

PHYSICAL EDUCATION MAJOR (M)

To become a physical education teacher, there is a variety of coursework involved. You will have a better understanding of the human body with exercise physiology, motor development, anatomy, and physiology. You'll also learn the ins and out of health education with personal, family, and community health. To get to this point, you'll gain clinical experience and feel prepared to support learners with adaptive physical education needs. Upon completion of the program, you will receive a Physical Education, Health, Athletic Coaching, and Adaptive Physical Education license.

Program Learning Outcomes

- 1. Learner Development:** The teacher 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 (Human Relations, Pedagogical Knowledge)
- 2. Learning Differences :** The teacher uses understanding of individual differences and diverse cultures and communities to ensure inclusive learning environments that enable each learner to meet high standards. (Human Relations, Pedagogical Knowledge)
- 3. Learning Environments:** The teacher 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. (Teaching Practice, Human Relations)
- 4. Content Knowledge:** The teacher understands the central concepts, tools of inquiry, and structures of the discipline(s) he or she teaches and creates learning experiences that make these aspects of the discipline accessible and meaningful for learners to assure mastery of the content. (Content Knowledge)
- 5. Application of Content:** The teacher 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. Assessment Strategies:** The teacher 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. (Content Knowledge, Pedagogical Knowledge)
- 7. Planning for Instruction:** The teacher 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. (Content Knowledge, Pedagogical Knowledge)
- 8. Instructional Strategies:** The teacher 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. (Pedagogical Knowledge, Communication Skills, Teaching Practice)
- 9. Professional Learning and Ethical Practice:** The teacher 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. Leadership and Collaboration: The teacher 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. Character/Faith Development: All teachers model a value system which emphasizes moral and ethical character. Teachers in Christian schools integrate faith and learning while modeling Christian mission and service with a biblical worldview. Lutheran teachers adhere to the doctrine and practice of the Lutheran Church-Missouri Synod. (Human Relations, Professional Dispositions, Content Knowledge)

Curriculum

NOTE: All licensable majors and minors require that students pass applicable content examinations for licensure in the state of Wisconsin.

Code	Title	Hours
Core Requirements (https://catalog.cuw.edu/undergraduate/university/acad-prog/trad/core/)		45
		-
		48
Major Requirements		31
		-
		37
Major Subject Area		39
Electives		5
Total Hours		120-129

NOTE: Check with the Chair of the Secondary Education Department for possible changes in this major.

The Physical Education Major is licensable from Kindergarten to grade 12.

Students completing this program are also eligible for licensure in athletic coaching, adaptive physical education, and health education.

Core Curriculum - 45 - 48 Credits

Concordia Common Core

Code	Title	Hours
Theology - Public Education		
REL 1000	The Bible	3
REL 1100	Christian Faith	3
Theology - Lutheran (LTD) & Christian (CTC)		
REL 2010	Old Testament	3
REL 2020	New Testament	3
REL 2030	Biblical Theology	3
Liberal Arts Dimensions - 27 Credits		
CCE 1010	Christian Citizen	3
CCE 1020	Western Culture & Worldview	3
CCE 1030	Western Thought & Worldview	3
CCE 1040	Science & Humanity	3
Liberal Arts Dimensions - 27 Credits		
ENG 1040	Introduction to Writing	3
COMM 1100	Public Speaking (or a language course)	3

or COMM 2100 Interpersonal Communication

Faith and Life Elective: Any course with REL prefix other than REL 1000, 1100, 2010, 2020, 2030	3
ED 1102 Foundations of Education	3
HHP 1100 Stewardship of the Body	1
HHP Activity Course	1
Human Creativity and Expression: Art, Music, Theater, Literature or Graphic Design activity course	3
MATH 1250 Contemporary Math	3
or MATH 1280 College Algebra	3
SCI 1100 Introduction to Life and Physical Sciences	4
ED 1103 Human Relations for Teachers (register with ED 1212)	3

Note: Two CUW - approved writing intensive courses are required for graduation. Other Electives if under 120 credits: 3-6

K-12 Curriculum - 31 - 37 credits

Code	Title	Hours
<i>Field Experience (clinical experiences are graded as pass/fail)</i>		
ED 1211	Discovery Clinical	0
ED 1212	Cultural Clinical	0
ED 1213	Special Education Clinical	0
Education Seminars (seminars are graded as pass/fail)		
ED 1000	Orientation Seminar	0
ED 2000	UDS Seminar	0
ED 3000	Student Teaching Seminar	0
Theoretical & Practical Components		
ED 1230	Nature of the Exceptional Child (register with ED 1213)	3
ED 1275	Human Learning (register with ED 1211)	3
ED 3318	The Art & Science of Planning ¹	3
ED 4337	The Art and Science of Assessment ^{1,2}	3
ED 4339	The Art and Science of Instruction ^{1,2}	3
ED 4411	The Profession and Ethics of Teaching ¹	3
Student Teaching Component (Take these courses in the same semester)		
ED 4414	Portfolio Completion-Secondary ¹	1
ED 4433	Secondary Ed Student Teaching 1	12
& ED 4434	and Secondary Ed Student Teaching 2 ¹	

Lutheran (LCMS Members) Teacher Diploma Requirements

ED 2306	Teaching the Faith	3
REL 4000	Lutheran Confessions	3

Christian Teacher Certification Requirements

ED 2306	Teaching the Faith	3
Select one of the following:		
REL 4000	Lutheran Confessions	3
REL 3860	Law and Gospel in the Life of the Church	3
REL 3500	A Survey of Christian Thought	3
PHIL 3250	Christian Apologetics	3
PHIL 3340	Christ and Culture	3

Footnotes

Major Requirements - 39 credits

Code	Title	Hours
Required Courses		
BIO 1300	Essentials of Anatomy and Physiology (satisfies core science requirement, PE majors still need to take an additional Physical Science seminar)	4
HHP 2260	School and Community Health	3
HHP 2265	Healthy Lifestyles	3
HHP 3371	Exercise Physiology	3
HHP 3373	Motor Development	3
HHP 3375	Biomechanics	3
ED 3459	Measurement and Evaluation - Health and Physical Education ¹	3
ED 3475	Adaptive Physical Education ¹	3
ED 3476	Curriculum and Methods - Health Education ¹	3
ED 3486	Practicum in Adaptive PE ¹	0
ED 3381	Curriculum and Methods of Teaching PE - Elementary ¹	4
ED 4382	Curriculum and Methods of Teaching PE - Secondary ^{1,2}	3

Major Electives

Select two of the following:

HHP 2581	Theory and Techniques of Coaching Softball	2
HHP 2582	Theory and Techniques of Coaching Basketball	2
HHP 2584	Theory and Techniques of Coaching Football	2
HHP 2586	Theory and Techniques of Coaching Track	2
HHP 2587	Theory and Techniques of Coaching Soccer	2
HHP 2588	Theory and Techniques of Coaching Volleyball	2
HHP 2590	Theory and Techniques of Coaching Wrestling	2

¹ Course Requires Upper Division Status.

² ED 4337, ED 4339, and ED 4382 are taken concurrently during the Fall prior to student teaching.

Physical education majors are required to attain First Aid & CPR certification prior to graduation. CPR certification must include face-to-face instruction.

Demonstration of specific content knowledge is required for licensure.

This includes a content based portfolio along with a GPA of 3.0 in the above content classes OR a score of 150 or better on the Praxis II examination 5091 Physical Education: Content Knowledge and a score of 151 or better on the Praxis II examination 5551 Health Education.

Plan - Lutheran Teacher Diploma

Course	Title	Hours
Semester 1		
ED 1000	Orientation Seminar	0
ED 1102	Foundations of Education	3
MAJOR COURSE		3
REL 2010	Old Testament	3
CCE 1010	Christian Citizen	3
ED 1103	Human Relations for Teachers	3
ED 1212	Cultural Clinical	0
MAJOR COURSE		3
Hours		18

Semester 2		
ED 1275	Human Learning	3
ED 1211	Discovery Clinical	0
REL 2020	New Testament	3
CCE 1030	Western Thought & Worldview	3
MAJOR COURSE		3
MAJOR COURSE		3
Hours		15
Semester 3		
ED 1230	Nature of the Exceptional Child	3
ED 1213	Special Education Clinical	0
ENG 1040	Introduction to Writing	3
CCE 1020	Western Culture & Worldview	3
MAJOR COURSE		3
MAJOR COURSE		3
REL 2030	Biblical Theology	3
Hours		18
Semester 4		
CCE 1040	Science & Humanity	3
ED 2000	UDS Seminar	0
FAITH & LIFE		3
MATH 1250 or MATH 1280	Contemporary Math or College Algebra	3
MAJOR COURSE		3
MAJOR COURSE		3
Hours		15
Semester 5		
MAJOR COURSE		3
SCI 1100	Introduction to Life and Physical Sciences	4
HHP ACTIVITY		1
MAJOR COURSE		3
COMM 1100 or COMM 2100	Public Speaking or Interpersonal Communication	3
HHP 1100	Stewardship of the Body	1
Hours		15
Semester 6		
ED 3318	The Art & Science of Planning	3
ED 4411	The Profession and Ethics of Teaching	3
MAJOR COURSE		3
HUMAN CREATIVITY & EXPRESSION		3
MAJOR COURSE		3
ED 2306	Teaching the Faith	3
Hours		18
Semester 7		
ED 4337	The Art and Science of Assessment	3
ED 3000	Student Teaching Seminar	0
CURRICULUM & METHODS		3
ED 4339	The Art and Science of Instruction	3
MAJOR COURSE		3
MAJOR COURSE		3
REL 4000	Lutheran Confessions	3
Hours		18
Semester 8		
ED 4433	Secondary Ed Student Teaching 1	6
ED 4434	Secondary Ed Student Teaching 2	6
ED 4414	Portfolio Completion-Secondary	1
Hours		13
Total Hours		130

Course options and schedule are subject to change.

Plan - Public Education

Course	Title	Hours
Semester 1		
ED 1000	Orientation Seminar	0
ED 1102	Foundations of Education	3
MAJOR COURSE		3
REL 1000	The Bible	3
CCE 1010	Christian Citizen	3
ED 1103	Human Relations for Teachers	3
ED 1212	Cultural Clinical	0
MAJOR COURSE		3
Hours		18
Semester 2		
ED 1275	Human Learning	3
ED 1211	Discovery Clinical	0
REL 1100	Christian Faith	3
CCE 1030	Western Thought & Worldview	3
MAJOR COURSE		3
MAJOR COURSE		3
Hours		15
Semester 3		
ED 1230	Nature of the Exceptional Child	3
ED 1213	Special Education Clinical	0
ENG 1040	Introduction to Writing	3
CCE 1020	Western Culture & Worldview	3
MAJOR COURSE		3
MAJOR COURSE		3
Hours		15
Semester 4		
CCE 1040	Science & Humanity	3
ED 2000	UDS Seminar	0
FAITH & LIFE		3
MATH 1250 or MATH 1280	Contemporary Math or College Algebra	3
MAJOR COURSE		3
MAJOR COURSE		3
Hours		15
Semester 5		
MAJOR COURSE		3
SCI 1100	Introduction to Life and Physical Sciences	4
HHP ACTIVITY		1
MAJOR COURSE		3
COMM 1100 or COMM 2100	Public Speaking or Interpersonal Communication	3
HHP 1100	Stewardship of the Body	1
Hours		15
Semester 6		
ED 3318	The Art & Science of Planning	3
ED 4411	The Profession and Ethics of Teaching	3
MAJOR COURSE		3
HUMAN CREATIVITY & EXPRESSION		3
MAJOR COURSE		3
ED 2306	Teaching the Faith	3
Hours		18
Semester 7		
ED 4337	The Art and Science of Assessment	3
ED 3000	Student Teaching Seminar	0
CURRICULUM & METHODS		3
ED 4339	The Art and Science of Instruction	3
MAJOR COURSE		3
MAJOR COURSE		3
REL 4000	Lutheran Confessions	3
Hours		18
Semester 8		
ED 4433	Secondary Ed Student Teaching 1	6
ED 4434	Secondary Ed Student Teaching 2	6
ED 4414	Portfolio Completion-Secondary	1
Hours		13
Total Hours		130

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Semester 8

ED 4433	Secondary Ed Student Teaching 1	6
ED 4434	Secondary Ed Student Teaching 2	6
ED 4414	Portfolio Completion-Secondary	1
Hours		13
Total Hours		121

Course options and schedule are subject to change.