

Teaching K-12 Physical Education and Health (PHED)

The major leading to a B.S.E. in Teaching K-12 Physical Education and Health provides students with the knowledge and skills to design quality physical education and health lessons and programs for K-12 school children. Graduates will learn to effectively work as a teacher or coach in the K-12 school environment and have the skills needed to establish a class environment that promotes learning and engage students.

The program leads to licensure in teaching of K-12 physical education and health.

Requirements for B.S.E. in Teaching K-12 Physical Education and Health

Admission to the Teaching K-12 Physical Education and Health, which prepares a student to teach in the public schools, begins as a Pre-Teaching K-12 Physical Education and Health major. For admission to the major, the following is required:

1. Complete the Pre-Teaching K-12 Physical Education and Health requirements (see course list below).
2. Have a 2.5 or higher University of Arkansas GPA.¹
3. Register with the Office of Teacher Education (see the Teacher Education Application Fee) in the fall of the sophomore year and complete an Arkansas State Police and Arkansas Child Maltreatment Registry background check. Students will be emailed a certification letter from the Office of Teacher Education once they have successfully completed these steps. The certification letter must be emailed by the student to the Teaching K-12 Physical Education and Health program coordinator to formally complete the admission process to the Teaching K-12 Physical Education and Health program.

Pre-Teaching K-12 Physical Education and Health

CIED 10103	Introduction to Education	3
PHED 20203	Sport Skills or PHED 23703Elementary Physical Education	3
PBHL 11003	Personal Health and Safety	3
Total Hours		9

¹ All students, including transfer students must complete at least 12 credit hours at the University of Arkansas with a minimum of 2.5 GPA.

Deadlines to submit the information for the Teaching K-12 Physical Education and Health Program above are May 1 (typically spring sophomore year) for fall admission and Nov. 1 (typically fall junior year) for spring admission. Appeals must be made to the PHED Program Coordinator for admission after these deadlines.

- To enroll in PHED 30003 and PHED 30403, students are required to be admitted to the Teaching K-12 Physical Education and Health major.
- To enroll in PHED 47003, PHED 47403, and PHED 4320V, students are required to have a cumulative grade point average of 2.7 or above

and be admitted to the Teaching K-12 Physical Education and Health major.

To be eligible to enroll in the Senior Block Internship semester (PHED 40203, PHED 4070V, PHED 47303), students are required to:

- Be admitted to the Teaching K-12 Physical Education and Health major.
- Have a cumulative grade point average of 2.7.
- Take the Praxis II exams required by the Arkansas Department of Education licensure area of K-12 Physical Education, Wellness and Leisure by December 1st.

In order to complete the Teaching K-12 Physical Education and Health major, students must complete all University and PHED program requirements for graduation.

Students interested in obtaining an endorsement in coaching should contact the Director of Teacher Licensure in the Office of Teacher Education. (<https://teacher-education.uark.edu/licensure/>)

Pre-PHED		9
State Minimum Core ¹		35
PSYC 20003	General Psychology (ACTS Equivalency = PSYC 1103)	
Additional Requirements for Teaching K-12 Physical Education and Health (55-56 hours)		
SPCH 10003	Public Speaking (ACTS Equivalency = SPCH 1003)	3
PHED 20203	Sport Skills ² or PHED 23703Elementary Physical Education	3
PHED 31603	Applied Kinesiology	3
PHED 32003	Principles and Problems of Coaching	3
PHED 32203	Motor Development	3
PHED 35703	The School Health Program	3
PHED 36203	Sport Sociology	3
PHED 39003	Adapted Physical Education	3
CIED 30303	Classroom Learning Theory	3
CNED 40003	Classroom Human Relations Skills or CNED 30503The Helping Relationship	3
PHED Pedagogical Courses ³		
PHED 30003	Outdoor Education	3
PHED 30403	Teaching Fitness	3
Senior PHED Courses ³		
PHED 4320V	(1 or 2 hours)	1-2
PHED 47403	Secondary Physical Education	3
PHED 47003	Assessment in Physical Education	3
Internship Semester ³		
PHED 40203	Class Management	3
PHED 4070V		6
PHED 47303	Senior Seminar	3
General Electives		20-21
As needed for total hours based on waivers, exemptions and transfer inequalities		
Total Hours		120

Fine Arts or Humanities State Minimum Core (Satisfies General Education Outcome 3.1 or 3.2) ^{1, 2}	3
Science State Minimum Core (Satisfies General Education Outcome 3.4) ¹	4
Social Sciences State Minimum Core (except PSYC 2003) (Satisfies General Education Outcome 3.3) ^{1, 2}	3
Humanities or Fine Arts State Minimum Core (Satisfies General Education Outcome 3.2 or 3.1) ^{1, 2}	3
General Elective	6
PHED 23703 Elementary Physical Education	3
Year Total:	16 15

Third Year	Units	
	Fall	Spring
PHED 30003 Outdoor Education	3	
CIED 30303 Classroom Learning Theory	3	
PHED 32003 Principles and Problems of Coaching	3	
PHED 39003 Adapted Physical Education	3	
PHED 31603 Applied Kinesiology	3	
PHED 30403 Teaching Fitness		3
PHED 36203 Sport Sociology (Satisfies General Education Outcome 4.1)		3
General elective		9
Year Total:	15	15

Fourth Year	Units	
	Fall	Spring
PHED 35703 The School Health Program	3	
CNED 40003 Classroom Human Relations Skills	3	
PHED 4320V	1	
General Elective	3	
PHED 47003 Assessment in Physical Education	3	
PHED 47403 Secondary Physical Education	3	
PHED 40203 Class Management		3
PHED 4070V		6
PHED 47303 Senior Seminar (Satisfies General Education Outcome 6.1)		3
Year Total:	16	12

Total Units in Sequence: 120

¹ Core areas must be completed as outlined in State Minimum Core (<http://catalog.uark.edu/undergraduatecatalog/gened/stateminimum/>).
² Students must complete the State Minimum Core requirements (<https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnextcatalog.uark.edu%2Fundergraduatecatalog%2Fgened%2Fstateminimum%2F&data=02%7C01%7Cagriffin%40uark.edu%7Ce4e632415f9b49eda9bf08d7f5c20b91%7C79c742c4e61c4fa5be89a3cb566a80d1%7C0%7C0%7C637248086069611524&sd=4bJ2Qop83N8KfTKGD%2F1XG8924jwOx8pTlw8lWNAg0s%3D&reserved=0>) as outlined in the Catalog of Studies. The courses that meet the state minimum core also fulfill many of the university's General Education requirements (<https://nam03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fnextcatalog.uark.edu%2Fundergraduatecatalog%2Fgened>

%2Fgeneraleducation%2F&data=02%7C01%7Cagriffin%40uark.edu%7Ce4e632415f9b49eda9bf08d7f5c20b91%7C79c742c4e61c4fa5be89a3cb566a80d1%7C0%7C0%7C637248086069611524&sd=4bJ2Qop83N8KfTKGD%2BDWRVefAqIMsYNX4KXEGX2JdEJJY7Go%3D&reserved=0), although there are additional considerations to satisfy the general education learning outcomes. Students are encouraged to consult with their academic adviser when making course selections.

Courses

PHED 20203. Sport Skills. 3 Hours.
 This course is designed to prepare the student to teach sport skills, primarily those taught in grades 5-8. (Typically offered: Fall)

PHED 23703. Elementary Physical Education. 3 Hours.
 Program planning and techniques of teaching physical education activities to children; for early childhood, elementary and physical education teachers, supervisors, and principals. (Typically offered: Spring)

PHED 30003. Outdoor Education. 3 Hours.
 This course is designed to provide opportunities for the student to acquire the skills, teaching and leadership techniques associated with outdoor and adventure activities. Prerequisite: Admission into PHED BSE program is required. (Typically offered: Fall)

PHED 30403. Teaching Fitness. 3 Hours.
 Instructional strategies for teaching public school students about fitness concepts. Prerequisite: Admission into PHED BSE program is required. (Typically offered: Spring)

PHED 31603. Applied Kinesiology. 3 Hours.
 Examination of the physiological responses and biomechanical principles of movement. The exploration includes the study of the maturation of the body's functional capacities as it relates to exercise and the fundamental principles of mechanical analysis of movement. (Typically offered: Fall)

PHED 32003. Principles and Problems of Coaching. 3 Hours.
 A focus on the various aspects of coaching the athletes in contemporary society through an examination of research findings related to factors affecting performance. Attention to be given to principles, problems and understanding essential to the management of athletic contests. (Typically offered: Fall)

PHED 32203. Motor Development. 3 Hours.
 An overview of contemporary motor development and movement theory, developmental hierarchies, and physiological aspects of development throughout the lifespan. (Typically offered: Fall and Spring)

PHED 35703. The School Health Program. 3 Hours.
 Studies school health services, the health environment, and health education, as well as the teacher's potential role in each. Prerequisite: PBHL 11003. (Typically offered: Fall)

PHED 36203. Sport Sociology. 3 Hours.
 An investigation of the impact of physical education and sport on society. (Typically offered: Spring)

PHED 39003. Adapted Physical Education. 3 Hours.
 Provides fundamental concepts and skills essential to physical education programming for students with disabilities. Deals with definitions, disabling conditions, developmental and remedial activities, games, and sports. Prerequisite: Junior standing. (Typically offered: Fall)

PHED 3910V. Special Topics in PHED. 1-3 Hour.
 Designed to cover specialized topics not presented in physical education coursework. (Typically offered: Irregular) May be repeated for up to 9 hours of degree credit.

PHED 399H1. Physical Education Honors Thesis Tutorial. 1 Hour.

Designed to provide the foundation for the Honors Thesis/Project. Students and faculty tutors work "one-on-one" exploring a specific topic which has been agreed upon by the student and the professor. Prerequisite: Honors candidacy and PHEDBS major. (Typically offered: Fall, Spring and Summer)

PHED 40001. Coaching Practicum. 1 Hour.

Designed for students who want to add the Coaching Endorsement to the state teaching license. Student serves as a coaching assistant with a local school, University or recreational sports team. Students who serves as a coaching assistant with a local school must successfully complete a criminal background check prior to beginning coaching practicum. Prerequisite: PHED 32003 and proof of current First Aid/CPR/AED certification submitted to instructor of record. (Typically offered: Fall and Spring)

PHED 40203. Class Management. 3 Hours.

This course is designed to provide opportunities for the student to acquire an understanding that emphasizes class management; and includes professional ethics, and school policies related to students, faculty, and programs. Corequisite: PHED 40706 and PHED 47303. Prerequisite: Admission into PHED BSE program, earn a cumulative grade point average of 2.7, and take the Praxis II exams required by the Arkansas Department of Education licensure area of K-12 Physical Education, Wellness and Leisure by December 1st. (Typically offered: Spring)

PHED 40706. Physical Education Teaching Internship. 6 Hours.

This internship involves supervised teaching experience in a P-12 setting. Students will be placed under the guidance of a mentor teacher at specific school sites within NW Arkansas. Internship will be done at both the elementary and secondary levels. Successful completion of a criminal background check is required before beginning internship. Corequisite: PHED 40203 and PHED 47303. Prerequisite: Admission into PHED BSE program, earn a cumulative grade point average of 2.7, and take the Praxis II exams required by the Arkansas Department of Education licensure area of K-12 Physical Education, Wellness and Leisure by December 1st. (Typically offered: Spring)

PHED 43202. Teaching Practicum. 2 Hours.

K-12 Kinesiology majors serve as a teaching assistant with a local school physical education teacher. This course should be taken the semester before PHED 40706 Internship. Prerequisite: Admission into PHED BSE program and a cumulative grade point average of 2.7 are required. (Typically offered: Fall)

PHED 47003. Assessment in Physical Education. 3 Hours.

An examination of the assessment duties required of a physical education teacher. The use of authentic assessment and various grading strategies will be investigated. Prerequisite: Admission into PHED BSE program and a cumulative grade point average of 2.7 are required. (Typically offered: Fall)

PHED 47303. Senior Seminar. 3 Hours.

This capstone class will cover special topics for the Kinesiology P-12 students in preparation for entry into the profession. Resumes, cover letters, teaching philosophy, references, and interview preparation will be included. Students will also review contemporary issues relevant to the physical education teacher. Corequisite: PHED 40203. Prerequisite: Admission into PHED BSE program, earn a cumulative grade point average of 2.7, and take the Praxis II exams required by the Arkansas Department of Education licensure area of K-12 Physical Education, Wellness and Leisure by December 1st. (Typically offered: Spring)

PHED 47403. Secondary Physical Education. 3 Hours.

Strategies and curriculum for physical education, grades 7-12. Prerequisite: Admission into PHED BSE program and a cumulative grade point average of 2.7 are required. (Typically offered: Fall)

PHED 4800V. Workshop. 3-6 Hour.

Physical education workshop. Prerequisite: Instructor consent. (Typically offered: Summer)