
INTRODUCTION

Welcome to the School of Health, Exercise Science and Athletics (HESA) at the University of Wisconsin - Stevens Point.

This handbook is designed to assist students entering or enrolled in programs offered by the School of Health, Exercise Science, and Athletics. In addition to majors in Physical Education and Athletic Training, minors are offered in Health Education, Coaching and Adventure Education. An 860 add-on for state licensure in Adapted Physical Education is also a possibility.

Information regarding our programs, advising, scholarships, opportunities for student involvement, facilities, and courses are included for your reference. In addition to this handbook, the School of Health, Exercise Science and Athletics (HESA) faculty and staff are available to provide assistance throughout your studies. Please feel free to contact them.

Rory Suomi is the Associate Dean of the School of Health, Exercise Science and Athletics (HESA). His office is located in room 123 of the Health Enhancement Center (HEC). Sveindis Meyer is the Administrative Assistant and can be found in the main office – room 122 HEC.

Again, welcome to our School and best wishes to you during your academic career.

Introduction To The Physical Education Program

The School of Health, Exercise Science and Athletics (HESA) offers a comprehensive Physical Education Major for students seeking depth and breadth in the field of Physical Education. This major prepares individuals for K-12 Wisconsin Certification to teach Physical Education. Each course in the major is based on national objectives and standards to ensure the highest quality graduate.

The Physical Education major is flexible, allowing students to add minors in health education, coaching, and the 860 adapted physical education add on to develop professional credentials that enhance marketability.

Faculty

While all HESA faculty members are integrally involved in teaching, advising, and promoting student professional development, each faculty member is clearly devoted to a specialty field. This expertise regarding cutting edge knowledge and practices is responsible for the high quality programs found in the School of HESA.

Faculty members work hard to involve multiple learning opportunities for students. Beyond classroom experiences, faculty are vigorously involved in providing seminars, clinics, and special learning experiences designed to enrich student professional training.

Facilities

The School of HESA is located in the Health Enhancement Center. This 230,000 square foot facility includes the following teaching areas:

- Multi Activity Center; indoor track and field, tennis courts, 2800 sq. ft. climbing wall
- Aquatic Center with 50 meter swimming pool, diving well and Special Needs Aquatic Pool
- Two Dance Studios
- Wrestling Facility
- Strength and Cardiovascular Center; weight training and aerobics facilities
- Two Gymnasiums with section dividers for teaching stations. There are five basketball courts.
- Four classrooms (remodeled in 1996) wired for computerized instruction
- Athletic Training Center
- Outdoor facilities for soccer, softball, and individual sports
- Schmeckle Research Nature area with adventure education opportunities for hiking, challenge course, rappelling and canoeing
- Climbing Wall

Further Information

Scott Frazier, Director of Physical Education
138 Health Enhancement Center
School of Health, Exercise Science and Athletics
University of Wisconsin-Stevens Point
Stevens Point, WI 54481
(715) 346-2039 sfrazier@uwsp.edu

UNIQUE TO UWSP

- **Practicum experiences in the major.**

Prior to student teaching, majors have led teaching opportunities in elementary, secondary and adapted physical education under the supervision of the professor. These real-life teaching experiences form the heart of our teaching philosophy and preparation.

- **Standards based Curriculum**

Our program supports the knowledge, skills and dispositions as found in the 10 Wisconsin Teaching Standards. Our majors are well versed in the NASPE content standards and adopt lessons and units which meet them. Other courses address health education and adapted standards.

- **Teacher/Student ratio conducive to personal growth**

Students have small student-teacher ratios in the practicum courses; P ED 331, PEX 400, 401 and P ED 428. They are designed for individualized teaching instruction and feedback.

- **Technology infused into the curriculum.**

Students are exposed to the latest technologies beginning with the freshman experience of creating web pages and using pedometers.

- **Personalized mentoring from faculty in methods courses.**

The small number of students in the upper-level course means more quality time with the professor. Our students get to know their professors on a personal level.

- **Professional development of the faculty.**

All of the faculty have been involved and active in leadership roles in professional organizations like WAHPERD, NATA, APE, and district workshops and presentations.

- **The 860-add on.**

For six additional credits, the physical education major can have a certification area for students with special needs that is recognized.

- **Quality student teaching experiences and PEP Grants**

We allow our students to search and find quality programs for student teaching. We do not limit the options to a narrow range geographically. We want our students with the best program and best teachers. Often times, we will look for PEP grant schools for placement.

SCHOOL OF HEALTH, EXERCISE SCIENCE AND ATHLETICS

Mission

The mission of programs in the School of Health, Exercise Science and Athletics (HESA) is to provide pre-professionals with high quality opportunities in physical education, athletic training, adventure education, coaching, health education, and adapted physical education. Quality instruction contributes to development in all three domains of learning: cognitive; affective; and psychomotor. UW-Stevens Point physical educators are caring, concerned educators, promoting the value and importance of balance in the seven dimensions of wellness.

Teacher Certification Mission

Stevens Point graduates provide quality physical education programs with developmentally appropriate activities and best teaching practices

Advising

Students enrolled in the School of HESA are assigned faculty advisors in their chosen field of study. The role of the advisor is to assist students in identifying their educational goals and the most effective ways of achieving those goals.

Students should make appointments with their advisor at least two times per year in order to select appropriate coursework. Prior to these meetings, students should work out a tentative schedule for the next semester's courses. Advisors review the tentative plan and sign the registration form, indicating approval of the plan

NOTE: Many of the courses are only taught once each year. Please consult your advisor for specific information.

Advisors for HESA Majors and Minors

Physical Education:

Dr. Scott Frazier	Office 138 HEC	Phone 346-2039
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Adventure Education:

Johnny Johnson	Office 117B HEC	Phone 346-4184
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Coaching:

Rick Witt	Office 109 HEC	Phone 346-3677
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Health Education:

Sheila Miech	Office 117C HEC	Phone 346-2462
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Adapted Physical Education 860 Add On:

Kristi Roth	Office 133 HEC	Phone 346-2889
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PHYSICAL EDUCATION MAJOR

Comprehensive Physical Education for K-12 Teacher Certification

This major prepares students to teach physical education across all grade levels in public and private schools. The course of study follows guidelines established by the National Association for Sport and Physical Education (NASPE), the Interstate New Teacher Assessment for Sport and Physical Education (INTASC) standards, and PI 34 Wisconsin Licensure requirements. Each course is based on best practices in physical education as determined by research and model programs, thus ensuring the highest quality of graduates. Our program was completely revised in 2001 to include grade point requirements, as well as clarify criteria and standards for students to remain in the program. The curriculum is dynamic and updated every two years.

The School of HESA faculty and staff include a blend of physical educators, health educators, athletic trainers, and coaches with broad public school and collegiate experience. Faculty work closely with experienced elementary, middle and high school cooperating teachers through well-established working relationships with local schools and area agencies. Our student teacher practicum sites range throughout the central Wisconsin area (a 70 mile radius) and occasionally outside our service area.

The Physical Education major is flexible, allowing students to add minors to enhance their employment marketability. HESA minors include health education, coaching, adventure education, and the 860 adapted physical education add-on.

Physical Education Major for Teacher Certification (K-12)

Enrollment/Retention Standards: Enrollment caps for physical education majors are determined by the School of Education (20 per year). If you wish to transfer into physical education from a different UWSP major, you must have a 2.75 cumulative grade point average. All students must follow these requirements:

1. **Freshmen:** Complete a minimum of 30 credits with a 2.50 GPA. These credits include P ED 105, 150; Math 100, English 101 and 102, Biology 160, Psychology 110, and 5 credits of chemistry or physics (23 credits). You must complete these courses before you can enroll in P ED 200, 201, 260.
2. **Sophomores:** Complete 60 credits with a 2.60 GPA. By the end of the sophomore year complete P ED 105,150,200, 201, 220 and 271.
3. **Juniors:** When enrolled in P ED 260 apply to the Professional Education Program (PEP). Prerequisites for P ED 331 are acceptance into the School of Education and director consent.

Physical Education Major

Consists of 47 credits:

1. **Required:** P ED 105, 150, 200, 201, 220, 260, 271, 310, 315, 331, 332, 370, 380, 391, 428; HP/W 312; PEX 400, 401; WLNS 205.
2. **Collateral requirements:**
 - a. Laboratory science: Biology 160, 285; Chemistry 101 or Physics 101.
 - b. GDR requirements for DPI certification: History 176 and 177; Psych 110; Poli Science 101; one fine arts course (HU1); one literature course (HU2).
 - c. First Aid/CPR: WLNS 123.
 - d. Education 205, 351, 381, 386, P ED 398, 400.
 - e. GPA of 2.75 in physical education courses.
 - f. WLNS 146 is recommended to increase employment opportunities.
3. **Admission requirements for acceptance into the School of Education:** Incoming freshman and transfer students are "premajors." To become an accepted major follow these procedures:
 - a. Before you apply, complete with a grade of C- or better or be enrolled in the following: P ED 105, 150, 200, 201, 220, 271; Biology 160; Chemistry 101 or Physics 101. **NOTE: P ED 105 and 220 must be taken at UW-Stevens Point.**
 - b. Have 2.75 GPA in all credits attempted.

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- c. Apply to the School of Education and to the Physical Education Department for acceptance into the Professional Education Program (PEP) when courses in 3a above are complete and you are enrolled in PE 260. “Premajors” must meet the PEP admission criteria listed under Education in the UWSP catalog. “Pre majors” have two opportunities to apply to the Professional Education Program. Failure to apply during enrollment in 260 will result in the forfeiture of one of the two opportunities for admittance to Professional Education Programs. Failure to meet the School of Education criteria for admittance to PEP when enrolled in 260 will result in a denial.
 - d. Candidates must complete the application form for Professional Education Programs from the Education Advising Office in 469 CPS. In addition candidates must submit a separate set of application materials to the Physical Education department. Prospective School of Education (SOE) PEP candidates will be evaluated ranked by the Physical Education department on Wisconsin Teaching Standards, cumulative GPA, PPST rank-scores, personal statement/reflection resume letters of support, and a the Pre Professional Interview. Teaching dispositions will be assessed in Pre-SOE courses. The GPA and personal statement/resume will be assigned a higher weight in the total rankings.
 - e. Candidates may appeal if denied admission to the program. You may contact the School of Education regarding the appeal process.
 - f. Available seats in the School of Education will determine the number of majors accepted.
 - g. You must be accepted into the School of Education or have completed one attempt before you can enroll in P ED 310, 331, 332, 370, 380, 391, 428: PEX 400, 401; HP/W 312.
4. Refer to the **Education** section in this catalog for information about admission to the Professional Education Program and teacher certification. NOTE: To graduate with a comprehensive physical education major, you must successfully complete all teacher certification requirements including student teaching in physical education.
 5. Upon acceptance into the School of Education you must complete all major courses with a C- or better.
 6. To repeat a course, follow UWSP policy. The last grades for repeated courses will be calculated into your GPA. (Credit for 199, 299, 399 does NOT count in the cumulative GPA required for admittance.)

1. **Required:**

Physical Education 105	Introduction to Teaching Physical Education
Physical Education 150	Foundations of Teaching K-12 Physical Fitness
Physical Education 200	Professional Teaching Sequence I
Physical Education 201	Professional Teaching Sequence II
Physical Education 220	Lifespan Motor Development
Physical Education 260	Practicum in Physical Education
Physical Education 271	Human Anatomy
Physical Education 310	Kinesiology
Physical Education 315	Dance Methods
Physical Education 331	Teaching Methods in Elementary Physical Education
Physical Education 370	Curriculum Design in K-12 Physical Education
Physical Education 380	Measurement, Evaluation, and Assessment in Physical Education
Physical Education 391	Organization and Administration of Physical Education and Athletics
Physical Education 428	Teaching Middle and Secondary Physical Education
PEX 400	Physical Education for Individuals with Disabilities
PEX 401	Physical Education for Individuals with Disabilities– Practicum
Wellness 205	Water Safety Instruction
Health Promo/Wellness 312	Physiology of Exercise

Professional Education Program – Application Requirements

Applications for the Professional Education Program are only processed two times a year. (See personnel in room 469 CPS, for deadline dates and to pick up applications.) The following requirements must be met **BEFORE** applying to the Professional Education Program. Use this as a checklist to help you gauge what you need to accomplish before applying to the program.

❖ **40 Credits completed**

Pass/fail credits, and courses below the 100 level are not included in the 40 credit requirement. Advanced Placement (AP), CLEP, retroactive credits and credits by exam are included in the 40 credit requirement (if approved at UWSP).

❖ **2.75 Cumulative GPA from all accredited institutions attended**

❖ **2.5 GPA in Freshman English courses 101 and 102 OR**

- Receive a C or better in English 150 **OR**
- Receive a B- or better in English 250 **OR**
- Test out of both courses through department test-out exam or receive credit by examination for both courses **OR**
- Test out of one course (or receive credit by examination for it) and receive a grade of C or better in the other **OR**
- Receive a passing score on the reading and writing portion of the Pre-Professional Skills Test (PPST) and receive grades of at least a B in two Writing Emphasis courses **OR**
- Complete the required work in the Professional Writing Competency Program. See personnel in Room 469 CPS to sign up.

❖ **Listening Competency Test**

DESCRIPTION: Videotape with questions included on screen.

The test is available at the beginning of every semester (see personnel in room 469 CPS for dates, times, locations, and to repeat when permissible).

This test should be taken after 26-30 credits are completed (approximately the first semester of your sophomore year).

Results are available after five working days in the SOE Advising Office, room 469 CPS.

Fifty percent or better is a passing score.

NOTE: Students with documented disabilities and ESL students may request special accommodations.

❖ **Speech and Hearing Screening**

DESCRIPTION: The speech portion involves a brief conversation and a short oral reading. Your hearing is then screened.

The screening is available at the beginning of every semester (see personnel in room 469 CPS for dates, times, and locations).

This screening should be taken after 26-30 credits are completed (approximately the first semester of your sophomore year). A passing score is not required.

❖ **PRE-PROFESSIONAL SKILLS TEST (PRAXIS I)**

It is recommended to take this test as soon as you have completed or tested out of English 101/102 or 150 and Math 100. The Pre-Professional Skills Test is conducted by the ETS company and scores take 4-6 weeks to be sent. It is suggested to take the test at least 4-6 months prior to the School of Education application deadline, in case of the need for a retake. Registration information sheets are available in the rack outside Room 469 of the College of Professional Studies Building. There are 2 versions of this test.

❖ **WHO MUST PASS THE PPST?**

Anyone who is applying to the Professional Education Program must now pass the PPST. It doesn't matter when you took the test, it must be passed prior to applying or your application will be returned to you. If you have taken it twice and have not passed it, please refer to the "waiver policy" in your School of Education Handbook and call Maggie Beeber to discuss this option, 715-346-2040.

● **Computer Version:**

Cost is \$130 (all on one day) -\$160 (not all on one day). You can take the PPST on the computer by making an appointment (not just on the dates listed below). Call the UWSP Testing Services Office for an appointment at 715-346-4472, located on the third floor of Delzell Hall, or see the PPST web-site (www.ets.org/praxis) for other test sites. Appointments are limited. We suggest calling 4-6 weeks in advance.

- **Written Version:**

Cost is \$170. ET's must receive your registration by the deadlines listed below.

Written Test Dates

*November 15, 2008
*January 10, 2009
*March 14, 2009
*April 25, 2009
*July 25, 2009

Registration Deadlines

October 16, 2008
December 11, 2008
February 12, 2009
March 26, 2009
June 25, 2009

***Tests offered at UWSP.**

Required Passing Scores for the PPST are: Reading 175, Writing 174, Math 173.

Study guides for this test are available at the Reserve Desk on campus in the LRC building. Tests At A Glance (TAAG) and other information is available on the Praxis website: www.ets.org/praxis.

Special accommodations are available for students with documented disabilities or English as a Second Language – forms are available at their website. It usually takes the company a few months process these special requests.

It is the student's responsibility to make sure the UWSP SOE Advising Office, 469 CPS, has received the scores. Scores received by our office are entered onto your Degree Progress Report, upper left hand corner, within 5 working days of receipt. If you have received your scores and they are not indicated on your DPR within 5 working days, bring the original score sheet to our office and we will make a copy. Only original score sheets are acceptable.

	<u>Written & Computer</u>	<u>Computer (prior to 01/2002)</u>
Reading	175	322
Writing	174	320
Math	173	318

❖ **Technology Requirement**

EDUCATION 205 must be completed with a grade of B- or better. (CIS 102 – Internet Research, Power Point or Word Processing AND Spreadsheet sections only, or the Technology Proficiency Sessions - see personnel in 469 CPS - may meet this technology requirement for application.)

Professional Education Program – Admittance Procedures

ATTENTION: Due to enrollment caps, you may be **denied admission** into the Professional Education Program even if you meet **the minimum** requirements. **Enrollment caps** may be implemented or adjusted **at any time**.

You should be ready to apply for the Professional Education Program and have completed the application requirements by the completion of 40 credits.

❖ **Applications are available in the SOE Advising Office, room 469 CPS.**

The application and a copy of your unofficial transcripts from every university attended must be submitted to room 469 CPS by the Professional Education application **deadlines**. Applications **will not** be processed at any other time.

❖ **DEADLINES: SEPTEMBER 22 AND FEBRUARY 22**

If a deadline falls on a Saturday or Sunday, all applications are due to the SOE Advising Office, room 469 CPS, the Friday prior to the deadline.

❖ **Responses are mailed 3-4 weeks after the application deadline.**

❖ **Students denied from the program will have one week to appeal this decision.**

❖ **You may only apply twice for each program. Early childhood, elementary and exceptional education majors may apply twice for any of these three programs.**

❖ **PROFESSIONAL EDUCATION PROGRAMS REQUIREMENTS, TEST DATES & DEADLINES**

All requirements to apply to the Program are listed in your School of Education Handbook. Please read through the section on the applying to the Program carefully. It includes advice on when you should be taking tests, what the tests are about, and when to apply to the Program.

❖ **DEADLINES TO APPLY, 2009-2010 ONLY**

4:30 p.m., September 22 and February 22

NOTE: All applications must be turned into the SOE Advising Office, 469 CPS, as soon as all requirements are met and the office has all scores. Applications are available in the rack hanging outside of our office. Applications must be accompanied by separate unofficial copies of transcripts from every college, university and technical college attended, including UWSP. You can order these transcripts from the Records and Registration Office with a 3 day work day notice. Additional materials required by major/minor departments are due to those department offices by the same deadlines.

- **SPEECH AND HEARING SCREENING**

Should be taken as soon as 26 credits are completed. The Speech and Hearing Screening will be conducted in the Communicative Disorders Department, Room 001 of the College of Professional Studies Building from 4:00 - 5:30 p.m. on these specific dates only:

Tuesday, September 8, 2009
Thursday, September 10, 2009

Pre-registration is not required. This screening takes approximately 15 minutes and is on a first-come, first served basis.

- **LISTENING TEST**

Should be taken as soon as 26 credits are completed. A score of 50 or higher is required. You must bring two writing tools and a hard surface to write on. If you are not on time for this test, you will not be allowed to take it. **Additional paper is not allowed.**

Wednesday, September 9, 2009 at noon	116 College of Professional Studies
Wednesday, September 9, 2009 at 6:00 pm	170 Trainer Nat Resources Bldg
Thursday, September 10, 2009 at 6:00 pm	116 College of Professional Studies

Pre-registration is not required. This test lasts approximately 50 minutes and is designed to check your listening comprehension skills.

NOTE: Students who have failed the test once or have received special permission to take it a second time must make a special appointment at least five days prior to the application deadline in Room 469 CPS.

Special accommodations are available for students with documented disabilities or English as a Second Language – consult personnel in Room 469 CPS.

- ❖ **TECHNOLOGY WORKSHOP**

If you have completed Educ 205 with a grade of "B-" or better by the application deadline, or one of the other options listed on the application, you do not need this workshop.

This workshop is for those students needing to meet the technology requirement to apply to the Professional Education Program. Technology workshops will be given in August, September, November, January, February, April, June, August and September. The cost of the Technology Workshop is \$10.00, payable at the time you make your appointment. Students must register through the Undergraduate Advising Office 24 hours prior to the start of the workshop date, 715-346-2040, room 469 CPS to attend the workshop.

SCHOOL OF EDUCATION WAIVER POLICY

Waivers for PPST and GPA requirements are granted prior to application to Professional Education and do not change your PPST scores or grade point average. Waivers allow a student to apply without meeting minimum requirements. Minimum requirements on either PPST scores or GPA must be met to request a waiver of the other. Waiver requests are reviewed at the beginning of every semester for students with extenuating circumstances. Waiver forms with **deadline** dates are available outside the SOE Advising Office, room 469 CPS.

WAIVER DEADLINES: September 11 and February 7 (If a deadline falls on a Saturday or Sunday, all applications are due to the SOE Advising Office, room 469 CPS, the Friday prior to the deadline.)

PPST Score Waiver Requirements:

- a. You have taken and received scores for the PPST at least twice.
- b. Your scores do not exceed a 9 point deviation from the cut off.
- c. You have grades of 3.0 or above in related coursework.
- d. You have an overall GPA from all institutions of at least 2.75.
- e. You have completed 40 credits of instruction.
- f. You have **attached** copies of your latest PPST results **and** transcripts from all institutions attended.
- g. You have **attached** a letter explaining your reasons for requesting a waiver.

Grade Point Waiver Requirements:

- a. You have passed all three parts of the PPST.
- b. You have completed at least 40 credits of instruction with a grade point of 2.75 or better.
- c. Your grades show significant improvement over a minimum of two consecutive semesters.
- d. You have **attached** copies of your latest PPST results **and** transcripts from all institutions attended.
- e. You have **attached** a letter explaining your reasons for requesting a waiver.

Results will be mailed within 5 working days of deadlines. Requests with incomplete paperwork will not be processed.

****All Application Requirements must be met and results received prior to application.****

Policy for Application/Acceptance to the Professional Education Program for Physical Education Majors

The School of HESA has approved the following policies in response to the mandated Enrollment Caps in the Professional Education Program.

- ❖ Since our numbers are limited to only a certain number of slots per academic year (20), applicants will be evaluated on the submitted documents.
- ❖ Applications to the Professional Education Program are due September 22 and February 22 for initial screening. Physical Education applicants must have met the following requirements prior to applying to the Program:
 - 1) An overall GPA (includes all institutions attended) of 2.75,
 - 2) A major GPA (includes Bio 285) of 2.75,
 - 3) The following courses must be completed - PE 105, 150, 200, 201, 220, 271, Bio 160, Chem or Phys 101 (Note: P ED 105 and 220 must be taken at UW-Stevens Point).
 - 4) Must meet the Professional Education Program requirements for admission, as stated in the present catalog (subject to change), to be considered by the School of HESA. **(No conditionals will be considered)**
- ❖ Applicants must submit the following documents to the Director of Physical Education or Administrative Assistant by the School of Education deadline:
 - Cover letter with identification
 - Resume (include anticipated date of student teaching)
 - Statement of career goals and objectives
 - List of completed coursework with grades and GPA from all institutions - **You must turn in your latest Degree Progress Report! Go to any campus computer lab and get a CURRENT printout of your Degree Progress Report with categories for teaching certifications..**
 - Two letters of recommendation from outside the teaching staff (HESA)
 - All references to name must be removed from all documents.
 - Prior to applying, all physical education majors applying to the Professional Education Program will take the Physical Education's pre-professional interview (10-15 minutes). See the Director of Physical Education for more information and times and dates.

- ❖ A committee of physical education staff members will evaluate candidates on the preceding materials. The committee will examine the documents and rank order the candidates. The top ranks will be admitted.
- ❖ Applicants must meet the new requirements for freshman and sophomore level as outlined in the UW-SP catalog.
- ❖ The Physical Education Committee will make the final decisions, deciding how many applicants for acceptance into the School of Education.
- ❖ A student may appeal the decision of the committee. If the committee is in agreement with the student, the student will be guaranteed a slot in the following semester. (Students will also be expected to meet the appeal deadline noted in the Professional Education Program guidelines.)
- ❖ Students may apply to the School of HESA during two different semesters.

Physical education materials should be turned in to Dr. Scott Frazier, 138 HEC.

Applicants must meet the minimum requirements for admission to the Professional Education Program as set by the School of Education. Applications are available in the School of Education Undergraduate Advising Office, 469 College of Professional Studies Building.

❖ **PRAXIS II – CONTENT TEST DATES**

Registration: www.ets.org/praxis

<u>TEST DATES</u>	<u>REGISTRATION DEADLINES</u>
March 14, 2009	February 12, 2009
April 25, 2009	March 26, 2009
June 13, 2009	May 14, 2009
*July 25, 2009	June 25, 2009

***Tests offered at UWSP.**

❖ **NOTES**

- **NOT ALL SITES GIVE THESE TESTS ON EVERY DATE.**
- Registration is available on-line at: www.ets.org/praxis.
- Passing scores are required at least one week prior to the first day of student teaching if there is no way you can register on-line, see personnel in the SOE Advising Office, 469 CPS, for registration materials. A limited number are available.
- Take this test as soon as the junior year is completed. You may want to consult your education advisor on this.
- Test taking strategy workshops will be given, free of charge, every semester. Watch the SOE Report to find dates and registration information.

- Study Guides are available for 2-3 day check out at the reserve desk at the LRC and are extremely helpful.
- The Spanish, German, French and ESL study guides have been ordered and should be at the LRC now.
- It is the student’s responsibility to make sure the UWSP SOE Advising Office, 469 CPS, has received the scores. Scores received by our office are entered onto your Degree Progress Report, upper left hand corner, within 5 working days of receipt. If you have received your scores and they are not indicated on your DPR within 5 working days, bring the original score sheet to our office and we will make a copy. Only original score sheets are acceptable
- **Make sure to indicate UWSP, recipient code 1919 when registering.**

PRAXIS II SERIES TESTS: SUBJECT ASSESSMENTS

(NOTE: The first digit of the “Session/Test Code” indicates the session during which the test is offered.

Majors/Minors	Session/ Test Code	Test Name
Health	20550	Health Education
Physical Education	10091	Physical Education: Content Knowledge

Grade Point Average Required to Student Teach:

A 2.75 GPA, using grades from all schools attended, is required in the following areas to be allowed to student teach: Teaching majors and teaching minors, “teacher certification,” and overall GPA.

PI-34 TEACHER CERTIFICATION REQUIREMENTS

All students completing a teacher certification program after August 2004 fall under new state mandates for teacher certification, otherwise known as PI-34. Each item listed below is required:

Professional Development Portfolio Assessment

You are required to submit your Professional Portfolio for approval during your student teaching semester. The following courses are designed to support the development of your portfolio: Physical Education 105, 260 , 331, 400 and 428.

Portfolio References:

The following web information will help you in designing your portfolio:

<http://www.uwsp.edu/education> (choose “reference” and then “Prof Dev Portfolio”):

- Wisconsin Teacher Standards
- Course Standard Matrices – This is a grid, per major/minor area, of the standards and how they are met in each course.
- Performance Tasks – Choose your major/minor area to see the projects/assignments that meet these standards.
- Questions for Portfolio Development – these questions will assist you in starting to think about your portfolio.
- Formatting Guidelines, Sample Portfolios, and Portfolio Template

State Required Content Test(s) - “PRAXIS II TEST” - These tests must be completed and passed prior to student teaching:

All majors must pass this 2-hour written exam prior to student teachers. For test descriptions, sample questions with answers, and test-taking strategies, see the **Tests at a Glance** information from the Praxis Series Web site at www.ets.org/praxis. Study guides, if available, will be at the UWSP LRC Reserve Desk in the fall and Career Services.

These tests will only be given as paper/pencil tests and will not be available in a computer version. There is a fee required. You must have your registration and payment in by the assigned deadline. Each test is two hours in length.

Registration can be done online or by using the registration brochure. Registration is on a first-come, first serve basis. Once a site is full, you will be assigned to a different site. The ETS Company will have a deadline to register for these tests that is approximately one month prior to the actual test dates.

You must take the test designated for your “teaching” major and “teaching” minor. The first digit of the test number represents a session. If you need more than one test, and they are in the same session, you must take the tests on different dates.

Physical Education Contract for the School of Education Application.

I _____, have read and been instructed on the following rules and regulations in regards to the application for the School of Education (SOE) in the physical education major.

Completed a minimum of 45 credits total with a minimum of 12 credits in the PE major. All freshman natural science credits are completed and I will only be allowed into PE 260 during the semester that I expect to apply for the SOE.

Earned a 2.75 or > cumulative GPA from all accredited institutions attended.

Earned a composite GPA of 2.50 or better in Eng 101-102 or Eng 150.

Completed the speech and hearing screening tests. Take as soon as you have completed 26 credits.

Received a 50% or better score on the Watson-Barker Listening Test. Take as soon as you have completed 26 credits.

Passed the requirements of the PPST (PRAXIS I) (3 content areas). Take as soon as you have completed 26 credits. I realize that I must take the PPST twice in order to even be considered for a waiver, and that the PPST should be taken a *minimum of 6 months* prior to applying for the SOE.

Complete Ed 205 with a B- or better. If you cannot complete Educ 205 with a B- or better by the time you apply to the Program, you can COMPLETE the “technology workshop” offered through the School of Education before you apply. Sign up in CPS 469

Passed the Pre Professional Interview with a score of 15 or higher.

GPA of 2.75 (cumulative) in PE coursework. All physical education courses completed must be achieved with a grade of C- or > in order to be SOE eligible.

I understand the following criteria, and realize that it’s my responsibility to achieve these standards prior to application to the Education office by the September 22st, and February 22st deadlines in accordance to SOE guidelines, with my HESA materials due by the date established by the Director of Physical Education.

Signed _____ Date _____

Advisor _____ I am planning to apply _____

Courses in Physical Education Major

P ED 105. Introduction to Physical Education and Wellness. 2 cr. Philosophy, aims and objectives of physical education including intramural, recreational, and interscholastic activities; introduction to wellness philosophy and to leadership qualities necessary to major in physical education.

P ED 150. Foundations of Teaching K-12 Physical Fitness. 2 cr. Prepare preservice teachers to teach physical fitness in educational settings. Instruction and assessment of fitness activities appropriate for elementary, middle, and high school students. Concepts of health-related fitness.. Prereq: physical education major.

P ED 200. Professional Teaching Skills I. 3 cr. Practice and methods in teaching physical activity in K-12 physical education. Includes tumbling/rhythmic gymnastics, indoor racquet sports, adventure education team sports and tennis. Prereq: 105, 150 or cons instr.

P ED 201. Professional Teaching Skills II. 3 cr. Practice and methods in teaching physical activity in K-12 physical education. Includes winter recreation, aerobics, strength training, track and field, and outdoor education. Prereq: 105, 150 or cons instr.

P ED 220. Lifespan Motor Development. 3 cr. Motor behavior changes over the lifespan including underlying processes and factors. Relationships among growth, maturation, motor performance and the persons' context. How interaction among motor, cognitive and affective domains impact motor development. Developmental considerations for planning and directing movement experiences across the lifespan. Prereq: 105, physical education major.

P ED 260. Practicum Experience in Physical Education. 2 cr. Clinical field experience with a secondary and elementary placement/observation; 30 hrs practicum experience. Prereq: GDR:NS complete; declared physical education major.

P ED 271. Human Anatomy. 3 cr. Skeletal, muscular, circulatory, digestive, respiratory, and nervous systems of the human body. Prereq: Cons instr.

P ED 310. Kinesiology. 3 cr. Study body movement and principles that affect movement. Prereq: 271, or cons instr.

P ED 315. Dance Methods. 2 cr. Methods, materials, and fundamental principles for teaching dance including folk, square, and ballroom in K-12 physical education programs. Prereq: junior status or cons instr.

P ED 331. Teaching Methods in Elementary Physical Education. 4 cr. Developmentally appropriate instructional strategies/ methods for elementary students. Practicum experience teaching elementary physical education; lesson plan development; skill and fitness assessment; technology integration. Prereq: Admis to Prof Educ Prog or cons instr.

P ED 332. Teaching Experience in Elementary Physical Education (Taken with P ED 331). 1 cr. Students will teach K-2 students and work with area teachers co-teaching grades 4-6 while developing lessons, assessments and parent progress reports. Students will practice instructional strategies and integrate state and national standards into a developmentally appropriate elementary program. Prereq: Admis to School of Ed. Concurrent enrollment with P ED 331.

P ED 362. Strength Training/Facility Management Practicum. 2 cr. Theory and practical experience in strength training, exercise programming, weight room management, budget planning and strength coaching for physical education/health promotion majors and coaching minors. Prereq: 126 or WLNS 183 and cons instr.

P ED 370. Curriculum Design in K-12 Physical Education. 3 cr. Study school physical education program content. Classification, philosophy, scope, and sequences of educational content for selecting and organizing K-12 learning experiences. Curricular themes and models compared and aligned with national and state content standards. Prereq: Admis to Prof Educ Prog.

P ED 380. Measurement, Evaluation, and Assessment in Physical Education. 3 cr. Construct and analyze assessment instruments in the cognitive, health-related fitness, and psychomotor domains. Evaluate K-12 student performance and behaviors for grading and assessment purposes. Prereq: junior status.

P ED 391. Organization and Administration of Physical Education and Athletics. 3 cr. Physical education, intramural and interscholastic K-12 athletic programs. Phylosophy, mission and objectives, purchase and care if equipment, budgeting and fund raising, legal issues, public relations, leadership/supervision, professional standards and certification for teacher, coaches. Prereq: Admis to Prof Educ Prog, Sr st, coaching minor, cons instr.

P ED 398. Student Teaching in Physical Education. 1-16 cr; pass/fail. Observation and teaching physical education under the guidance of cooperating teachers and university faculty. Sections offered at elementary and secondary levels.

P ED 399. Special Work. Upper-class physical education and wellness majors may arrange for independent study with cons instr and coordinator. Credit based on scope of project. Before beginning project, a statement must be filed with chair of HESA. (Not required for PE major)

P ED 400. Seminar in Teaching Physical Education. 1 cr. Discuss student teaching issues and beginning teacher concerns. Students must return to campus for seminar meetings. Includes use of PI34 portfolio. Prereq: Con reg in student teaching.

P ED 428. Teaching Middle and Secondary Physical Education. 3 cr. Developmentally appropriate instructional strategies for middle/secondary student. Portfolio development of Wis Teaching Standards for teacher certification. Practicum teaching experience. Prereq: Admis to Prof Educ Prog. Take 428 one semester before student teaching.

PEX 400. Physical Education for Individuals with Disabilities. 3 cr. Physical education for individuals with disabilities emphasizing identification, assessment, program development, and learning as they apply to instruction. Prereq: Con reg in PEX 401; and Physical Education 200, 201, 331, Admis to School of Educ.

PEX 401. Physical Education for Individuals with Disabilities - Practicum. 1 cr. Hands-on intervention with children with disabilities in aquatics and motor development. Prereq: Con reg, PEX 400 and Physical Education 200, 201, 331, Admis to School of Educ

HP/W 312. Exercise Physiology. 3 cr. Effects of exercises on speed, strength, skill and endurance; nature of muscular behavior, fatigue; effects of exercise with respect to nutrition, age, sex, and occupation. Prereq: Physical Education 200/201, Biology 285, cons. instr.

WL 205. Water Safety Instructor. 1 cr.

**COMPREHENSIVE PHYSICAL EDUCATION (K-12) TEACHING MAJOR
COURSE OF STUDY-2009**

Course	Title	Credits
P ED 105	Introduction to Physical Education Teacher Preparation	2
P ED 150	Foundations of Teaching K-12 Physical Fitness (AA credit)	2
P ED 200	Skill Competence in K-12 Adventure Education (Fall only)	3
P ED 201	Skill Competence in K-12 Physical Education Content (winter sports, individual, dual and team sports, weight training, aerobics/fitness, elementary activities, racquet and disc sports) (Spring only)	3
P ED 220	Lifespan Motor Development	3
P ED 260	Practicum in Teaching Physical Education K-12	2
P ED 271	Human Anatomy	3
P ED 310	Kinesiology (Spring only)	3
P ED 315	Dance Methods (Fall only)	2
P ED 331	Teaching Methods in Elementary Physical Education	3
P ED 332	Teaching Experience in Elementary Physical Education (taken with P ED 331)	1
P ED 370	Curriculum Design in K-12 Physical Education (Fall only)	3
P ED 380	Measurement, Evaluation and Assessment in Physical Education (Spring only)	3
P ED 391 WE	Organization and Administration of PE & Athletics	3
P ED 428 WE	Teaching Middle and Secondary Physical Education (taken one semester prior to Student Teaching P ED 398)	3
PEX 400	Physical Education for Individuals with Disabilities	3
PEX 401	Physical Education for Individuals with Disabilities: Practicum	1
HP/W 312	Physiology of Exercise	3
WLNS 205	Water Safety Instruction	1
Total		47

Required Education Courses:

EDUC 205	Education in a Pluralistic Society	1
EDUC 351	Teaching Children & Youth With Exceptional Needs in the General/Regular Classroom	3
EDUC 381	Educational Psychology	3
EDUC 386	Reading in the Secondary School	3
P ED 398	Student Teaching in Physical Education	16
P ED 400	Seminar in Teaching Physical Education	1

Collateral Requirements:

1. Biology 160, Chemistry 101 or Physics 101, Biology 285
2. General Degree Requirements for DPI Certification: History 176 and 177; Psychology 110; Political Science 101
3. WL 123 First Aid/CPR

* Majors are strongly encouraged to take WL 123 and WL 144 for two credits of Health Enhancement.

** Majors must have certifications in First Aid/CPR and WSI to graduate.

*** Educ 200 and 300 may be taken for portfolio development in addition to P ED requirements, but are not required

PHYSICAL EDUCATION MAJOR REQUIREMENT CHECKLIST

Student Name _____

GENERAL DEGREE REQUIREMENTS	SEM. TAKEN	CREDITS
English 101		3
102		3
Math 100		3
+ 4 credits from 101, 109, 111, 118, 119 or 355		4
Communication 101		2
Writing Emphasis – 6 total		
P ED 391		3
P ED 428		3
Natural Science 12-15 credits one 100 course max.		
Chem/Physics 101		5
Biology 160		5
Biology 285		4
Environmental Literacy		3
History – 6 total		
History 176		3
History 177		3
Humanities & Social Science		18 total
Humanities 6-12 credits at least 2 areas and up to 3 credits history		
Area #1 (must have)		3
Area #2 (must have) must be a lit course		3
Area #3		
Area #4		3
Social Science 6-12 credits min. of 6 crs in #1 and up to 6 crs in #2		
Psych 110		3
Poli Sci 101		3
Minority Studies		3
Non Western		3
Foreign Language		0
Wellness – 3 total 2 cr AA/1 cr HE or 2 cr HE/1 cr AA		3

EDUCATION COURSES	SEM. TAKEN	CREDITS
EDUC 205		1
EDUC 351		3
EDUC 381		3
EDUC 386		3

STUDENT TEACHING	SEM. TAKEN	CREDITS
P ED 398		12
P ED 400		1

MAJOR COURSES	SEM. TAKEN	CREDITS
P ED 105		2
P ED 150		2
P ED 200		3
P ED 201		3
P ED 220		3
P ED 260		2
P ED 271		3
P ED 310		3
P ED 315		2
P ED 331		3
P ED 332		1
P ED 370		3
P ED 380		3
P ED 391 WE		3
P ED 428 WE		3
PEX 400		3
PEX 401		1
HPW 312		3
WLNS 205		1

Minimum credits – 40 credits over 300

	GDR	ED	MAJ	MIN	TOTAL
Completed to Date					
GPA					
Credits Remaining					

**UWSP K-12 Teacher Certification in Physical Education
(133 credits)**

First Year in PE Major		Credits	Second Year in PE Major		Credits
Semester 1 and 2			Semester 3 and 4		
Eng 101		3	PE 315 Fall		2
Math 100		2	PE 220		3
Psych 110		3	Hist. 176		3
NW GDR		3	Ed. 205		1
PE 105		2	PE 200 Fall		3
BIO 160		5	Area 2 Lit.		3
Chem/Physics 101		5	PE 260		2
Eng 102		3	Poli.Sci 101		3
PE 150 (1 credit AA)		2	MNS GDR		3
Comm.101		2	Hist. 177		3
Area 1 Hum.		3	PE 201 Spring		3
Total		33	Total		29

***Meet Requirements for School of Education, based on completion of PE 260 in the spring.**

Third Year in PE Major *		Credits	Fourth Year in PE Major		Credits
Semester 5 and 6			Semester 7 and 8		
PE 271		3	PE 310		3
Bio 285		4	WL 205		1
PE 370		3	PE 391		3
Env.Lit. GDR		3	HP/W 312		3
PE 380 Spring		3	PEX 400-401		4
PE 331		3	Educ. 351		3
PE 332		1	Educ. 381		3
Math 355		4	Educ. 386		3
Hum Elective		3	PE 428		3
			WL 146		1
Total		27	Total		27

**** Apply to School of Education before end of third year, completion of PE 260, or 75 credit limit**

Fifth Year in Education Block and Student Teaching		Credits
Semester 9		
PE 398 ST		16
PE 400		1
Total		17

ADVENTURE EDUCATION MINOR

The Adventure Education minor prescribes to the UWSP mission to promote health and wellness and responds to the increased awareness of the growing interest in Adventure Education curriculum.

Students completing the Adventure Education minor will have the knowledge and ability to safely organize, implement and manage adventure-learning opportunities for students, clients, and patients.

Courses in Adventure Education Minor

AE 150. Introduction to Adventure Education (2 credits). Both semesters
Awareness of principles, practices and philosophy associated with adventure programming. Lead and facilitate groups of different ages and dynamics. Introduces components of minor.

AE 225. Wilderness First Responder (2 credits). Winterim or Spring semester
Implement and practice standards set by the Wilderness Medical Associates to obtain certification as a wilderness first responder. *WLNS 123 Pre-requisite

AE 250. General Camping/Backpacking (3 credits). Spring semester
Two or three season camping and backpacking techniques, including equipment, survival techniques, orienteering, and trip planning. Use fundamental facilitation skills in an outdoor trip environment.

AE 275. Water Skills (3 credits). Fall semester-weekend
Principles of basic canoeing and sea kayaking. Recovery and rescue skills. Whitewater canoeing/kayaking. Trip leading and facilitation skills. Prereq: ADVE 150, WLNS 146

AE 325. Management of Top-Rope Climbing (3 credits). Spring
Techniques for managing indoor and outdoor top-rope climbing site. Belaying techniques, site selection, “leave no trace” site use, rescue and emergency techniques. Apply American Mountain Guides Association standards. Site management and facilitation skills. Prereq: ADVE 150, WLNS 215

AE 350. Challenge Course Management (3 credits). Fall
Low and high rope facilitation. Philosophical and ethical issues dealing with risk-taking, as a learning tool. Safety issues, belaying, programming, sequencing, and course set-up and tear-down.. Facilitation opportunities. Prereq: ADVE 150

AE 450. Adventure Education Practicum (3 credits). Fall, Spring, and Summer
Adventure leadership skills demonstrating naturalistic intelligence while planning and conducting climbing, camping/backpacking, and water experiences for various groups. Work with K-12 students, CWES groups, peer groups, Lions Camp groups. Plan and facilitate groups from each area. Develop and use mobile adventure learning courses. Prereq: ADVE 150, 225, 250, 275, 325, 350

ADVENTURE EDUCATION MINOR
COURSE OF STUDY

<u>Course</u>	<u>Title</u>	<u>Credits</u>
AE 150	Introduction to Adventure Education	2
AE 225	Wilderness First Responder	3
AE 250	General Camping/Backpacking	3
AE 275	Water Skills	3
AE 325	Management of Top-rope Climbing	3
AE 350	Challenge Course Management	3
AE 450	Adventure Education Practicum	3
WLNS 146	Lifeguard Instructor	1
WLNS 215	Rock Climbing	1
	Total Credits in Minor	22

COACHING MINOR

A coaching career engages people in a profession that helps young people develop their physical and mental abilities through sports and games in voluntary athletic programs. Athletic programs located in schools, community recreation centers, YMCA's, or private sports organizations, help individuals become leaders of tomorrow and achieve success through teamwork to become the best they can be.

Courses in Coaching Minor

COAC 101. Tools for Academic Success. 1 cr.

Transitional issues from high school to college, into to university servies, time management/study skills, information management, goal setting, personal wellness, tolerance and sportsmanship. Tools for student-athletes to maximize abilities in class and competition. Prereq: Cons instr.

COAC 200. Scientific Concepts of Coaching (formerly 371). 3 cr.

Scientific concepts of anatomy, biomechanics, and physiology applied to coaching athletes. Analysis of performance based on anatomical and mechanical principles.

COAC 282-294. Coaching of Specific Sports. Each 2 cr.

Theory and techniques, training schedules, strategy, coaching methods, and conditioning. Prereq: So St.

282. Basketball	289. Swimming
283. Wrestling	290. Volleyball
284. Football	291. Tennis
285. Baseball	292. Softball
286. Track and Field	293. Golf
287. Soccer	294. Sports Modules
288. Ice Hockey	

COAC 361. Practicum in Coaching. 2 cr.

Practical experiences in coaching sports at various educational levels. 1 hr lec, 2 hrs lab per week. Prereq: 200 and at least 12 cr in the minor.

COAC 372. Motivational Aspects of the Athlete. 3 cr.

The study of social and behavioral factors of coaching.

AT 351. Care and Prevention of Athletic Injuries. 2 cr.

Cause, treatment, and prevention of injuries common to athletic activities; taping, bandaging; discussion of rehabilitation, conditioning, and variable factors of athletic performance levels. Prereq: Valid first aid certification, Physical Education 271.

P ED 362. Strength Training/Facility Management Practicum. 2 cr. Theory and practical experience in strength training, exercise programming, weight room management, budget planning and strength coaching for physical education/health promotion majors and coaching minors. Prereq: 126 or WLNS 183 and cons instr.

P ED 391. Organization and Administration of Physical Education and Athletics. 3 cr.
Physical education, intramural and interscholastic K-12 athletic programs. Philosophy, mission and objectives, purchase and care of equipment, budgeting and fund raising, legal issues, public relations, leadership/supervision, professional standards and certification for teacher, coaches.
Prereq: Admis to Prof Educ Prog, Sr st, coaching minor, cons instr.

Other Courses in Coaching

COAC 397/597. Workshop in Coaching. Variable credit.
Participate in special experiences related to your minor program. Subtitle will designate area.
May repeat for maximum of 6 cr.

COAC 399. Special Work.
Upper class coaching minors may arrange for independent study with cons instr and coordinator. Credit will be based on the scope of the project. Before beginning the prearrange project, a statement must be file in the Associate Dean's office in the School of HESA.

COAC 790. Seminar in Current Issues. 1-3 cr.
Subtitle will designate focus.

COAC 796. Independent Study. 1-3 cr.
Planned study to supplement preparation in area of specialization; regular conferences with staff supervisor through arrangement with head of HESA.

COAC 797. Workshop in Coaching. Variable credit.
Participate in special graduate level experiences related to your major program. Subtitle will designate area. May repeat for maximum of 6 credits.

COACHING MINOR

COURSE OF STUDY

<u>Course</u>	<u>Title</u>	<u>Credits</u>
COAC 200	Scientific Concepts of Coaching (Fall Semester)	3
AT 351	Care and Prevention of Athletic Injuries (prereq: COAC 200) (Winterim, Summer hybrid course)	2
COAC 361	Practicum in Coaching (both semesters) (prereq; coac 200 and 12 completed credits in minor)	2
COAC 372	Motivational Aspects of the Athlete (both semesters)	3
P ED 362	Strength Training/Facilities Management Practicum(Fall only)	2
P ED 391	Organization and Administration of Physical Education and Athletics (Every Semester, and some Interims)	3
	Choose six credits from the following courses: (2 credits each)	6
	COAC 282 basketball (both semesters)	
	COAC 283 wrestling (Fall semester)	
	COAC 284 football (Fall semester)	
	COAC 285 baseball (Spring semester)	
	COAC 286 track and field	
	COAC 287 soccer	
	COAC 288 ice hockey (Fall semester)	
	COAC 289 swimming (Independent study)	
	COAC 290 volleyball (both semesters)	
	COAC 291 tennis	
	COAC 292 softball	
	COAC 293 golf	
	COAC 294 sport modules	
Total Credits in Minor		21

** Elementary Education majors may count Psychology 260 or Human Development 261 to meet the 22 credit DPI requirement.

** Recommended additional certification – Wellness 123 - Standard First Aid & CPR

7/21/2009

HEALTH EDUCATION MINOR

According to the National Education Association, Health Education is defined as “the process of providing learning experiences that favorably influence understanding, attitudes, and behavior relating to individual and community health.” Health is dynamic and multi-dimensional. HESA staff view health education from seven dimensions – Social, Physical, Emotional, Career, Intelligence, Environmental, and Spiritual. Educators attempt to heighten awareness by focusing on attitudes and behaviors of individuals, assisting them in developing life skills and make informed decisions regarding prevention and behavior change.

Courses in Health Education Minor

HLED 104. Introduction and Current Health Issues. 4 cr.

Introduction to health, wellness programs in schools and the community as well as the development of the health education professional. Current issues of mental-emotional health, stress management, aging and dying, disease, alcohol, and consumer health.

HLED 140. Responsible Sexuality. 3 cr.

Sexual development in America, reproduction and contraception, and related issues, develop skills for presenting this knowledge to children in classroom and family settings including the methodology needed to deliver a K-12 sexuality curriculum. GDR: WLNS/HE

HLED 250. Teaching Methods for Middle/Secondary Schools. 3 cr.

Use approved methods and materials for teaching health from middle school through grade 12; apply teaching techniques and procedures in a student centered fashion. Prereq: 104 or 140; declared HLED minor.

HLED 340. Curriculum and Resource in Health Education. 3 cr.

Curriculum design, content, and resources, with practical experience and field problems in health education and community resources. Prereq: 104, 145.

HLED 390/590. Wellness and Drugs. 3 cr.

Uses of drugs in our culture and the decision-making process that leads to minimal, intentional, deliberate use of drugs including caffeine, nicotine, alcohol, over-the-counter drugs, prescription drugs, and illegal drugs: effects, consequences, and alternatives are discussed.

HLED 398. Student Teaching in Health Education. 4-16 cr; pass/fail.

Observation and teaching of health education under the guidance of cooperating teachers and university faculty.

HLED 427. Techniques in Elementary and Middle School Health Education. 2 cr.

Aims, methods, materials, strategies, techniques, organization and testing in K-9 health education. Prereq- 340.

BIO 285. Human Physiology. 4 cr. Prereq: 160; or 101 and Chemistry 101.

Normal functions of organ systems in humans; fulfills the physiology requirements for biology, human development and nutritional sciences, physical education majors, and is recommended for students with preprofessional interests in medical or allied health fields. 3 hrs lec, 3 hrs lab per wk

FN 253. Introduction to Nutrition and Nutrient Metabolism. 3 cr.

Basics for and use of nutrient recommendations and dietary guidelines; digestion, metabolism, use and interrelationships of foods and nutrients. Prereq: So st.

Other Health Education Courses

HLED 397/597. Workshop in Health Education. Variable credit.

Participate in special experiences related to your minor program. Subtitle will designate area. May repeat for maximum of 6 credits.

HLED 399. Special Work.

Upper class health education minors may arrange for independent study with cons instr and coordinator. Credit will be based on the scope of the project. Before beginning the prearranged project, a statement must be filed in the Associate Dean's office in the School of HESA.

HLED 498. Intern Teaching. Variable cr- pass/fail.

Structured field experiences in approved school programs. Interns are certified by the Department of Public Instruction and are employed under contract with schools to design, deliver, and assess instructional programs in grades n-k-12. Prereq- Completion of all methods courses and 75% of content courses in appropriate major. Con reg in appropriate section of Education 400 may be required.

HLED 796. Independent Study. 1-3 cr.

Planned study to supplement preparation in area of specialization; regular conferences with staff supervisor, through arrangement with head of HESA,

HLED 797. Workshop in Health Education. Variable credit.

Participate in special graduate-level experiences related to your major program. Subtitle will designate area. May repeat for maximum of 6 credits.

HEALTH EDUCATION MINOR

COURSE OF STUDY

<u>Course</u>	<u>Title</u>	<u>Credits</u>
HLED 104	Current Health Issues	3
HLED 140	Responsible Sexuality	3
HLED 250	Teaching Methods for Middle/Secondary Schools (not required of elementary education majors)	3
HLED 340	Curriculum and Coordinated School Health Programs	3
HLED 390	Wellness and Drugs	3
HLED 427	Techniques in Elementary and Middle School HLED (not required of elementary education majors)	3
BIO 285	Human Physiology	4
FN 253 or FN 151	Introduction to Nutrition and Nutrient Metabolism Contemporary Nutrition (Elementary Education majors)	3 2
		24-25

ADAPTED PHYSICAL EDUCATION 860 ADD ON CERTIFICATION

This sequence must be completed with the comprehensive physical education (K-12) teaching major in order to receive the 860 add on certification. You must take PEX 400, 401, 415, 445, 460 and Education 351.

Courses in Physical Education for Individuals with Disabilities (PEX)

PEX 400. Physical Education for Individuals with Disabilities. 3 cr

Physical education for individuals with disabilities emphasizing identification, assessment, program development, and learning as they apply to instruction. Prereq: Con reg in 401; and P ED 200, 201, 331; admission to School of Ed.

PEX 401. Physical Education for Individuals with Disabilities: 1 cr.

On-campus practicum teaching experience in the pool and gym settings.. Prereq- Con reg in 400 and P ED 200, 201, 331; admission to School of Ed.

PEX 415. Assessment and Prescription in Adapted Physical Education: 2 cr.

Current assessment and evaluation tools and techniques used in adapted physical education. Appropriate prescription techniques, ecological inventories, and placement recommendations based on the least restrictive environment. Application of evaluation within IEP process. Prereq: 400, 401 or con reg.

PEX 445. Seminar in Adapted Physical Education. 3 cr.

A study of problems as they relate to procedures, practices, organization, and administration in adapted physical education. Remediation of problems through IEP maintenance, appropriate curricular planning, activity selection, and instructional techniques. Prereq: 400, 401, 415.

PEX 460. Advanced Practicum in Physical Education. 1 cr.

Level II practicum experience working with students with disabilities in educational/community-based setting. Continued practice with evaluation, instruction, and reflection in that setting. Prereq: 400, 401.

ADAPTED PHYSICAL EDUCATION 860 ADD ON CERTIFICATION

COURSE OF STUDY

Required courses in major

<u>Course</u>	<u>Title</u>	<u>Credits</u>
PEX 400	Physical Education for Individuals with Disabilities	3
PEX 401	Physical Education for Individuals with Disabilities: Practicum	1
EDUC 351	Teaching Children and Youth with Exceptional Needs in the General/Regular Classroom	3

Additional required courses

<u>Course</u>	<u>Title</u>	<u>Credits</u>
PEX 415	Assessment in Adapted Physical Education (fall only)	2
PEX 445	Seminar in Adapted Physical Education (spring only)	3
PEX 460/760	Advanced Practicum in Adapted Physical Education	1

Note:

To receive the Wisconsin Department of Public Instruction 860 Add On Certification, you must complete the Comprehensive Education K-12 Physical Education Teaching Major.



University of Wisconsin-Stevens Point
Health, Exercise Science, and Athletics
Pointer Points System

All students enrolled in PED 331, PED 428, PEX 400, and PED 400 must complete a 5 point professional development requirement. These 'Pointer Points' are only awarded for activities completed outside of class requirements and without remuneration. Ideas for qualifying professional activities are listed below. A list of professional development opportunities and their equivalent Pointer Points will be maintained in the HESA Department. Official documentation is required to record points and must be submitted to the course instructor for verification, recording, and filing within two weeks following the event. You are encouraged to maintain a personal record of all Pointer Points earned. Failure to earn the entire 5 points will result in a one third deduction from your final letter grade for the class.

Pointer Point Examples

- Membership in SHAPER and work with two SHAPER functions
- Officer Position in the SHAPER Student Organization
- Organization and Administration of a fund raising event for the SHAPER Club
- Attendance at a professional state meeting or conference (minimum of 6 sessions)
- Attendance at a professional national meeting or conference
- Membership in a professional state organization
- Membership in a professional national organization
- Preside at a professional meeting or conference
- Volunteer to assist a professional in your field of interest for a full day and/or event
- Present at a professional state meeting or conference
- Volunteer for Special Olympics, Jump Rope for Heart, Hoops for Heart, or similar event
- Board member in a professional organization in your field of study
- Publication in a professional journal or newsletter
- Student Leadership Conference
- Attend one UWSP physical education professional development day
- Attend one district physical education professional development day
- Become a student representative/officer for WAHPERD
- Your Choice: must be directly related to teaching physical education, must include a time commitment, and must not include remuneration.

**University of Wisconsin-Stevens Point
Health, Exercise Science, and Athletics
Pointer Points Verification Form**

Student Information

Name _____ Date _____
Email _____ Phone _____
Semester _____ Course _____

Category & Activity Information

Activity _____ Date of Activity _____
Please attach appropriate documentation

_____ Agency Name
Activity Coordinator
_____ Agency Telephone Number
Agency Address

Activity Performed by Student

_____ Date
Activity Coordinator Signature

For Faculty Use Only

Total Points _____ Approved _____
Faculty Signature _____

AWARDS AND SCHOLARSHIPS

A number of scholarships are available to Health, Exercise Science and Athletics students. Application forms are available in the main office (Room 122 HEC). Applications for these scholarships, unless otherwise indicated, are due in early Spring and awarded at the end of the academic year. Information regarding available scholarships is posted in early January. All scholarship awards are applied to the following academic year.

STUDENT ORGANIZATIONS

SHAPER

The student organization for physical education majors and all minors is the SHAPER (Students for Health, Athletics, Physical Education and Recreation) Club. It is led and administered by students and the officers are elected by their student peers. The main mission of the club is to provide a vehicle for fun and fellowship among the students and to promote professional development during the undergraduate experience. The club is very active in giving student support for the WAHPERD state convention, Midwest District convention, the national AAHPERD conference, and the WAHPERD student leadership gathering.

Meetings are held on a bi-weekly basis. Among the activities are golf outings, bowling parties, cookouts, and pizza sales. Students are encouraged to join and participate. SHAPER information can be found in the student lounge.

Wisconsin Association for Health, Physical Education, Recreation and Dance (WAHPERD)

This is the statewide professional organization for current teachers and college students preparing to teach in these academic areas. Each fall there is a WAHPERD convention that should be attended at least once before graduation. The School of HESA supports students attending with assistance for lodging and transportation.

Intramurals

Intramurals affords all students on campus the opportunity to participate in a wide of variety of competitive activities. As a physical education major you may be interested in becoming involved in the active planning and running of different events. You may benefit personally from refereeing and/or organizing all-campus activities.

CERTIFICATIONS

Adaptive Aquatics

Adventure Ed

Aquatics Program

Arthritis Foundation Aquatics Program Certification

First Aid/CPR

Health Education K-12

NATA

Physical Education K-12

Water Safety Instructor (WSI)

PRACTICUM EXPERIENCES

Physical Education 260

Physical Education 331

Physical Education 428

Physical Education for the Exceptional Individual 401

Physical Education for the Exceptional Individual 460

STUDENT EMPLOYMENT

The School of Health, Exercise Science and Athletics offers employment opportunities to students attending the University of Wisconsin - Stevens Point. The most common types of student employment within the department are:

Work Study Student

This program offers job opportunities for financial aid recipients to help meet their education costs. There is a wide range of jobs available within the department. This provides the majority of student employment opportunities.

Regular Work Student

This program offers job opportunities to any student, regardless of financial need. Areas of assignment depend upon budget availability.

Cooperative Education Program Student

This program provides career-related work opportunities to eligible students combining paid employment with academic endeavors. Students must address their request to the Office of Career Counseling and Placement. Efforts will be coordinated between that office and this department.

Opportunities for Employment

- Fitness Centers - HEC
- Coaching - YMCA, PJ Jacobs, Stevens Point City Recreation, Pacelli, SPASH, Wis. Rapids, Rosholt, Amherst
- Life Guarding - Swim Instructor
- Lifestyle Assistants - Resident Hall Advisors (jr/sr)
- SNAP Program

**For information regarding the
SCHOOL OF
HEALTH, EXERCISE SCIENCE AND ATHLETICS, contact:**

School of Health, Exercise Science and Athletics
122 Health Enhancement Center
University of Wisconsin-Stevens Point
Stevens Point, WI 54481

(715) 346-3147

or visit our web site: <http://www.uwsp.edu/hesa>