

Physical Education B.S.Ed – 4 – Year Plan

Student's Name:			Advisor's Name:		
Cortland ID #:			Email:		
Student also needs to complete the following workshops: ¹	CARR 500 SAVE 500 DASA 500	GPA Requirement: Students must receive a C- or higher in all professional block courses (PED 201, EDU 255, EDU 256, EDU 355, PED356) and maintain a 2.5 GPA or higher to remain in the major.			
Course Requirement	Course Title	Credits	Min. Grade	Grade Earned T - Transfer	Semester Completed
FIRST YEAR					
<i>FALL</i>					
COR 101	The Cortland Experience: A First Year Seminar	1			
CPN 100 OR CPN 102	Writing Studies I OR Writing Studies in the Community I	3			
EXS 197	History & Philosophy of Physical Education & Sport	3			
PED 282	Health - Related Physical Fitness	1			
PED 189	Aquatics ²	1			
SUNY/Cortland GEN ED Restricted Electives ³		6			
<i>Total Credits</i>		15			
<i>SPRING</i>					
CPN 101 OR CPN 103	Writing Studies OR Writing Studies in the Community II	3			
PSY 101	Introduction to Psychology ⁴	3			
PED 283	Racquet Activities	1			
PED 101	Introduction to Contemporary Physical Education	1			
SUNY/Cortland GEN ED Restricted Electives ³		7			
<i>Total Credits</i>		15.0			
SECOND YEAR					
<i>FALL</i>					
BIO 206	Fundamentals of Human Anatomy & Physiology	4			
HLTH 110	Personal & Community Health	3			
PED 201	Motor Development	3	C-		
PED 181	Adventure Activities	1			
PED 180	Team Sport Methods	1			
SUNY/Cortland GEN ED Restricted Elective ³		3			
<i>Total Credits</i>		15			
<i>SPRING</i>					
EXS 380	Motor Control & Learning	3			
PED 321	Movement Education	3			
PED 257	Lifetime Activities in Physical Education	1			
PED 253	Inclusive Physical Activity in Physical Education	0.5			
PED 187	Track and Field	0.5			
EXS Elective ⁵		3			
SUNY/Cortland GEN ED Restricted Electives ³		6			
<i>Total Credits</i>		17			
THIRD YEAR					
<i>FALL</i>					
EDU 255	Basics of Effective Instruction in Physical Education ⁶	3	C-		
EDU 256	Seminar for Field Experience	1	C-		
PED 434	Statistics & Assessment in Physical Education ⁷	3			
PSY 332	Educational Psychology	3			
PED 384	Self-Defense	1			
Physical Activity Elective ⁸ OR Unrestricted LASR Elective ⁹		1			
SUNY/Cortland GEN ED Restricted Electives ³		3			
<i>Total Credits</i>		15			

SPRING					
EXS 387	Biomechanics	3			
PED 356	Adapted Physical Education & Sport	3	C-		
PED 381	Sport Models in Physical Education	1			
PED 388	Rhythms & Dance	1			
EXS 230 OR PED 4XX	Foundations of Coaching: Principals & Theories OR Coaching Clinic (PED 404-419)	2			
PED 308	Outdoor Adventure Education for Teachers ¹⁰	3			
Physical Activity Elective ⁸ OR Unrestricted LASR Elective ⁹		1			
SUNY/Cortland GEN ED Restricted Electives ³		3			
Total Credits		17			
FOURTH YEAR					
FALL					
EDU 470	Foundations of Education in American Culture ¹¹	3			
EXS 397	Exercise Physiology	3			
PED 382	School-Based Fitness Programming	3			
PED 385	Gymnastics for School-Based Settings	1			
EDU 355	Physical Education Curriculum: Planning & Practice	3	C-		
EDU 454	Pre-Student Teaching Conference in Physical Education	1			
HLH 120	Responding to Emergencies ¹²	2			
Physical Activity Elective ⁸ OR Unrestricted LASR Elective ⁹		1			
Total Credits		17			
SPRING					
EDU 456	UG Student Teaching & Seminar in Physical Education Part I	7			
EDU 457	UG Student Teaching & Seminar in Physical Education Part II	7			
Total Credits		14			
Minimum Credits Required for Graduation: 126					
¹ CARR, SAVE are prerequisites for EDU 355 and PED 356. It is suggested to take alongside PED 201 or EDU 255. DASA is a prerequisite for EDU 454/455/456. It is suggested to take alongside EDU 355 or PED 356.					
² PED 301 – Water Safety Instructors can be taken in place of PED 189. Students who can provide a current Water Safety Instructor Certification or Basic Swim Instructor Certification may submit a waiver for PED 189; however, they will then be required to take an additional 1 credit hour activity elective.					
³ SUNY GEN ED Restricted Elective: Students may choose classes equaling the number of credits from the following SUNY GEN ED categories: GENS-Natural Sciences (and Scientific Reasoning), GEUS-US History & Civic Engagement, GEWH-World History & Global Awareness, GEHU-Humanities, GEAR-The Arts, GEDI-Diversity: Equity, Inclusion & Social Justice, GEST-Science, Technology, Values & Society.					
⁴ Fulfills SUNY GESS: Social Sciences					
⁵ Exercise Science Elective chosen from the following: EXS 287, EXS 290, EXS 345, EXS 346, EXS 367, EXS 410, or EXS 420. <i>EXS 290 also meets SUNY GEDI: Diversity: Equity, Inclusion & Social Justice. EXS 410 also meets ONE WRIT requirement.</i>					
⁶ Fulfills SUNY GECP: Communication - Presentation Skills					
⁷ Fulfills SUNY GEMA: Mathematics (and Quantitative Reasoning)					
⁸ Physical Activity Elective: Students may choose any PED elective or course with ACTV or RACT attribute. Students must take a total of 1 credit hour.					
⁹ Unrestricted LASR Elective: Due to BIO 206 curriculum change students now need 2 extra credits to make up the 2 originally from BIO 301/302, total credits required for program remains 126.					
¹⁰ PED 308 has a required 2-week field experience at Raquette Lake. Fees are associated with the course.					
¹¹ EDU 470 meets ONE WRIT requirement.					
¹² Students who can provide a current First Aid Certification and an Adult, Child, and Infant CPR or higher may submit a waiver. The 2 credit hours must be completed via other courses.					
Teacher Certification Exams: CST should be taken after EXS 387 & EXS 397. EAS should be taken after EDU 255/256 and ALL SUNY GEN ED requirements. Visit http://www2.cortland.edu/teacher-education/teacher-certification.dot or http://www.nystce.nesinc.com/ for more information.					