

PHYSICAL AND HEALTH EDUCATION TEACHING COGNATE

The Cognate in Physical and Health Education Teaching is available for ESHE students in the Exercise and Sport Science Concentration. Students must complete the ESHE foundations requirements and two (2) ESHE cognates to meet concentration requirements.

Students choosing Physical and Health Education Teaching as one of their cognates must complete a minimum of 24 hours of coursework in the cognate.

Students should exercise careful thought as to the ESHE cognates that provide the most appropriate academic training to meet their needs. They should consult with an ESHE advisor early in the program of study.

ESHE FOUNDATIONS (12 to 16 Hrs.)

Area 1: Exercise Science Foundations 4 or 6

ESHE 391 Exercise Science (4)

OR

ESHE 390 Kinesiology (3) and

ESHE 392 Exercise Physiology (3)

Area 2: Motor Behavior Foundations 4 or 6

ESHE 395 Motor Behavior (4)

OR

ESHE 350 Sport & Exercise Psychology (3)

and ESHE 394 Motor Control (3)

Area 3: Health and Safety Foundations 4

ESHE 320 Health and Safety Foundations (4)

COGNATE COURSEWORK (24 hours minimum)

Required Courses (20 hours).

ESHE 210	Introduction to the Teaching Profession	_____ (2)
ESHE 294	Motor Development	_____ (2)
ESHE 301/302/304	Theory and Practice Skills Course	_____ (2)
ESHE 380 or 384	Physical Education Methods Course	_____ (3)
ESHE 385	Teaching Physical Education for Inclusion	_____ (2)
ESHE 475	Applied Physical Education Assessment	_____ (3)
HLTH 380 or 384	Health Education Methods Course	_____ (3)
HLTH 451 or 458	Health Education Content Course	_____ (3)

Electives. Choose from the following to total 24 hours (minimum)

ESHE 301/302/304	Theory and Practice Skills Course/s	_____ (2 or 4)
EDUC 309	The School and the Student	_____ (3)
ESHE 310	Educational Programs in Martial Arts	_____ (2)
RCPT 317	Adventure Programming	_____ (2)
ESHE 380 or 384	Physical Education Methods Course	_____ (3)
ESHE 400	Practicum in ESHE - PHED Teaching	_____ (3)
HLTH 380 or 384	Health Education Methods Course	_____ (3)
HLTH 451 or 458	Health Education Content Course	_____ (3)

STUDENT: _____ STUDENT ID: _____