

# Physical Education (B.S.)

## Degree Type

Bachelor's

The Bachelor of Science degree in Physical Education at Russell Sage College prepares students for NYS teacher certification in K-12 Physical Education. The teacher licensure program is fully accredited by Association for Advancing Quality in Educator Preparation. Sage also offers 4+1 accelerated option for students interested in the MS in [Health Education](#). [95 credits]

## Core Courses

Item #	Title	Credits
EDU 201	Education and Society	3
EDU 206	Educational Psychology	3
PED 110	Intro to PED, Rec, & Sports Prof	3
PED 215	Fitness Activities in Physical Education	0.5
PED 217	Current Trends & Activities in PE & Recreation	0.5
PED 225	Concepts of Fitness & Wellness	3
PED 240	Sports Medicine	3
PED 303	Tactics/Skills & Invasion/Target Games	3
PED 304	Tactics/Skills: Net/Wall & Field/Scoring	3
PED 305	Teaching Rhythms and Dance	1
PED 308	Movement Education & Educational Gymnastics	0.5
PED 310	Measurement and Eval in PED	3
PED 311	Instructional Strategies Elementary PED	3
PED 312	Instructional Strategies Secondary PED	4
PED 320	Instructional Strategies for Students w/ Dev Dis	4
PED 322	Instructional Strategies for Students w/ Ortho Sens Dis	4
PED 330	Cooperative Games	0.5
PED 350	Sport Psychology	3
PED 355	Motor Learning	3
PED 407	Physical Education Student Teaching K-12	12
PED 409	Coaching Theory	2
PED 420	Organiz and Admin of PED Programs	3
PED 430	Diversity Service Learning	2

## Support Courses

Item #	Title	Credits
BIO 201	Anatomy and Physiology I	4
BIO 202	Anatomy and Physiology II	4
	Language Course	3
PSY 101	Introduction to Psychology	3
PSY 202	Human Development	3
SCI 306	Kinesiology	4
SCI 310	Exercise Physiology	4
HED 541	Nutrition and Physical Fitness	3

## Required Workshops

- Rep & Ident Child Abuse workshop : 0 credit
- Safe Schools Violence Prevention workshop : 0 credit
- DASA/School Bullying workshop : 0 credit

## Student Teaching Notes

**Before enrolling in PED 407** Physical Education Student Teaching K-12, students must meet the following requirements:

- A grade of "C-" or better in all PED Core courses with the exception of, PED 303 and 304, must have a grade of B- in these two courses.
- Achieve and maintain the healthy zones in aerobic capacity (pacer test or mile run), muscular strength and endurance (curl-up), flexibility (sit & reach), and upper body strength and endurance (push-up & modified push-up) as measured by Fitnessgram. Candidates must score at the Acceptable level for four areas listed prior to exiting from the program. Fitness measures will be required in PED 225, SCI 310, PED 401, and if applicable, PED 407.
  - Accommodations will be made for teacher candidates with documented physical disabilities.
- Demonstrate competence in selected game categories as measured by a grade B- or higher in PED 303 and 304.
  - Accommodations will be made for teacher candidates with documented physical disabilities.
- Complete an application for student teaching (PED 407) and submit to the School of Education department office.
- Cumulative GPA of 3.000 or higher.

## Degree Completion Notes

- Total credits required for a bachelor's degree (minimum): 120 credits
- Cumulative GPA required for graduation (minimum): 3.000
- Major GPA required for graduation (minimum): 2.750
- 1/2 of major requirements must be completed at Sage (minimum)
- Completion of all required **General Education** coursework

# Suggested Program of Study

## **Year 1 - Fall: 15 credits**

PED 110 Intro to PED, Rec, & Sports Prof

PSY 101 Intro to Psychology

RSC 101 Thriving at Sage

WRT 101 Writing in Community

General Education Course

## **Year 1 - Spring: 15 credits**

PED 225 Concepts of Fitness & Wellness

PSY 202 (or PSY 208) Human Development

WRT 201 Researching in Community

Language Ecourse (ASL 101 recommended)

General Education Course

## **Year 2 - Fall: 14 credits**

BIO 201/BIO 201L A&P I with Lab

EDU 201 Education and Society

PED 308 Movement & Gymnastics (.50)

PED 330 Cooperative Games (.50)

PED 350 Sport Psychology

RSC 201 Intercultural Perspectives

## **Year 2 - Spring: 15 credits**

BIO 202/BIO 202L A&P II with Lab

EDU 206 Educational Psychology

PED 215 Fitness Activities (.50)

PED 217 Current Trends (.50)

PED 240 Sport Medicine

PED 305 Teaching Rhythms & Dance (1)

PED 409 Coaching Theory

## **Year 3 - Fall: 17 credits**

PED 303 Tactics/Skills & Invasion/Target Games

PED 310 Measurement and Eval in PED

PED 320 Instr Strategies for Students w/ Dev Dis

PED 355 Motor Learning

SCI 310/SCI 310L Exercise Phys with Lab

Year 3 - Spring: 17 credits

PED 304 Tactics/Skills: Net/Wall & Field/Scoring

PED 311 Instr Strategies Elementary PED

PED 322 Instr Strategies for Students w/ Ortho Sens Dis

SCI 306/SCI 306L Kinesiology with Lab

General Education Course

**Year 4 - Fall: 15 credits**

HED 541 Nutrition and Physical Fitness

PED 312 Instr Strategies Secondary PED

PED 420 Org and Admin of PED Programs

PED 430/PED 448 Diversity Service Learning

RSC 301 Innovating to Impact

Safe Schools Violence Prevention *Workshop*

Reporting and Identifying Child Abuse *Workshop*

Year 4 - Spring: 12 credits

PED 407 Student Teaching K-12

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**Total Credits**

**95**

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