

# EXERCISE, SPORT, & HEALTH SCIENCES

## Physical Education Teacher Certification



The Exercise, Sport, & Health Sciences degree with an emphasis in Physical Education offers students the opportunity to be actively involved in helping people develop healthy active lifestyles. Graduates come away with a certification to teach PE K-12 and may opt to work towards an additional certification in Health. Exercise, Sport, & Health Sciences majors must have a cumulative GPA of 2.00 or greater to graduate.

### Curricular requirements – 120 semester credits total for graduation

#### MOVEMENT SCIENCES CORE (3CRS)

**MVSC 201** Physical Activity, Wellness & Behavior 3  
Change *Prereq or coreq: PEP 100*

#### MOVEMENT SCIENCES THEORY & LAB (21CRS)

**BIOL 227** Human Anatomy and Physiology I (F) *Prereq: BIOL 102 or 115. Suggested sophomore standing* 4

**BIOL 228** Human Anatomy and Physiology II (S) *Prereq: BIOL 227* 4

**H&S 450 or H&S 451** Critical Health Issues (F) or Psychosocial Determinants of Health (S) *Prereq: MVSC 201* 3

**PEP 100** Introduction to Exercise Science & Health (F) 1

**PEP 300** Applied Human Anatomy & Biomechanics 3  
*Prereq: BIOL 227 or permission*

**PEP 418** Physiology of Exercise 3  
*Prereq: MVSC 201, BIOL 227 & BIOL 228; or permission*

**PEP 493** Fitness Assessment & Prescription 3  
*Prereq: Senior standing & PEP 418; or permission*

#### PE TEACHER CERTIFICATION EMPHASIS (54CRS)

**EDCI 201\*** Contexts of Education (GE: Social Science) 3

**EDCI 301** Learning, Development & Assessment 3

**EDCI 302** Teaching Culturally Diverse Learners (GE: American Diversity) *Prereq: EDCI 301 and admission to TE program* 3

**EDCI 401** Internship Seminar *Coreq: PEP 484* 1

**EDCI 463** Literacy Methods for Content Learning 3

**FN 205** Concepts in Human Nutrition 3

**ENGL 207, 208, 313 OR 317** Advanced Composition 3

**MVSC 486\*** Healthy, Active Lifestyle Assessment & Intervention (S) *Prereq: junior or senior standing* 3

**PEP 412** Elementary Methods in Physical Activity Pedagogy (F) *Prereq: Admission to teacher ed program; MVSC 201; PEP 132, 133, 134 & 413* 3

**PEP 413** Foundations & Assessment (S) 3  
*Prereq: MVSC 201; PEP 132, 133 & 134*

**PEP 421** Secondary Methods in Physical Activity Pedagogy (S) *Prereq: Admission to teacher ed program; MVSC 201; PEP 132, 133, 134 & 413* 3

**PEP 424** Inclusive Physical Education & Recreation (F) 3  
*Prereq: Senior standing or permission*

**PEP 484\*\*** Internship in PE Teaching *Coreq: EDCI 401* 14

#### OPTIONAL: HEALTH CERTIFICATION (15CRS)

**H&S 423** Health Education Methods & Administration (F) 3

**H&S 450** Critical Health Issues (F) *Prereq: MVSC 201* 3

**H&S 451** Psychosocial Determinants of Health (S) 3  
*Prereq: MVSC 201*

**H&S 490** Health Promotion (S) *Prereq: H&S 450* 3

**HDFS 240** Intimate Relationships (S) or **PSYC 330** Human Sexuality *Prereq: PSYC 101* 3

#### ACTIVITY CLASSES (5CRS)

**IFIT 108, PEP 107, PEP 132, PEP 133 & PEP 134** 5

#### UI GENERAL EDUCATION REQUIREMENTS

*UI core requirements may overlap degree requirements; students should check with their academic advisor for specific information.*

#### COMMUNICATIONS (8CRS)

**ENGL 101** College Writing & Rhetoric 3

**ENGL 102** College Writing & Rhetoric II 3

**Oral Communication** 2-3

#### NATURAL & APPLIED SCIENCES (7-8CRS)

**Gen Ed Lab Science** 4

**Gen Ed Lab Science OR CORS** 3-4

#### MATH, STATISTICS & COMPUTER SCIENCE (3-4CRS)

**Gen Ed Math OR Stats** (see advisor) 3-4  
*(Suggested completion of Math within first year)*

#### ADDITIONAL UI GEN ED REQUIREMENTS (—CRS)\*

**Humanities** (from 2 different disciplines) 6

**Social Sciences** (from 2 different disciplines) 6  
*(PSYC 101 suggested)*

**American Diversity** 1 class

**International** 1 class

**Senior Experience** (MVSC 486) 3

**Admission to Teacher Education:** To take any EDCI class above EDCI 301, all students must meet the requirements for admission to teacher education which include the following: receiving a "C" or higher in EDCI 201, Engl 102, Math 143, and Comm 101; have a GPA of at least 2.75; complete an interview; application; two reference forms; and a fingerprint background check.

\*an online background check is required \*\*First Aid & CPR certification, Praxis scores & PETE faculty approval required

(F) = Class offered only in the Fall term (S) = Class offered only in the Spring term  
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## Sample Four-Year Plan 2022-2023

FRESHMAN FALL (15CRS)			FRESHMAN SPRING (16-17CRS)		
PEP 100	Introduction to Exercise Science & Health (F)	1	EDCI 201	Contexts of Education* (GE: Social Science)	3
PEP 132	Skill & Analysis of Striking & Net/Wall Activities (F)	1	PEP 107 & 133	Movement Fundamentals and Skill Analysis (S)	2
ENGL 101	College Writing and Rhetoric I	3	ENGL 102	College Writing and Rhetoric II	3
Soc Sci	GE: Social Science ( <i>PSYC 101 suggested</i> )	3	Oral Comm	General Education Oral Communication	2-3
BIOL 102 & 102L	Biology and Society (GE: Science)	4	MVSC 201	Phys Act & Beh Change <i>Prereq or coreq: PEP 100</i>	3
MATH	General Education Math ( <i>MATH 143 suggested</i> )	3	Humanities	General Education Humanities	3
SOPHOMORE FALL (14CRS)			SOPHOMORE SPRING (16CRS)		
BIOL 227	Human Anatomy and Physiology I (F) <i>Prereq: BIOL 102 or 115. Suggested sophomore standing</i>	4	BIOL 228	Human Anatomy and Physiology II (S) <i>Prereq: BIOL 227</i>	4
EDCI 301	Learning, Development & Assessment	3	Humanities	General Education Humanities	3
FN 205	Concepts in Human Nutrition (GE: Science)	3	H&S 245	Introduction to Athletic Injuries (S)	3
PEP 134	Skill & Analysis of Rec & Outdoor Activities (F)	1	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 227</i>	3
International	General Education International	3	EDCI 302	Teaching Culturally Diverse Learners (GE: American Diversity) <i>Prereq: EDCI 301 and admission to TE program</i>	3
JUNIOR FALL (16CRS)			JUNIOR SPRING (15CRS)		
ENGL —	Advanced Composition	3	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
IFIT 108	Water-Based Sports & Fitness Activities	1	MVSC 486	Healthy, Active Lifestyle Assessment & Intervention (S) <i>Prereq: junior or senior</i>	3
PEP 418	Physiology of Exercise <i>Prereq: MVSC 201, BIOL 227, BIOL 228 or permission</i>	3	Elective	Elective to reach 120 credits	3
PEP 424	Inclusive Physical Education & Recreation (F) <i>Prereq: Senior standing or permission</i>	3	PEP 413	Foundations & Assessment (S) <i>Prereq: MVSC 201; PEP 132, 133, 134</i>	3
PEP 300	Applied Human Anatomy & Biomechanics <i>Prereq: BIOL 227 or permission</i>	3	PEP 421	Secondary Methods in Physical Activity (S) <i>Prereq: Admissions to teacher ed program; MVSC 201; PEP 132, 133, 134 &amp; 413</i>	3
Elective	Elective to reach 120 credits	3			
SENIOR FALL (15CRS)			SENIOR SPRING (15CRS)		
EDCI 463	Literacy Methods for Content Learning <i>Prereq or coreq: EDCI 302 permission</i>	3	EDCI 401	Internship Seminar <i>Coreq: PEP 484 or permission</i>	1
PEP 493	Fitness Assessment & Prescription <i>Prereq: senior, PEP 418 or permission</i>	3	PEP 484	Internship in Physical Education Teaching <i>Coreq: EDCI 401</i>	14
PEP 412	Elementary Methods in Physical Activity Pedagogy (F)	3			
Elective	Elective to reach 120 credits	3			
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\*an online background check is required

\*\*ACT, SAT, or COMPASS Scores will place student in English and Math

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PEP 132	Skill & Analysis of Striking & Net/Wall Activities (F)	1	PEP 107 & 133	Movement Fundamentals and Skill Analysis (S)	2
ENGL 101	College Writing and Rhetoric I	3	ENGL 102	College Writing and Rhetoric II	3
Soc Sci	GE: Social Science (PSYC 101 suggested)	3	Oral Comm	General Education Oral Communication	2-3
BIOL 102 & 102L	Biology and Society (GE: Science)	4	MVSC 201	Physical Activity & Behavior Change <i>Prereq or coreq: PEP 100</i>	3
MATH	General Education Math (MATH 143 suggested)	3	Humanities	General Education Humanities	3
SOPHOMORE FALL (17CRS)			SOPHOMORE SPRING (16CRS)		
BIOL 227	Human Anatomy and Physiology I (F) <i>Prereq: BIOL 102 or 115. Suggested sophomore standing</i>	4	BIOL 228	Human Anatomy and Physiology II (S) <i>Prereq: BIOL 227</i>	4
EDCI 301	Learning, Development & Assessment	3	HDFS 240 OR PSYC 330	Intimate Relationships (S) or Human Sexuality <i>Prereq: PSYC 101</i>	3
Humanities	General Education Humanities	3	H&S 245	Introduction to Athletic Injuries (S)	3
FN 205	Concepts in Human Nutrition (GE: Science)	3	PEP 360	Motor Behavior (S) <i>Prereq: BIOL 227</i>	3
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International	General Education International	3			
JUNIOR FALL (16CRS)			JUNIOR SPRING (15CRS)		
H&S 450	Critical Health Issues (F) <i>Prereq: MVSC 201</i>	3	H&S 490	Health Promotion (S) <i>Prereq: H&amp;S 450</i>	3
IFIT 108	Water-Based Sports & Fitness Activities	1	H&S 451	Psychosocial Determinants of Health (S) <i>Prereq: MVSC 201</i>	3
PEP 418	Physiology of Exercise <i>Prereq: MVSC 201, BIOL 227, BIOL 228 or permission</i>	3	MVSC 486	Healthy, Active Lifestyle Assessment & Intervention (S) <i>Prereq: junior standing</i>	3
PEP 424	Inclusive Physical Education & Recreation (F) <i>Prereq: senior standing OR permission</i>	3	PEP 421	Secondary Methods in Physical Activity (S) <i>Prereq: Teacher Ed; MVSC 201; PEP 132, 133, 134 &amp; 413</i>	3
PEP 300	Applied Human Anatomy & Biomechanics (F) <i>Prereq: BIOL 227 or permission</i>	3	PEP 413	Foundations & Assessment (S) <i>Prereq: MVSC 201; PEP 132, 133, 134</i>	3
Elective	Elective to reach 120 credits	3	—	—	—
SENIOR FALL (15CRS)			SENIOR SPRING (15CRS)		
EDCI 463	Literacy Methods for Content Learning <i>Prereq or coreq: EDCI 302 OR permission</i>	3	EDCI 401	Internship Seminar <i>Coreq: PEP 484 OR permission</i>	1
H&S 423	Health Education Methods & Administration (F)	3	PEP 484	Internship in Physical Education Teaching <i>Coreq: EDCI 401</i>	14
PEP 493	Fitness Assessment & Prescription <i>Prereq: senior, PEP 418 or permission</i>	3			
PEP 412	Elementary Methods in Phys. Activity Pedagogy (F)	3			
ENGL —	Advanced Composition	3			

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