

ESS Major: Physical, Adapted, and School Health Education (Grades K-12) - Bachelor of Science (BS)

Program requirements

Completion of the Physical, Adapted, and School Health Education (PASHE) Program and associated benchmark assessments (<http://catalog.uwlax.edu/undergraduate/education/#SOE-program-requirements>) will lead to endorsement for the following Wisconsin teaching licenses:

- Physical Education, grades K-12 (1530),
- Adapted Physical Education, grades K-12 (1860), and
- Health, grades K-12 (1910).

Students in all teacher education programs must satisfy the School of Education (SOE) core requirements (<https://catalog.uwlax.edu/undergraduate/education/#SOE-core>).

Students in all teacher education programs must be admitted to the School of Education (<https://www.uwlax.edu/soe/undergrad/admission-to-soe/>) in order to complete their program requirements and be eligible for endorsement for the appropriate teaching license(s). Students majoring in physical, adapted, and school health education (PASHE, grades K-12) must meet specific program admission criteria (<https://catalog.uwlax.edu/undergraduate/education/#PASHE>).

Retention and advancement

Teacher candidates may be retained in their teacher education program provided they fulfill the conditions described in the SOE retention policy (<http://catalog.uwlax.edu/undergraduate/education/#retention>). Students must complete all course requirements and other benchmarks prior to student teaching as described in the Student Teaching and Internship Policy (<http://catalog.uwlax.edu/undergraduate/education/#student-teaching>). Additional SOE program requirements, including the culminating assessment of pedagogical knowledge, are described on the SOE catalog page (<http://catalog.uwlax.edu/undergraduate/education/>).

Must earn a "C" or better in all required ESS courses except for ESS 302.

First aid and cardiopulmonary resuscitation (CPR) certification

Physical, adapted, and school health education majors must possess a valid American Red Cross First Aid and CPR certification or equivalent agency certification prior to and throughout student teaching.

Curriculum

Required general education courses (13 credits)

Code	Title	Credits
EDS 203	Foundations of Education ^{1, 2, 6}	3
EDS 206	Society and Schools ^{1, 3, 6}	3
PH 207	Youth Health Issues ⁴	3

Select one of the following: ⁵		4
BIO 100	Biology for the Informed Citizen	
BIO 105	General Biology	
MIC 100	Microbes and Society	
Total Credits		13

¹ Satisfies an SOE core requirement.

² Counts toward General Education Program requirement: Social and Behavioral Studies (GEN ED 1009).

³ Counts toward General Education Program requirement: Ethnic Diversity (GED ED 1005).

⁴ Counts toward General Education Program requirement: Mind & Body (GEN ED 1006).

⁵ Counts toward General Education Program requirement: Experiential Science (GEN ED 1008).

⁶ Must be completed or concurrently enrolled to apply to the PASHE program. Must earn a grade of "C" or better to satisfy the PASHE program requirement.

Major requirements (89 credits)

Code	Title	Credits
Courses not requiring admission to PASHE		
ESS 118	Foundations of Physical and School Health Education ⁶	2
ESS 121	Teaching Adventure Education in Physical Education ⁶	2
ESS 200	Introduction to Teaching Methods in Physical and School Health Education ⁶	2
ESS 205	Human Anatomy and Physiology for Exercise Science I	3
ESS 206	Human Anatomy and Physiology for Exercise Science II	3
ESS 207	Human Motor Behavior ¹	3
ESS 212	Teaching Fundamental Movement Skills in Physical Education ⁶	3
ESS 230	Functional Health Knowledge for School Health Education	3
ESS 231	Introduction to Teaching Adapted Physical Education ^{1, 6}	3
ESS 232	Adapted Lifetime Recreation and Sport	2
ESS 302	Physiology of Exercise	3
ESS 304	Biomechanical Principles of Human Movement Assessment and Analysis for Educators	2
ESS 331	Disability and Physical Activity Implications	2
Courses requiring admission to PASHE		
ESS 300	Assessment in Physical and School Health Education	2
ESS 310	Teaching Outdoor Pursuits in Physical Education	2
ESS 330	Skill Development in School Health Education	2
ESS 361	Physical Education, School Health Education, and Physical Activity Lab I	1
ESS 362	Physical Education, School Health Education, and Physical Activity Lab II	1
ESS 363	Teaching Dance in Physical Education	2
ESS 364	Teaching Fitness and Wellness in Physical Education	2
ESS 366	Teaching Target, Net and Wall Activities in Physical Education	2

ESS 367	Teaching Invasion and Striking and Fielding Activities in Physical Education	2
ESS 368	Strength Training Techniques and Programs	3
ESS 418	Teaching Methods in School Health Education	4
ESS 419	Elementary Methods and Field Experience I in Physical Education ¹	4
ESS 420	Secondary Methods and Field Experience II in Physical Education ¹	4
ESS 423	Sociocultural Factors in Physical Education and School Health Education	2
ESS 424	Curriculum Development and Administration in Physical Education and School Health Education	3
ESS 436	Assessment in Adapted Physical Education	2
ESS 437	Teaching and Service Delivery Models in Adapted Physical Education	3
ESS 439	Teaching and Leadership in Adapted Physical Education	3
Student teaching semester		
Demonstrate content knowledge through benchmark assessment prior to student teaching ⁷		
EDS 492	Student Teaching Seminar ¹	1
One of the following: ¹		11
EDS 497	Student Teaching: Kindergarten through Grade 12 (K-12)	
EDS 495	Teaching Internship	
Total Credits		89

⁷ Must complete all course requirements and other benchmarks prior to student teaching, including possessing a valid American Red Cross First Aid and CPR Certification or equivalent agency certification. See SOE's benchmark assessments (<https://www.uwlax.edu/soe/undergrad/benchmark-assessments/>) website for information about benchmark assessments. For more information on student teaching, please see the Student Teaching and Internship Policy (<http://catalog.uwlax.edu/undergraduate/education/#student-teaching>).

Additional teacher education requirements are listed on the School of Education (<https://catalog.uwlax.edu/undergraduate/education/>) catalog page.

Degree requirements

All teacher education students must complete the general education, School of Education, major/minor, and university degree requirements in order to qualify for a degree. The easiest way to track all of these requirements is to refer to the Advisement Report (AR) found in the Student Information System (WINGS) Student Center. All enrolled students have access to the AR.

- General education (<https://catalog.uwlax.edu/undergraduate/generaleducation/>)
- School of Education requirements (<https://catalog.uwlax.edu/undergraduate/education/>)
- Baccalaureate degree requirements (p. 2)

Baccalaureate degree requirements

Candidates for the Bachelor of Arts or the Bachelor of Science degrees must accomplish the following:

1. Fulfill the general education requirements.
2. Complete at least one ethnic studies (diversity) course.
3. Complete the courses prescribed by the Undergraduate Curriculum Committee for the degree desired in the respective school or college.
4. Earn a minimum of 120 semester credits with at least a 2.00 cumulative GPA.^{1, 2}
5. At least 40 credits must be earned in 300/400 level courses. Transfer courses earned or transferred at the 300/400 level apply to this requirement.
6. Complete major and minor requirements with at least a 2.00 GPA^{1, 2} in each major and minor (and concentration or emphasis, if selected).
7. A minimum of 30 semester credits in residence at UWL is required for graduation. (See undergraduate resident requirement (<https://catalog.uwlax.edu/undergraduate/academicpolicies/graduation/#undergraduate-residence-requirement>)).
8. Submit an application for graduation via the "Submit Intent to Graduate" link in the WINGS Student Center as soon as the student has registered for his or her final semester or summer term in residence. December and winter intersession graduates should apply by May 1. May and summer graduates should apply by December 1.

¹ Grade point average requirements for some programs will be considerably higher than 2.00. Re-entering students may be required to earn credits in excess of the 120 needed for graduation in any curriculum in order to replace credits earned in courses in which the content has changed substantially in recent years. Each case will be judged on its own merit.

² The grade point average recorded at the time the degree is awarded will not be affected by future enrollment.

No degree will be awarded unless all requirements are fulfilled and recorded within 30 days after the official ending date of each term.

Sample degree plan

Below is a sample degree plan that can be used as a guide to identify courses required to fulfill the major and other requirements needed for degree completion. A student's actual degree plan may differ depending on the course of study selected (second major, minor, etc.). Also, this sample plan assumes readiness for each course and/or major plan, and some courses may not be offered every term. Review the course descriptions or the class timetable (<http://www.uwlax.edu/records/registration/>) for course offering information.

The sample degree plans represented in this catalog are intended for first-year students entering UWL in the fall term. Students should use the Advisement Report (AR) in WINGS (<https://wings.uwlax.edu>) and work closely with their faculty advisor(s) and college dean's office to ensure declaration and completion of all requirements in a timely manner.

General Education Program

The general education curriculum (Gen Ed) is the common educational experience for all undergraduates at UWL. Sample degree plans include Gen Ed placeholders to ensure completion of the general education requirements. Courses may be rearranged to fit the needs or recommendations of the student's program of study. Gen Ed courses may be taken during winter term (January between the semesters) and summer to reduce the course load during regular terms (fall and spring). Students should consult with their advisor and/or the college academic services director in their college/school for assistance with course and schedule planning. Refer to the general education requirements (<https://>

catalog.uwlax.edu/undergraduate/generaleducation/) for more specific details.

At least 40 credits of the 120 credits required must be earned at the 300/400-level.

Note: New students and transfer students with less than 12 credits earned are required to take FYS 100 First-Year Seminar (3 cr.) during one of their first two semesters at UWL.

This sample degree plan does not establish a contractual agreement. It identifies the minimum requirements a student must successfully complete, to qualify for a degree, in a format intended to assist the student in planning their academic career. Actual degree plans may differ.

Year 1

Fall	Credits Spring	Credits
ESS 118	2 ESS 212	3
ESS 121	2 ESS 231	3
EDS 203 (Gen Ed 1009 Social and Behavioral Studies)	3 EDS 206 (Gen Ed 1005 Ethnic Diversity)	3
BIO 100, 105, or MIC 100 (Gen Ed 1008 Experiential Science)	4 Gen Ed 1004 Quantitative Reasoning	3-4
FYS 100 (Gen Ed 1001 First-Year Seminar)	3 CST 110 (Gen Ed 1003 Spoken Literacy)	3
Meet with faculty advisor to discuss requirements for admission to Physical, Adapted, and School Health Education program. ¹		
	14	16

Year 2

Fall	Credits Spring	Credits
ESS 200	2 ESS 206	3
ESS 205	3 ESS 207	3
ESS 232	2 ESS 230	3
ENG 110 (Gen Ed 1002 Written Literacy)	3 ESS 304	2
PH 207 (Gen Ed 1006 Mind and Body)	3 Gen Ed 1013 Cultures of Our World	3
Gen Ed 1007 Arts and Aesthetics	2 Gen Ed 1007 Arts and Aesthetics	2
Satisfy First Aid/CPR certification requirement.		
Apply for admission to SOE ²		
	15	16

Year 3

Fall	Credits Spring	Credits
ESS 300	2 ESS 330	2
ESS 302	3 ESS 362	1
ESS 331	2 ESS 363	2
ESS 361	1 ESS 367	2
ESS 364	2 ESS 368	3
ESS 366	2 ESS 436	2
Gen Ed 1011 Past That Define Us	3 Gen Ed 1012 Planet That Sustains Us	3
Apply for Field Experience I ³		
	15	15

Year 4

Fall	Credits Spring	Credits
ESS 310	2 ESS 418	4
ESS 419	4 ESS 420	4
ESS 423	2 ESS 424	3

ESS 437	3 ESS 439	3
Gen Ed 1010 Stories We Tell	3	
Apply for Field Experience II ³		
Apply for Student Teaching ⁴		
	14	14

Additional year

Fall	Credits
All course requirements and other benchmarks must be completed prior to student teaching. ⁵	
EDS 492	1
EDS 497	11
	12

Total Credits: 131

¹ See the PASHE admission policy (<https://catalog.uwlax.edu/undergraduate/education/#PASHE>) on the SOE catalog page for more details.

² See the SOE admissions website (<https://www.uwlax.edu/soe/undergrad/admission-to-soe/>) for complete admission and application details. Students majoring in physical, adapted, and school health education (PASHE, grades K-12) must meet specific program admission criteria (<https://catalog.uwlax.edu/undergraduate/education/#PASHE>). Students will be required to complete a criminal background check (<https://catalog.uwlax.edu/undergraduate/education/#criminal-background-check>) at the time of application for admission.

³ Students applying for field and student teaching placements will be asked to disclose any criminal charges (<https://catalog.uwlax.edu/undergraduate/education/#disclosure-past-offenses>).

⁴ Students must apply for student teaching (<https://www.uwlax.edu/soe/field-and-student-teaching-experience/for-teacher-candidates/>) through the Office of Field Experience one year prior to the student teaching semester.

⁵ For more information, please see the Student Teaching and Internship Policy (<https://catalog.uwlax.edu/undergraduate/education/#student-teaching>).