37-40</b>

Courses to total 120 credits for this degree

## C. Pre-Physical Therapy and Allied Health Emphasis

Code	Title	Hours
BIOL 115	Cells and the Evolution of Life	3
BIOL 115L	Cells and the Evolution of Life Laboratory	1
CHEM 111	General Chemistry I	3
CHEM 111L	General Chemistry I Laboratory	1
MVSC 445	Internship Preparation and Professional Development	1
PEP 495 & 495	Practicum and Practicum (Two at 1 credit each)	2
PEP 360	Motor Behavior	3
PEP 455	Design & Analysis of Research in Movement Sciences	3
PEP 498	Internship in Exercise Science & Health	6-9
PSYC 305 or PSYC 311	Developmental Psychology or Abnormal Psychology	3
STAT 251	Statistical Methods	3
Select 12 credits from the following		12
FN 205	Concepts in Human Nutrition	
H&S 232	Medical Terminology	
H&S 245	Introduction to Athletic Injuries	
H&S 328	Community Health: Theory, Systems, and Practice	
H&S 450	Critical Health Issues	
H&S 451	Psychosocial Determinants of Health	
H&S 490	Health Promotion	
PEP 305	Applied Sports Psychology	
PEP 459	Sport Nutrition	
PEP 407	Sport Biomechanics	
PEP 409	Concepts in Strength and Conditioning	
Select 3 credits from the following		3
BIOL 114	Organisms and Environments	
BIOL 250	General Microbiology	
BIOL 255	General Microbiology Lab	
BIOL 310	Genetics	
BIOL 380	Biochemistry I	
CHEM 112	General Chemistry II	
CHEM 112L	General Chemistry II Laboratory	
CHEM 277	Organic Chemistry I	
CHEM 278	Organic Chemistry I: Lab	
PHYS 111	General Physics I	
PHYS 111L	General Physics I Lab	
PSYC 372	Physiological Psychology	
Select 3 credits of PE Activity/Skill Classes (see advisor for selection).		3
Select one of the following		1

PEP 132	Skill and Analysis of Striking and Net/Wall Activities	
PEP 133	Skill and Analysis of Target and Invasion Activities	
PEP 134	Skill and Analysis of Recreation and Outdoor Activities	
<b>Total Hours</b>		<b>48-51</b>

Courses to total 120 credits for this degree

## D. Pre-Athletic Training Emphasis

Code	Title	Hours
H&S 245	Introduction to Athletic Injuries	3
PEP 171	Athletic Training Clinical Experience I - Observation	1
PEP 360	Motor Behavior	3
PEP 455	Design & Analysis of Research in Movement Sciences	3
PEP 495	Practicum	1
AT 506	Clinical Anatomy I	3
AT 507	Emergency Management and Care of Injuries and Illnesses	3
AT 508	Evaluation and Diagnosis of Injuries and Illnesses I	4
AT 509	Principles of Rehabilitation	3
AT 510	Therapeutic Modalities	2
AT 511	Ethics and Administration in Athletic Training	3
AT 512	Research Methods & Statistics I	3
AT 520	Clinical Education I	2
AT 521	Clinical Experience I	4
AT 587	Prevention and Health Promotion in Athletic Training	3
Select 3 credits from the following		3
PEP 305	Applied Sports Psychology	
PEP 407	Sport Biomechanics	
PEP 409	Concepts in Strength and Conditioning	
PEP 459	Sport Nutrition	
<b>Total Hours</b>		<b>44</b>

Courses to total 120 credits for this degree

1

Students in the Pre-Athletic Training Emphasis who are admitted into the MSAT program after their junior year may count up to 30 credits of graduate level course work from the first year of the MSAT program towards the upper division requirement (see J-1-b (<https://catalog.uidaho.edu/general-requirements-academic-procedures/j-general-requirements-baccalaureate-degrees/>)) of their BSESHS degree in Exercise, Sport, and Health Sciences with an Athletic Training Emphasis. Up to 8 of 30 credits of graduate level course work from the first year of the MSAT program may be counted towards the residency requirement (see J-2 (<https://catalog.uidaho.edu/general-requirements-academic-procedures/j-general-requirements-baccalaureate-degrees/>)) for the BSESHS degree. For more information on the MSAT see the Graduate Degree Programs section for this department.

## E. Physical Education Teacher Certification Emphasis

Code	Title	Hours
EDCI 201	Contexts of Education	3
EDCI 301	Learning, Development, and Assessment	3
EDCI 302	Teaching Culturally Diverse Learners	3
EDCI 401	Internship Seminar	1
EDCI 463	Literacy Methods for Content Learning	3
FN 205	Concepts in Human Nutrition	3
H&S 245	Introduction to Athletic Injuries	3
MVSC 486	Healthy Active Lifestyle Assessment and Intervention	3
PEP 360	Motor Behavior	3
PEP 412	Elementary Methods in Physical Activity Pedagogy	3
PEP 413	Foundations and Assessment in Physical Activity Pedagogy	3
PEP 421	Secondary Methods in Physical Activity Pedagogy	3
PEP 424	Inclusive Physical Education and Recreation	3
PEP 484	Internship in Physical Education Teaching (14 credits required)	14
Select one of the following:		3
ENGL 207	Persuasive Writing	
ENGL 208	Personal & Exploratory Writing	
ENGL 313	Business Writing	
ENGL 317	Technical Writing II	
Select 5 credits from the following:		5
IFIT 108	Water-Based Fitness and Sports	
PEP 107	Movement Fundamentals	
PEP 132	Skill and Analysis of Striking and Net/Wall Activities	
PEP 133	Skill and Analysis of Target and Invasion Activities	
PEP 134	Skill and Analysis of Recreation and Outdoor Activities	
<b>Total Hours</b>		<b>59</b>

Courses to total 120 credits for this degree

## Additional Requirements for Health Certification

Code	Title	Hours
H&S 423	Health Education Methods	3
H&S 450	Critical Health Issues	3
H&S 451	Psychosocial Determinants of Health	3
H&S 490	Health Promotion	3
HDFS 240	Intimate Relationships	3
or PSYC 330	Human Sexuality	
<b>Total Hours</b>		<b>15</b>

## Community Health Education and Promotion Emphasis

Fall Term 1	Hours
COMM 101 Fundamentals of Oral Communication	3
ENGL 101 Writing and Rhetoric I	3
PEP 100 Introduction to Exercise Science and Health	1

BIOL 102	Biology and Society	3
BIOL 102L	Biology and Society Lab	1
Social and Behavioral Ways of Knowing Course		3
Mathematical Ways of Knowing Course		3
<b>Hours</b>		<b>17</b>
<b>Spring Term 1</b>		
ENGL 102	Writing and Rhetoric II	3
FN 205	Concepts in Human Nutrition	3
Humanistic and Artistic Ways of Knowing Course		3
International Course		3
Scientific Ways of Knowing Course		4
<b>Hours</b>		<b>16</b>
<b>Fall Term 2</b>		
BIOL 227	Anatomy and Physiology I	4
MVSC 201	Physical Activity, Wellness & Behavior Change for Healthy Active Lifestyles	3
American Diversity Course		3
Humanistic and Artistic Ways of Knowing Course		3
Elective Course		3
PEP 132, 133 or 134		1
<b>Hours</b>		<b>17</b>
<b>Spring Term 2</b>		
BIOL 228	Anatomy and Physiology II	4
STAT 251	Statistical Methods	3
Social and Behavioral Ways of Knowing Course		3
Elective Course		3
PE Activity/Skill		1
<b>Hours</b>		<b>14</b>
<b>Fall Term 3</b>		
H&S 301	Peer Health Education	2
H&S 328	Community Health: Theory, Systems, and Practice	3
PEP 300	Applied Human Anatomy and Biomechanics	3
PEP 418	Physiology of Exercise	3
PEP 495	Practicum	1
Elective Course		2
<b>Hours</b>		<b>14</b>
<b>Spring Term 3</b>		
H&S 451	Psychosocial Determinants of Health	3
H&S 490	Health Promotion	3
MVSC 486	Healthy Active Lifestyle Assessment and Intervention	3
PEP 360	Motor Behavior	3
PEP 455	Design & Analysis of Research in Movement Sciences	3
PE Activity/Skill		1
<b>Hours</b>		<b>16</b>
<b>Fall Term 4</b>		
H&S 423	Health Education Methods	3
H&S 450	Critical Health Issues	3
MVSC 445	Internship Preparation and Professional Development	1
PEP 493	Fitness Assessment and Prescription	3
PEP 495	Practicum	1
PE Activity/Skill Course		1
Elective		2
<b>Hours</b>		<b>14</b>
<b>Spring Term 4</b>		
H&S 498	Internship	9
Elective Course		3
<b>Hours</b>		<b>12</b>
<b>Total Hours</b>		<b>120</b>

## Fitness, Health, and Human Performance Emphasis

Fall Term 1		Hours
ENGL 101	Writing and Rhetoric I	3
PEP 100	Introduction to Exercise Science and Health	1
BIOL 102	Biology and Society	3
BIOL 102L	Biology and Society Lab	1
PE Activity/Skill, 1 credit Major Elective Course		1
Mathematical Ways of Knowing Course		3
Social and Behavioral Ways of Knowing Course		3
<b>Hours</b>		<b>15</b>
Spring Term 1		Hours
COMM 101	Fundamentals of Oral Communication	3
ENGL 102	Writing and Rhetoric II	3
FN 205	Concepts in Human Nutrition	3
Humanistic and Artistic Ways of Knowing Course		3
International Course		3
PE Activity/Skill, 1 credit Major Elective Course		1
<b>Hours</b>		<b>16</b>
Fall Term 2		Hours
BIOL 227	Anatomy and Physiology I	4
MVSC 201	Physical Activity, Wellness & Behavior Change for Healthy Active Lifestyles	3
Humanistic and Artistic Ways of Knowing Course		3
PE Activity/Skill, 1 credit Major Elective Course		1
Scientific Ways of Knowing Course		4
<b>Hours</b>		<b>15</b>
Spring Term 2		Hours
BIOL 228	Anatomy and Physiology II	4
H&S 245	Introduction to Athletic Injuries	3
PEP 305	Applied Sports Psychology	3
Social and Behavioral Ways of Knowing Course		3
Elective Course		2
<b>Hours</b>		<b>15</b>
Fall Term 3		Hours
PEP 300	Applied Human Anatomy and Biomechanics	3
PEP 418	Physiology of Exercise	3
PEP 495	Practicum	1
American Diversity Course		3
Elective Course		3
PEP 132 OR PEP 133 OR PEP 134		1
<b>Hours</b>		<b>14</b>
Spring Term 3		Hours
H&S 451 or H&S 450	Psychosocial Determinants of Health or Critical Health Issues	3
PEP 360	Motor Behavior	3
PEP 493	Fitness Assessment and Prescription	3
H&S 490	Health Promotion	3
Elective Course		3
<b>Hours</b>		<b>15</b>
Fall Term 4		Hours
MVSC 445	Internship Preparation and Professional Development	1
PEP 407	Sport Biomechanics	3
PEP 455	Design & Analysis of Research in Movement Sciences	3
PEP 495	Practicum	1
Elective Course		3
Elective Course		3
PE Activity/Skill Class		1
<b>Hours</b>		<b>15</b>
Spring Term 4		Hours
PEP 498	Internship in Exercise Science & Health	9
Elective Course		3

Elective Course	3
<b>Hours</b>	<b>15</b>
<b>Total Hours</b>	<b>120</b>

## Pre-Physical Therapy & Allied Health Emphasis

Fall Term 1		Hours
ENGL 101	Writing and Rhetoric I	3
PEP 100	Introduction to Exercise Science and Health	1
PSYC 101	Introduction to Psychology	3
PE Activity/Skill, 1 credit Major Elective Course		1
Elective Course		3
Elective Course		1
MATH 143 OR MATH 160 OR MATH 170		3
<b>Hours</b>		<b>15</b>
Spring Term 1		Hours
CHEM 111	General Chemistry I	3
CHEM 111L	General Chemistry I Laboratory	1
COMM 101	Fundamentals of Oral Communication	3
ENGL 102	Writing and Rhetoric II	3
STAT 251	Statistical Methods	3
FN 205 OR H&S 232 OR H&S 245 OR H&S 328 OR H&S 450 OR H&S 451 OR H&S 490 OR PEP 305 OR PEP 459 OR PEP 407 OR PEP 409		3
PEP 132 OR PEP 133 OR PEP 134		1
<b>Hours</b>		<b>17</b>
Fall Term 2		Hours
BIOL 115	Cells and the Evolution of Life	3
BIOL 115L	Cells and the Evolution of Life Laboratory	1
MVSC 201	Physical Activity, Wellness & Behavior Change for Healthy Active Lifestyles	3
BIOL 114 OR BIOL 250 OR BIOL 255 OR BIOL 310 OR BIOL 380 OR CHEM 112 OR CHEM 112L OR CHEM 277 OR CHEM 278 OR PHYS 111 OR PHYS 111L		3
PE Activity/Skill, 1 credit Major Elective Course		1
Humanistic and Artistic Ways of Knowing Course		3
<b>Hours</b>		<b>14</b>
Spring Term 2		Hours
H&S 245	Introduction to Athletic Injuries	3
PE Activity/Skill, 1 credit Major Elective Course		1
Humanistic and Artistic Ways of Knowing Course		3
International Course		3
Elective Course		3
Elective Course		2
<b>Hours</b>		<b>15</b>
Fall Term 3		Hours
BIOL 227	Anatomy and Physiology I	4
PEP 300	Applied Human Anatomy and Biomechanics	3
PEP 418	Physiology of Exercise	3
PEP 495	Practicum	1
American Diversity Course		3
<b>Hours</b>		<b>14</b>
Spring Term 3		Hours
BIOL 228	Anatomy and Physiology II	4
H&S 451 or H&S 450	Psychosocial Determinants of Health or Critical Health Issues	3
PEP 455	Design & Analysis of Research in Movement Sciences	3
PEP 360	Motor Behavior	3
Social and Behavioral Ways of Knowing Course		3
<b>Hours</b>		<b>16</b>
Fall Term 4		Hours
MVSC 445	Internship Preparation and Professional Development	1
PEP 493	Fitness Assessment and Prescription	3
PEP 495	Practicum	1
PSYC 305 OR PSYC 311		3

FN 205 OR H&S 232 OR H&S 245 OR H&S 328 OR H&S 450 OR H&S 451 OR H&S 490 OR PEP 305 OR PEP 459 OR PEP 407 OR PEP 409	6
<b>Hours</b>	<b>14</b>
<b>Spring Term 4</b>	
PEP 498 Internship in Exercise Science & Health	9
Elective Course	3
Elective Course	3
<b>Hours</b>	<b>15</b>
<b>Total Hours</b>	<b>120</b>

## Pre-Athletic Training Emphasis

<b>Fall Term 1</b>		<b>Hours</b>
ENGL 101 Writing and Rhetoric I	3	
COMM 101 Fundamentals of Oral Communication	3	
PEP 100 Introduction to Exercise Science and Health	1	
BIOL 102 Biology and Society	3	
BIOL 102L Biology and Society Lab	1	
Mathematical Ways of Knowing Course	3	
Social and Behavioral Ways of Knowing Course	3	
<b>Hours</b>	<b>17</b>	
<b>Spring Term 1</b>		
ENGL 102 Writing and Rhetoric II	3	
Humanistic and Artistic Ways of Knowing Course	3	
Scientific Ways of Knowing Course	4	
American Diversity Course	3	
Elective Course	2	
<b>Hours</b>	<b>15</b>	
<b>Fall Term 2</b>		
BIOL 227 Anatomy and Physiology I	4	
MVSC 201 Physical Activity, Wellness & Behavior Change for Healthy Active Lifestyles	3	
International Course	3	
PEP 305 OR PEP 407 OR PEP 409 OR PEP 459	3	
Humanistic and Artistic Ways of Knowing Course	3	
<b>Hours</b>	<b>16</b>	
<b>Spring Term 2</b>		
BIOL 228 Anatomy and Physiology II	4	
H&S 245 Introduction to Athletic Injuries	3	
PEP 171 Athletic Training Clinical Experience I - Observation	1	
Social and Behavioral Ways of Knowing Course	3	
Elective Course	3	
1 credit Elective Course	1	
<b>Hours</b>	<b>15</b>	
<b>Fall Term 3</b>		
PEP 300 Applied Human Anatomy and Biomechanics	3	
PEP 418 Physiology of Exercise	3	
PEP 455 Design & Analysis of Research in Movement Sciences	3	
Elective Course	3	
1 credit Elective Course	1	
<b>Hours</b>	<b>13</b>	
<b>Spring Term 3</b>		
H&S 451 Psychosocial Determinants of Health or H&S 450 or Critical Health Issues	3	
PEP 360 Motor Behavior	3	
PEP 493 Fitness Assessment and Prescription	3	
PEP 495 Practicum	1	
Elective Course	3	
1 credit Elective Course	1	
<b>Hours</b>	<b>14</b>	
<b>Fall Term 4</b>		
AT 506 Clinical Anatomy I	3	

AT 507 Emergency Management and Care of Injuries and Illnesses	3
AT 508 Evaluation and Diagnosis of Injuries and Illnesses I	4
AT 509 Principles of Rehabilitation	3
AT 510 Therapeutic Modalities	2
<b>Hours</b>	<b>15</b>
<b>Spring Term 4</b>	
AT 511 Ethics and Administration in Athletic Training	3
AT 512 Research Methods & Statistics I	3
AT 520 Clinical Education I	2
AT 521 Clinical Experience I	4
AT 587 Prevention and Health Promotion in Athletic Training	3
<b>Hours</b>	<b>15</b>
<b>Total Hours</b>	<b>120</b>

## Physical Education Teacher Certification

<b>Fall Term 1</b>		<b>Hours</b>
ENGL 101 Writing and Rhetoric I	3	
PEP 100 Introduction to Exercise Science and Health	1	
BIOL 102 Biology and Society	3	
BIOL 102L Biology and Society Lab	1	
PEP 132 Skill and Analysis of Striking and Net/Wall Activities	1	
Mathematical Ways of Knowing Course	3	
Social and Behavioral Ways of Knowing Course	3	
<b>Hours</b>	<b>15</b>	
<b>Spring Term 1</b>		
COMM 101 Fundamentals of Oral Communication	3	
EDCI 201 Contexts of Education	3	
ENGL 102 Writing and Rhetoric II	3	
PEP 107 Movement Fundamentals	1	
PEP 133 Skill and Analysis of Target and Invasion Activities	1	
Humanistic and Artistic Ways of Knowing Course	3	
International Course	3	
<b>Hours</b>	<b>17</b>	
<b>Fall Term 2</b>		
BIOL 227 Anatomy and Physiology I	4	
EDCI 301 Learning, Development, and Assessment	3	
FN 205 Concepts in Human Nutrition	3	
MVSC 201 Physical Activity, Wellness & Behavior Change for Healthy Active Lifestyles	3	
PEP 134 Skill and Analysis of Recreation and Outdoor Activities	1	
International Course	3	
<b>Hours</b>	<b>17</b>	
<b>Spring Term 2</b>		
BIOL 228 Anatomy and Physiology II	4	
H&S 245 Introduction to Athletic Injuries	3	
PEP 360 Motor Behavior	3	
EDCI 302 Teaching Culturally Diverse Learners	3	
Humanistic and Artistic Ways of Knowing Course	3	
<b>Hours</b>	<b>16</b>	
<b>Fall Term 3</b>		
PEP 300 Applied Human Anatomy and Biomechanics	3	
PEP 418 Physiology of Exercise	3	
PEP 424 Inclusive Physical Education and Recreation	3	
IFIT 108 Water-Based Fitness and Sports	1	
ENGL 207 OR ENGL 208 OR ENGL 313 OR ENGL 317	3	
IFIT 108 OR PEP 107 OR PEP 132 OR PEP 133 OR PEP 134	1	
<b>Hours</b>	<b>14</b>	
<b>Spring Term 3</b>		
H&S 451 Psychosocial Determinants of Health	3	
MVSC 486 Healthy Active Lifestyle Assessment and Intervention	3	

PEP 413	Foundations and Assessment in Physical Activity Pedagogy	3
PEP 421	Secondary Methods in Physical Activity Pedagogy	3
<b>Hours</b>		<b>12</b>
<b>Fall Term 4</b>		
EDCI 463	Literacy Methods for Content Learning	3
PEP 412	Elementary Methods in Physical Activity Pedagogy	3
PEP 493	Fitness Assessment and Prescription	3
Elective Course		3
Elective Course		2
<b>Hours</b>		<b>14</b>
<b>Spring Term 4</b>		
EDCI 401	Internship Seminar	1
PEP 484	Internship in Physical Education Teaching	14
<b>Hours</b>		<b>15</b>
<b>Total Hours</b>		<b>120</b>

The degree map is a guide for the timely completion of your curricular requirements. Your academic advisor or department may be contacted for assistance in interpreting this map. This map is not reflective of your academic history or transcript and it is not official notification of completion of degree or certificate requirements. Please contact the Registrar's Office regarding your official degree/certificate completion status.

1. Graduates will be able to understand the biological, sociological, and psychological contributions, consequences, and conditions of health and exercise behavior.
2. Graduates will be able to critically evaluate current trends, information, sources, and research related to exercise, sport, and health sciences.
3. Graduates will be able to integrate and apply knowledge, skills, and critical thinking to assess and plan for individual and community physical activity, health, and wellness.

#### For Physical Education Teacher Certification Emphasis

1. The student understands how learners grow and develop, recognizing that patterns of learning and development vary individually within and across the cognitive, linguistic, social, emotional, and physical areas, and designs and implements developmentally appropriate and challenging learning experiences.
2. The student uses understanding of individual differences and diverse cultures and communities to ensure inclusive learning environments that enable each learner to meet high standards.
3. The student works with others to create environments that support individual and collaborative learning, and that encourage positive social interaction, active engagement in learning, and self-motivation.
4. The student understands the central concepts, tools of inquiry, and structures of the discipline(s) he or she teaches and creates learning experiences that make the discipline accessible and meaningful for learners to assure mastery of the content.
5. The student understands how to connect concepts and use differing perspectives to engage learners in critical thinking, creativity, and collaborative problem solving related to authentic local and global issues.
6. The student understands and uses multiple methods of assessment to engage learners in their own growth, to monitor learner progress, and to guide the teacher's and learner's decision making.

7. The student plans instruction that supports every student in meeting rigorous learning goals by drawing upon knowledge of content areas, curriculum, cross-disciplinary skills, and pedagogy, as well as knowledge of learners and the community context.

8. The student understands and uses a variety of instructional strategies to encourage learners to develop deep understanding of content areas and their connections, and to build skills to apply knowledge in meaningful ways.

9. The student engages in ongoing professional learning and uses evidence to continually evaluate his/her practice, particularly the effects of his/her choices and actions on others (learners, families, other professionals, and the community), and adapts practice to meet the needs of each learner.

10. The student seeks appropriate leadership roles and opportunities to take responsibility for student learning, to collaborate with learners, families, colleagues, other school professionals, and community members to ensure learner growth, and to advance the profession.

11. The teacher candidate should be able to distinguish between each of the federally recognized tribes with respect to the retention of their ancestral lands in Idaho: Coeur d'Alene Tribe, Kootenai Tribe of Idaho, Nez Perce Tribe, Shoshone Bannock Tribes, and the Shoshone Paiute Tribes. Teacher candidates build capacity in learners to utilize the assets that each learner brings to the learning community based on their backgrounds and experiences.

12. The teacher understands the Code of Ethics for Idaho Professional Educators and its place in supporting the integrity of the profession.

13. The teacher knows how to use digital technology to create lessons and facilitate instruction and assessment in face to face, blended, and online learning environments to engage students and enhance learning.