

**SUNY Cortland Physical Education Department
Recommended B.S.Ed. Four Year Course Sequence**

FRESHMAN YEAR (PEC-W)

Semester 1	Credit-Hours
GE - 8A	4
COR 101 The Cortland Experience	1
CPN 100 Academic Writing I	3
EXS 197 History and Philosophy of Physical Education and Sport	3
General Education	3
PED 181 Adventure Activities	1
PED 182 Health-Related Physical Fitness	1
TOTAL	16

Semester 2	Credit-Hours
GE - 8B	3
CPN 101 Academic Writing II	3
General Education (6.0)	6
PED 187 Track and Field	1
PED 189 Aquatics	1
PSY 101 General Psychology	3
TOTAL	17

SOPHOMORE YEAR - (PEC)

PED 201 Motor Development marks the entry point to the Teacher Certification Program in physical education (PEC). Students must have a minimum overall GPA of 2.5 and must complete the application to the SUNY Cortland Teacher Education Program. During the course (PED 201), students start to develop a working portfolio that includes artifacts relevant to their entry into the teaching profession.

Semester 1	Credit-Hours
BIO 301 Anatomy and Physiology I	3
EXS 287 Social Psychological Aspects of Physical Activity	3
General Education	6
HLH 110 Personal and Community Health	3
PED 283 Racket Activities	1
PED 284 Self-Defense	1
TOTAL	17

Semester 2	Credit-Hours
BIO 302 Anatomy and Physiology II	3
COM 210 Fundamentals of Public Speaking	3
EXS 297 Motor Behavior	3
General Education	3
** PED 201 Motor Development (portfolio process begins)	3
PED 285 Gymnastics Activities	1
TOTAL	16

JUNIOR YEAR

A minimum overall 2.5 GPA must be maintained and satisfactory completion of portfolio and field experiences are required in EDU 255 Basics of Effective Instruction in Physical Education and EDU 256 Seminar for Field Experience in order to continue in the Teacher Certification Program (PEC).

Semester 1	Credit-Hours
** EDU 255 Basics of Effective Instruction in Physical Education	3
** EDU 256 Seminar for Field Experience	1
Free Elective	
General Education	3
PED 288 Rhythms and Dance	1
PED 380 Skill Acquisition Concepts of Team Sports	1
PED 434 Statistics & Assessment in PE	3
PSY 332 Educational Psychology	3
TOTAL	15

Semester 2	Credit-Hours
** EDU 355 Physical Education Curriculum: Planning and Practice	3
EXS 387 Biomechanics	3
HLH 120 Responding to Emergencies	2
LAS Elective	3
** PED 356 Adapted Physical Education and Sport	3
PED 381 Tactical Concepts of Team Sports	1
TOTAL	15

SUMMER SESSION	Credit-Hours
PED 308 Outdoor Adventure Education for Teachers (Raquette Lake Outdoor Education Center)	3
TOTAL	3

SENIOR YEAR

A minimum overall 2.5 GPA must be maintained and satisfactory completion of portfolio and field experiences required in EDU 355 Physical Education Curriculum: Planning and Practice and PED 356 Adapted Physical Education and Sport in order to continue in the Teacher Certification Program (PEC). Students will register for EDU 455 Student Teaching Seminar in Physical Education and EDU 456 Student Teaching in Physical Education.

At all times during this sequence, students are required to report any changes to the information they provided in their initial Application to the Teacher Education Program (part 83 of NYS Regulations of the commissioner cites moral character as an expectation for teaching in New York State).

Students are also required to complete a Child Abuse Workshop and S.A.V.E. Workshop (Safe Schools Against Violence in Education).

Semester 1	Credit-Hours
Activity Electives	1
Complete Requirement For Free Electives and Liberal Arts	5
EDU 470 Foundations of Modern Education	3
EXS 397 Exercise Physiology	3
PED 366 Basketball	0.5
PED 368 Football	0.5
PED 371 Soccer	0.5
PED 372 Softball	0.5
EDU 454 Pre-Student Teaching Conference	0.5
TOTAL	14.5
Semester 2	Credit-Hours
** EDU 455 Student Teaching Seminar in Physical Education	0.5
** EDU 456 Student Teaching in Physical Education	14
TOTAL	14.5
TOTAL CREDIT HOURS	128

Note: The Professional Block, indicated by **, is a Required Sequence