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 wit 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		
PHED 1003	The Physical Education Profession: An Overview	3
or CIED 1013	Introduction to Education	
PHED 2023	Sport Skills	3
or PHED 2373	Elementary Physical Education	
PBHL 1103	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 3003 and PHED 3043, students are required to be admitted to the Teaching K-12 Physical Education and Health major.
- To enroll in PHED 4703, PHED 4743, and PHED 432V, 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 4023, PHED 407V, PHED 4733), 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 2003	General Psychology (ACTS Equivalency = PSYC 1103)	
Additional Requirements for Teaching K-12 Physical Education and Health (55-56 hours)		
COMM 1313	Public Speaking (ACTS Equivalency = SPCH 1003)	3
PHED 2023	Sport Skills [2]	3
or PHED 2373	Elementary Physical Education	
PHED 3163	Applied Kinesiology	3
PHED 3203	Principles and Problems of Coaching	3
PHED 3223	Motor Development	3
PHED 3573	The School Health Program	3
PHED 3623	Sport Sociology	3
PHED 3903	Physical Education for Special Populations	3
CIED 3033	Classroom Learning Theory	3
CNED 4003	Classroom Human Relations Skills	3
or CNED 3053	The Helping Relationship	
PHED Pedagogical Courses [3]		
PHED 3003	Outdoor Education	3
PHED 3043	Teaching Fitness	3
Senior PHED Courses [3]		
PHED 432V	Teaching Practicum (1 or 2 hours)	1-2
PHED 4743	Secondary Physical Education	3
PHED 4703	Assessment in Physical Education	3
Internship Semester [3]		
PHED 4023	Class Management	3
PHED 407V	Physical Education Teaching Internship	6
PHED 4733	Senior Seminar	3
General Electives		**20-21**
As needed for total hours based on waivers, exemptions and transfer inequalities		
Total Hours		**120**

[1] In addition to PSYC 2003 listed under State Minimum Core, students must also choose other courses to fulfill the State Minimum Core (http://catalog.uark.edu/undergraduatecatalog/gened/stateminimum/).
[2] Student must choose one course to take as part of the additional requirements and one course as part of the Pre-PHED.
[3] Courses open to PHED majors only.

All students seeking licensure in the state of Arkansas are subject to a criminal background check. Forms for this procedure may be obtained at the office of the Teacher Certification Officer, at the State Department, or any police station, including the campus police. These background checks take up to six months to process; therefore, students are advised to complete and submit the forms to the proper authorities six months in advance of actually applying for a license. Arkansas will not certify anyone who has been convicted of a felony. Although not required for the Kinesiology concentration in Physical Education, Wellness and Leisure, students seeking coaching endorsement will need to take PHED 4001, take the appropriate standardized exams (ACT, SAT, GRE, or PRAXIS core) as designated by the Arkansas State Department of Education, and make a "C" or better in all courses required by the University of Arkansas for the Coaching Endorsement. Please see the College of Education and Health Professions PDF (http://coehp.uark.edu/CoachingALP.pdf) for these specific course numbers.

Student Dismissal Policy based on Unethical/Unprofessional Behavior

The University of Arkansas' teacher preparation programs adhere to the Code of Ethics of the Education Profession as established by the National Education Association as described in NEA Code of Ethics, Arkansas Division of Elementary and Secondary Education Code of Ethics, as well as discipline specific codes of ethics and standards found in program handbooks. Violation of these principles may result in probation, suspension, or dismissal of the internship as described:

1. Any incident of ethical misconduct or concern will be documented by the faculty member(s), discussed directly with the student and their mentor, and referred to the program's coordinator or supervising faculty. It may also be reported to the Teacher Candidate Professional Review Committee.
2. The Teacher Candidate Professional Review Committee evaluates the concerns and recommends a course of action, which may range from a zero score on the academic and/or internship work, a failing grade for the course, probation, up to dismissal from a teacher education program.
3. Any candidate may be suspended by a Teacher Education Program Coordinator for extreme, unforeseen circumstances such as endangerment of students or others, disruption of schools or classes, felonious behaviors, or ethical violations (i.e., Arkansas Code of Ethics, Code of Student Life). Such suspensions will be referred to the Teacher Candidate Professional Review Committee for review and may become permanent.

The Program Coordinator, in consultation with the Teacher Education Professional Review Committee and the Dean's Office for Academic and Student Affairs in the College of Education and Health Professions, has the authority and responsibility to dismiss a student from the teacher education program for unethical or unprofessional behavior and/or not recommend the student for licensure. More detailed guidelines about the policies, supports, and other requirements are provided in the program's handbook, as well as on the Office of Teacher Education website or the Teacher Education Support page.

Students who have been dismissed on the basis of unethical or unprofessional conduct may appeal the decision following the procedures outlined under the Student Grievances and Appeals section of the Undergraduate Catalog of Studies (https://nam11.safelinks.protection.outlook.com/?url=http%3A%2F%2Fcatalog.uark.edu%2Fundergraduatecatalog%2Facademicregulations%2Fstudentacademicappeals%2F&data=04%7C01%7Cagriffin%40uark.edu%7C2ce8b829e8e040a2614108d8b32229d4%7C79c742c4e61c4fa5be89a3cb566a8
%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiL
%7C1000&sdata=HJfCw%2BlavTFgx5n3xFWS0XdeBVvlnxmiEAaQ1prgywk%3D&reserved=0).

Teaching K-12 Physical Education & Health Eight-Semester Degree Program

The teacher education program for Teaching K-12 Physical Education & Health does not qualify for the eight semester degree plan due to the cumulative GPA requirements for progression. However, the following 8-semester sample plan shows how a first-year student could select their courses to finish in four years.

First Year	Units	
	Fall	Spring
ENGL 1013 Composition I (ACTS Equivalency = ENGL 1013) (Satisfies General Education Outcome 1.1)	3	
Social Sciences State Minimum Core (except PSYC 2003) (Satisfies General Education Outcome 3.3)[1, 2]	3	
Science State Minimum Core (Satisfies General Education Outcome 3.4)[1]	4	
PBHL 1103 Personal Health and Safety	3	
PHED 1003 The Physical Education Profession: An Overview	3	
ENGL 1023 Composition II (ACTS Equivalency = ENGL 1023) (Satisfies General Education Outcome 1.1)		3
MATH 1203 College Algebra (ACTS Equivalency = MATH 1103) (Satisfies General Education Outcome 2.1)		3
COMM 1313 Public Speaking (ACTS Equivalency = SPCH 1003) (Satisfies General Education Outcomes 1.2 and 5.1)		3
U.S. History or Government State Minimum Core (Satisfies General Education Outcome 4.2)[1]		3
PHED 2023 Sport Skills		3
Year Total:	16	15

Second Year	Units	
	Fall	Spring
PHED 3223 Motor Development	3	
PSYC 2003 General Psychology (ACTS Equivalency = PSYC 1103) (Satisfies General Education Outcome 3.3)	3	
General Elective	3	

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 2373 Elementary Physical Education		3
Year Total:	16	15

Third Year		Units
	Fall	Spring
PHED 3003 Outdoor Education	3	
CIED 3033 Classroom Learning Theory	3	
PHED 3203 Principles and Problems of Coaching	3	
PHED 3903 Physical Education for Special Populations	3	
PHED 3163 Applied Kinesiology	3	
PHED 3043 Teaching Fitness		3
PHED 3623 Sport Sociology (Satisfies General Education Outcome 4.1)		3
General elective		9
Year Total:	15	15

Fourth Year		Units
	Fall	Spring
PHED 3573 The School Health Program	3	
CNED 4003 Classroom Human Relations Skills	3	
PHED 432V Teaching Practicum	1	
General Elective	3	
PHED 4703 Assessment in Physical Education	3	
PHED 4743 Secondary Physical Education	3	
PHED 4023 Class Management		3
PHED 407V Physical Education Teaching Internship		6
PHED 4733 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&sdata=4bJ2Oob83N8KfTkGD%2F1XG8924jwOx8pTlw8lWNAGp0s%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%7C79c742c4e61c4fa5be89a3cb566a
%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 1003. The Physical Education Profession: An Overview. 3 Hours.
An introduction to the teaching of physical education. (Typically offered: Fall and Spring) May be repeated for degree credit.

PHED 2023. 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 2373. 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 3003. 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 3033. Educational Rhythms and Gymnastics. 3 Hours.
This course is designed to provide opportunities for the student to perform and teach a variety of rhythmical and gymnastic activities. Prerequisite: Admission into PHED BSE program is required. (Typically offered: Spring)

PHED 3043. 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 3163. 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 3203. 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 3223. 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 3413. Administration in Physical Education. 3 Hours.
An examination of the administrative duties of the physical education teacher. (Typically offered: Spring)

PHED 3573. 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 1103. (Typically offered: Fall)

PHED 3623. Sport Sociology. 3 Hours.
An investigation of the impact of physical education and sport on society. (Typically offered: Spring)

PHED 3903. Physical Education for Special Populations. 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 391V. 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 3991H. 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 4001. 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 3203 and proof of current First Aid/CPR/AED certification submitted to instructor of record. (Typically offered: Fall and Spring)

PHED 4023. 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 407V and PHED 4733. 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 407V. Physical Education Teaching Internship. 1-9 Hour.
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 4023 and PHED 4733. 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 432V. Teaching Practicum. 1-2 Hour.
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 407V Internship. Prerequisite: Admission into PHED BSE program and a cumulative grade point average of 2.7 are required. (Typically offered: Fall)

PHED 4703. 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 4733. 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 4023. 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 4743. 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 480V. Workshop. 3-6 Hour.
Physical education workshop. Prerequisite: Instructor consent. (Typically offered: Summer)