

PHYSICAL EDUCATION AND SPORT PERFORMANCE - B.S.

College of Education Health and Human Services
School of Teaching, Learning and Curriculum Studies
www.kent.edu/ehhs/tlcs

About This Program

The Physical Education and Sport Performance B.S. program offers a unique blend of theory and practice to help you succeed in this exciting field. Learn from experienced faculty and gain hands-on experience through internships and practicums. Launch your career in sports coaching, sports management or fitness training with Kent State's Physical Education and Sport Performance program. Read more...

Contact Information

- Program Coordinator: **Kevin Eckert** | keckert5@kent.edu | 330-672-0627
- Speak with an Advisor
- Chat with an Admissions Counselor

Program Delivery

- **Delivery:**
 - In person
- **Location:**
 - Kent Campus

Examples of Possible Careers and Salaries*

Coaches and scouts

- 11.8% much faster than the average
- 292,000 number of jobs
- \$36,330 potential earnings

Education teachers, postsecondary

- 4.8% about as fast as the average
- 77,300 number of jobs
- \$65,440 potential earnings

Exercise trainers and group fitness instructors

- 15.4% much faster than the average
- 373,700 number of jobs
- \$40,510 potential earnings

Middle school teachers, except special and career/technical education

- 3.6% about as fast as the average
- 627,100 number of jobs
- \$60,810 potential earnings

Miscellaneous entertainers and performers, sports and related workers

- 4.2% about as fast as the average
- 33,300 number of jobs
- \$N/A potential earnings

Recreation and fitness studies teachers, postsecondary

- 2.6% slower than the average
- 19,100 number of jobs
- \$66,290 potential earnings

Secondary school teachers, except special and career/technical education

- 3.8% about as fast as the average
- 1,050,800 number of jobs
- \$62,870 potential earnings

Accreditation

Council for the Accreditation of Educator Preparation

* Source of occupation titles and labor data comes from the U.S. Bureau of Labor Statistics'

Occupational Outlook Handbook. Data comprises projected percent change in employment over the next 10 years; nation-wide employment numbers; and the yearly median wage at which half of the workers in the occupation earned more than that amount and half earned less.

Admission Requirements

Admission to this major is selective. Admission to the college does not guarantee admission to a major and/or admission to professional coursework for a selective admission program. To be admitted directly into a teacher education program, it is required that new freshmen have a 2.750 high school GPA. Students who do not meet the GPA requirement at the time of admission for this major will be admitted to the EHHS General non-degree program until which time they have established a Kent State GPA of 2.750. They may then submit a change of program to declare this major.

Students seeking admission into the Health and Physical Education concentration or the Physical Education Teacher Licensure concentration of this program must meet all professional requirements for admission to advanced study and have a minimum overall 2.750 GPA in all previous undergraduate coursework. Students should contact the Vacca Office of Student Services, 304 White Hall, during the first year of study to inquire into the procedures associated with admission to advanced study. Students transferring from another university should meet with an academic advisor in the College of Education, Health and Human Services at least one semester prior to transferring.

Current Kent State and Transfer Students: Active Kent State students who wish to change their major must have attempted a minimum 12 credit hours at Kent State and meet all admission criteria listed above to be admitted. Students who have not attempted 12 credit hours at Kent State will be evaluated for admission based on their high school GPA for new students or transfer GPA for transfer students. Transfer students who have not attempted 12 credit hours of college-level coursework at Kent State and/or other institutions will be evaluated based on both their high school GPA and college GPA.

International Students: All international students must provide proof of English language proficiency unless they meet specific exceptions. For more information, visit the admissions website for international students.

Program Requirements

| Code | Title | Credit Hours |
|---|--|----------------|
| Major Requirements (courses count in major GPA) ¹ | | |
| ATTR/EXSC 25057 | HUMAN ANATOMY AND PHYSIOLOGY I (KBS) (KLAB) ² | 4 |
| PESP 15010 | INTRODUCTION TO PHYSICAL EDUCATION, FITNESS AND SPORT | 3 |
| PESP 25033 | LIFESPAN MOTOR DEVELOPMENT | 3 |
| PESP 25056 | ASSESSMENT OF LEARNING IN PHYSICAL EDUCATION AND SPORT | 3 |
| PESP 35020 | FITNESS EDUCATION | 3 |
| PESP 35084 | MOTOR SKILL ANALYSIS | 3 |
| Additional Requirements (courses do not count in major GPA) | | |
| PSYC 11762 | GENERAL PSYCHOLOGY (DIVD) (KSS) ³ | 3 |
| UC 10001 | FLASHES 101 | 1 |
| Kent Core Composition ³ | | 6 |
| Kent Core Mathematics and Critical Reasoning | | 3-5 |
| Kent Core Humanities and Fine Arts (minimum one course from each) | | 9 |
| Kent Core Social Sciences (must be from two disciplines) | | 3 |
| Concentrations | | |
| Choose from the following: | | 76-113 |
| Health and Physical Education | | |
| Physical Education Licensure | | |
| Physical Activity and Sport Performance | | |
| Minimum Total Credit Hours: | | 120-157 |

¹ Minimum C grade is required in all major coursework for the Health and Physical Education concentration and the Physical Education Licensure concentration.

² Students who have successfully completed BSCI 11010 with a minimum C grade may use that course in place of ATTR 25057/EXSC 25057.

³ Minimum C grade is required for the Health and Physical Education and Physical Education Licensure concentrations.

Health and Physical Education Concentration Requirements

| Code | Title | Credit Hours |
|--|---|--------------|
| Concentration Requirements (courses count in major GPA) | | |
| EHHS 49592 | STUDENT TEACHING IN HEALTH AND PHYSICAL EDUCATION (ELR) ¹ | 10 |
| HED 11570 | PERSONAL HEALTH (min C grade) | 3 |
| HED 21030 | INTRODUCTION TO HEALTH EDUCATION (min C grade) | 3 |
| HED 21050 | HEALTH EDUCATION THEORIES (min C grade) | 3 |
| HED 30000 | TEACHING HEALTH TO YOUNG LEARNERS (min C grade) ¹ | 3 |
| HED 32530 | DRUG USE AND MISUSE (min C grade) | 3 |
| HED 32542 | METHODS AND APPLICATIONS OF HEALTH EDUCATION (WIC) (min C grade) ¹ | 5 |
| HED 32544 | HUMAN SEXUALITY (min C grade) | 3 |

| | | |
|---|---|---|
| HED 34050 | PROGRAM PLANNING AND EVALUATION IN HEALTH EDUCATION (min C grade) | 3 |
| HED 42041 | HEALTH COACHING (min C grade) | 3 |
| HED 44543 | ADMINISTRATION OF SCHOOL HEALTH PROGRAMS (min C grade) | 3 |
| HED 44544 | SEXUALITY EDUCATION PROGRAMS (min C grade) | 3 |
| HED 44550 | DRUG ABUSE AND VIOLENCE EDUCATION PROGRAMS (min C grade) | 3 |
| HED 49525 | INQUIRY SEMINAR INTO PROFESSIONAL PRACTICE (min C grade) | 3 |
| PESP 15011 | DEVELOPMENT AND ANALYSIS OF INVASION GAMES (min C grade) | 3 |
| PESP 15015 | DEVELOPMENT AND ANALYSIS OF NET GAMES (min C grade) | 3 |
| PESP 15016 | DEVELOPMENT AND ANALYSIS OF TARGET AND FIELD GAMES (min C grade) | 3 |
| PESP 15020 | FUNDAMENTAL MOVEMENT, GYMNASTICS AND DANCE (min C grade) | 3 |
| PESP 25025 | TEACHING IN PHYSICAL EDUCATION (min C grade) ¹ | 3 |
| PESP 25026 | OVERVIEW OF OUTDOOR PURSUITS AND ADVENTURE EDUCATION (min C grade) | 3 |
| PESP 45037 | ADAPTED PHYSICAL EDUCATION (min C grade) ¹ | 3 |
| PESP 45051 | ELEMENTARY SCHOOL PHYSICAL EDUCATION METHODS (min C grade) ¹ | 3 |
| PESP 45053 | ELEMENTARY SCHOOL PHYSICAL EDUCATION CONTENT (min C grade) ¹ | 3 |
| PESP 45058 | SECONDARY SCHOOL PHYSICAL EDUCATION METHODS (min C grade) ¹ | 3 |
| PESP 45059 | SECONDARY SCHOOL PHYSICAL EDUCATION CONTENT (min C grade) ¹ | 3 |
| PESP 49525 | INQUIRY INTO PROFESSIONAL PRACTICE IN PHYSICAL EDUCATION (min C grade) | 3 |
| SPAD 35065 | HISTORY AND PHILOSOPHY OF SPORT AND PHYSICAL ACTIVITY (WIC) (min C grade) | 3 |
| Physical Activity, Wellness and Sport (PWS) Electives, choose from the following (min C grade): | | 2 |
| PWS 10020 | DEVELOPMENT AND CONDITIONING | |
| PWS 10036 | FITNESS WALKING | |
| PWS 10306 | JOGGING | |
| PWS 10403 | BEGINNING BALLROOM DANCE | |
| PWS 10413 | LATIN SOCIAL DANCE | |
| PWS 11426 | VARSITY SPORT TRAINING AND CONDITIONING | |
| PWS 11604 | BEGINNING KARATE | |
| PWS 11633 | JU JITSU | |
| PWS 11634 | SELF-DEFENSE | |
| PWS 11663 | BEGINNING YOGA | |
| PWS 11664 | PILATES | |
| PWS 11665 | ZUMBA | |
| PWS 11666 | BEGINNING SPINNING | |
| PWS 11667 | BOOT CAMP I | |
| PWS 11673 | INTERMEDIATE YOGA | |
| PWS 11674 | INTERMEDIATE PILATES | |
| PWS 11675 | ZUMBA TONING | |
| PWS 12324 | WEIGHT TRAINING | |
| PWS 12325 | WOMEN'S WEIGHT TRAINING | |
| PWS 12424 | EXERCISE AND WEIGHT CONTROL | |
| PWS 12425 | NAUTILUS EXERCISES | |

| | | |
|--|--|------------|
| PWS 13003 | DANCE EXERCISE | |
| PWS 13010 | JUDO-JUJITSU | |
| PWS 13016 | CYCLING | |
| PWS 13040 | CARDIO KICKBOXING | |
| Additional Requirements (courses do not count in major GPA) | | |
| CI 47330 | READING AND WRITING IN ADOLESCENCE/ ADULTHOOD (min C grade) | 3 |
| COMM 15000 | INTRODUCTION TO HUMAN COMMUNICATION (KADL) (min C grade) | 3 |
| CULT 29535 | EDUCATION IN A DEMOCRATIC SOCIETY (min C grade) | 3 |
| EPSY 29525 | EDUCATIONAL PSYCHOLOGY (min C grade) | 3 |
| NUTR 23511 | SCIENCE OF HUMAN NUTRITION (KBS) (min C grade) | 3 |
| SPED 23000 | INTRODUCTION TO EXCEPTIONALITIES (DIVD) (min C grade) | 3 |
| Kent Core Additional | | 3 |
| Minimum Total Credit Hours: | | 113 |

¹ Teacher candidates are only permitted to repeat a field experience course once. Please see Repeating Field Experience Courses in Teacher Education Programs policy for details.

Physical Activity and Sport Performance Concentration Requirements

| Code | Title | Credit Hours |
|---|--|--------------|
| Concentration Requirements (courses count in major GPA) | | |
| PESP 15020 | FUNDAMENTAL MOVEMENT, GYMNASTICS AND DANCE | 3 |
| PESP 45015 | PSYCHOLOGY OF COACHING | 3 |
| PESP 45037 | ADAPTED PHYSICAL EDUCATION ¹ | 3 |
| PESP 45092 | INTERNSHIP IN PHYSICAL EDUCATION (ELR) | 3 |
| or PESP 45096 | INDIVIDUAL INVESTIGATION IN PHYSICAL EDUCATION | |
| SPAD 25000 | SPORT IN SOCIETY (DIVD) | 3 |
| SPAD 35065 | HISTORY AND PHILOSOPHY OF SPORT AND PHYSICAL ACTIVITY (WIC) ² | 3 |
| Physical Activity, Wellness and Sport (PWS) or Professional Movement Elective | | 1 |
| Development and Analysis Electives, choose from the following: | | 6 |
| PESP 15011 | DEVELOPMENT AND ANALYSIS OF INVASION GAMES | |
| PESP 15015 | DEVELOPMENT AND ANALYSIS OF NET GAMES | |
| PESP 15016 | DEVELOPMENT AND ANALYSIS OF TARGET AND FIELD GAMES | |
| Additional Requirements (courses do not count in major GPA) | | |
| Kent Core Basic Sciences (must include one laboratory) | | 3 |
| Kent Core Additional | | 6 |
| Declared Minor and General Electives (total credit hours depends on earning 120 credit hours, including 39 upper division credit hours) | | 42 |
| Minimum Total Credit Hours: | | 76 |

¹ Teacher candidates are only permitted to repeat a field experience course once. Please see Repeating Field Experience Courses in Teacher Education Programs policy for details.

² A minimum C grade must be earned to fulfill writing-intensive requirement.

Physical Education Licensure Concentration Requirements

| Code | Title | Credit Hours |
|---|---|--------------|
| Concentration Requirements (courses count in major GPA) | | |
| HED 42575 | HEALTH AND LEARNING: STRATEGIES FOR STUDENTS AND TEACHERS | 3 |
| PESP 15011 | DEVELOPMENT AND ANALYSIS OF INVASION GAMES (min C grade) | 3 |
| PESP 15015 | DEVELOPMENT AND ANALYSIS OF NET GAMES (min C grade) | 3 |
| PESP 15016 | DEVELOPMENT AND ANALYSIS OF TARGET AND FIELD GAMES (min C grade) | 3 |
| PESP 15020 | FUNDAMENTAL MOVEMENT, GYMNASTICS AND DANCE (min C grade) | 3 |
| PESP 25025 | TEACHING IN PHYSICAL EDUCATION (min C grade) ¹ | 3 |
| PESP 25026 | OVERVIEW OF OUTDOOR PURSUITS AND ADVENTURE EDUCATION (min C grade) | 3 |
| PESP 45037 | ADAPTED PHYSICAL EDUCATION (min C grade) ¹ | 3 |
| PESP 45051 | ELEMENTARY SCHOOL PHYSICAL EDUCATION METHODS (min C grade) ¹ | 3 |
| PESP 45053 | ELEMENTARY SCHOOL PHYSICAL EDUCATION CONTENT (min C grade) ¹ | 3 |
| PESP 45058 | SECONDARY SCHOOL PHYSICAL EDUCATION METHODS (min C grade) ¹ | 3 |
| PESP 45059 | SECONDARY SCHOOL PHYSICAL EDUCATION CONTENT (min C grade) ¹ | 3 |
| PESP 49525 | INQUIRY INTO PROFESSIONAL PRACTICE IN PHYSICAL EDUCATION (min C grade) | 3 |
| PESP 49592 | STUDENT TEACHING IN PHYSICAL EDUCATION (ELR) ¹ | 12 |
| SPAD 35065 | HISTORY AND PHILOSOPHY OF SPORT AND PHYSICAL ACTIVITY (WIC) (min C grade) | 3 |
| Physical Activity, Wellness and Sport (PWS) Electives, choose from the following (min C grade): | | 1 |
| PWS 10020 | DEVELOPMENT AND CONDITIONING | |
| PWS 10036 | FITNESS WALKING | |
| PWS 10306 | JOGGING | |
| PWS 10403 | BEGINNING BALLROOM DANCE | |
| PWS 10413 | LATIN SOCIAL DANCE | |
| PWS 11426 | VARSITY SPORT TRAINING AND CONDITIONING | |
| PWS 11604 | BEGINNING KARATE | |
| PWS 11633 | JU JITSU | |
| PWS 11634 | SELF-DEFENSE | |
| PWS 11663 | BEGINNING YOGA | |
| PWS 11664 | PILATES | |
| PWS 11665 | ZUMBA | |
| PWS 11666 | BEGINNING SPINNING | |
| PWS 11667 | BOOT CAMP I | |
| PWS 11673 | INTERMEDIATE YOGA | |
| PWS 11674 | INTERMEDIATE PILATES | |
| PWS 11675 | ZUMBA TONING | |
| PWS 12324 | WEIGHT TRAINING | |
| PWS 12325 | WOMEN'S WEIGHT TRAINING | |
| PWS 13003 | DANCE EXERCISE | |
| PWS 13010 | JUDO-JUJITSU | |
| PWS 13016 | CYCLING | |

| | | |
|--|--|-----------|
| PWS 13040 | CARDIO KICKBOXING | |
| Additional Requirements (courses do not count in major GPA) | | |
| CI 47330 | READING AND WRITING IN ADOLESCENCE/ ADULTHOOD (min C grade) | 3 |
| CULT 29535 | EDUCATION IN A DEMOCRATIC SOCIETY (min C grade) | 3 |
| EPSY 29525 | EDUCATIONAL PSYCHOLOGY (min C grade) | 3 |
| SPED 23000 | INTRODUCTION TO EXCEPTIONALITIES (DIVD) (min C grade) | 3 |
| Kent Core Basic Sciences (must include one laboratory) | | 3 |
| Kent Core Additional | | 6 |
| Minimum Total Credit Hours: | | 76 |

Students must apply for State of Ohio Licensure (defined by completion of all licensure program requirements) within 12 months of program completion. After 12 months, applicants must meet State approved program/licensure requirements that are in effect at the time of application. This means that students who apply after the 12 month deadline may have to take additional coursework if the content, methods courses, program requirements, or licensure requirements have changed from the catalog in force.

Roadmaps

¹ Teacher candidates are only permitted to repeat a field experience course once. Please see Repeating Field Experience Courses in Teacher Education Programs policy for details.

Progression Requirements

Students in the Health and Physical Education and Physical Education Licensure concentrations must meet all professional requirements for admission to advanced study.

To manage enrollment and deliver high-quality programs, the faculty will select the most qualified applicants for admission based upon evaluation of academic success (overall GPA¹) at Kent State University; non-academic criteria and other specific program criteria.

Please be aware that reapplication may be necessary if postponing advanced study coursework or if withdrawn for one year or more.

¹ Undergraduate students who have not completed a minimum of 12 Kent State University credit hours will be evaluated for advanced study and professional phase based on their high school GPA for new freshmen or transfer GPA for transfer students.

Graduation Requirements

Health and Physical Education Concentration

| Minimum Major GPA | Minimum Overall GPA |
|-------------------|---------------------|
| 2.750 | 2.750 |

Physical Activity and Sport Performance Concentration

| Minimum Major GPA | Minimum Overall GPA |
|-------------------|---------------------|
| 2.250 | 2.000 |

Physical Education Licensure Concentration

| Minimum Major GPA | Minimum Overall GPA |
|-------------------|---------------------|
| 2.750 | 2.750 |

- Students in the Health and Physical Education concentration and the Physical Education Licensure concentration are required to provide evidence of certification in First Aid, CPR and a minimum equivalence to level 5 competency in Red Cross swimming.

Licensure information

Candidates seeking Ohio licensure are required to pass specific assessments in order to apply for licensure. See Ohio Department of Education-Educator Preparation website for more information on assessments specific to licensure type. Taking and passing the licensure tests prior to graduation is encouraged but not required.

Health and Physical Education Concentration

This roadmap is a recommended semester-by-semester plan of study for this major. However, courses designated as critical (!) must be completed in the semester listed to ensure a timely graduation.

| Semester One | | Credits |
|---|--|-----------|
| ! | HED 11570 PERSONAL HEALTH | 3 |
| ! | PESP 15010 INTRODUCTION TO PHYSICAL EDUCATION, FITNESS AND SPORT | 3 |
| ! | PESP 15020 FUNDAMENTAL MOVEMENT, GYMNASTICS AND DANCE | 3 |
| | UC 10001 FLASHES 101 | 1 |
| | Kent Core Requirement | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 16 |
| Semester Two | | Credits |
| | COMM 15000 INTRODUCTION TO HUMAN COMMUNICATION (KADL) | 3 |
| ! | CULT 29535 EDUCATION IN A DEMOCRATIC SOCIETY | 3 |
| ! | PESP 15015 DEVELOPMENT AND ANALYSIS OF NET GAMES | 3 |
| ! | PESP 25026 OVERVIEW OF OUTDOOR PURSUITS AND ADVENTURE EDUCATION | 3 |
| ! | Physical Activity, Wellness and Sport (PWS) Elective | 1 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 16 |
| Semester Three | | Credits |
| | HED 21030 INTRODUCTION TO HEALTH EDUCATION | 3 |
| ! | PESP 15011 DEVELOPMENT AND ANALYSIS OF INVASION GAMES | 3 |
| ! | PESP 15016 DEVELOPMENT AND ANALYSIS OF TARGET AND FIELD GAMES | 3 |
| | Kent Core Requirement | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 15 |
| Semester Four | | Credits |
| ! | EPSY 29525 EDUCATIONAL PSYCHOLOGY | 3 |
| | HED 32530 DRUG USE AND MISUSE | 3 |
| | PESP 25056 ASSESSMENT OF LEARNING IN PHYSICAL EDUCATION AND SPORT | 3 |
| | PSYC 11762 GENERAL PSYCHOLOGY (DIVD) (KSS) | 3 |
| | Physical Activity, Wellness and Sport (PWS) Electives | 1 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 16 |
| Semester Five | | Credits |
| Requirement: minimum 2.750 overall GPA by end of term; minimum 2.750 major GPA | | |
| ! | ATTR 25057 HUMAN ANATOMY AND PHYSIOLOGY I (KBS) or EXSC 25057 or HUMAN ANATOMY AND PHYSIOLOGY I (KBS) (KLAB) | 4 |
| | HED 21050 HEALTH EDUCATION THEORIES | 3 |
| | PESP 25033 LIFESPAN MOTOR DEVELOPMENT | 3 |
| | SPED 23000 INTRODUCTION TO EXCEPTIONALITIES (DIVD) | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 16 |
| Semester Six | | Credits |
| Requirement: apply online for Advanced Study before the second Friday of the term; 2.750 minimum overall GPA; minimum 2.750 major GPA | | |

| | HED 30000 TEACHING HEALTH TO YOUNG LEARNERS | 3 |
|---|--|------------|
| | HED 32544 HUMAN SEXUALITY | 3 |
| | HED 44543 ADMINISTRATION OF SCHOOL HEALTH PROGRAMS | 3 |
| ! | PESP 25025 TEACHING IN PHYSICAL EDUCATION | 3 |
| | PESP 35084 MOTOR SKILL ANALYSIS | 3 |
| Credit Hours | | 15 |
| Semester Seven | | Credits |
| Requirement: apply for student teaching; minimum 2.750 major GPA; minimum 2.750 overall GPA | | |
| ! | HED 32542 METHODS AND APPLICATIONS OF HEALTH EDUCATION (WIC) | 5 |
| | HED 42041 HEALTH COACHING | 3 |
| | PESP 35020 FITNESS EDUCATION | 3 |
| | SPAD 35065 HISTORY AND PHILOSOPHY OF SPORT AND PHYSICAL ACTIVITY (WIC) | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 17 |
| Semester Eight | | Credits |
| Requirement: minimum 2.750 overall GPA; minimum 2.750 major GPA | | |
| | HED 34050 PROGRAM PLANNING AND EVALUATION IN HEALTH EDUCATION | 3 |
| | HED 44544 SEXUALITY EDUCATION PROGRAMS | 3 |
| | HED 44550 DRUG ABUSE AND VIOLENCE EDUCATION PROGRAMS | 3 |
| ! | PESP 45058 SECONDARY SCHOOL PHYSICAL EDUCATION METHODS | 3 |
| ! | PESP 45059 SECONDARY SCHOOL PHYSICAL EDUCATION CONTENT | 3 |
| Credit Hours | | 15 |
| Semester Nine | | Credits |
| Requirement: minimum 2.750 overall GPA; minimum 2.750 major GPA | | |
| | CI 47330 READING AND WRITING IN ADOLESCENCE/ADULTHOOD | 3 |
| | NUTR 23511 SCIENCE OF HUMAN NUTRITION (KBS) | 3 |
| | PESP 45037 ADAPTED PHYSICAL EDUCATION | 3 |
| ! | PESP 45051 ELEMENTARY SCHOOL PHYSICAL EDUCATION METHODS | 3 |
| ! | PESP 45053 ELEMENTARY SCHOOL PHYSICAL EDUCATION CONTENT | 3 |
| Credit Hours | | 15 |
| Semester Ten | | Credits |
| Requirement: minimum 2.750 overall GPA; minimum 2.750 major GPA | | |
| | EHHS 49592 STUDENT TEACHING IN HEALTH AND PHYSICAL EDUCATION (ELR) | 10 |
| ! | HED 49525 INQUIRY SEMINAR INTO PROFESSIONAL PRACTICE | 3 |
| ! | PESP 49525 INQUIRY INTO PROFESSIONAL PRACTICE IN PHYSICAL EDUCATION | 3 |
| Credit Hours | | 16 |
| Minimum Total Credit Hours: | | 157 |

Physical Activity and Sport Performance Concentration

This roadmap is a recommended semester-by-semester plan of study for this major. However, courses designated as critical (!) must be completed in the semester listed to ensure a timely graduation.

| Semester One | | Credits |
|---|---|-----------|
| PESP 15010 | INTRODUCTION TO PHYSICAL EDUCATION, FITNESS AND SPORT | 3 |
| PESP 15020 | FUNDAMENTAL MOVEMENT, GYMNASTICS AND DANCE | 3 |
| UC 10001 | FLASHES 101 | 1 |
| Kent Core Requirement | | 3 |
| Kent Core Requirement | | 3 |
| Kent Core Requirement | | 3 |
| Credit Hours | | 16 |
| Semester Two | | |
| PSYC 11762 | GENERAL PSYCHOLOGY (DIVD) (KSS) | 3 |
| Development and Analysis Elective | | 3 |
| Kent Core Requirement | | 3 |
| Kent Core Requirement | | 3 |
| Kent Core Requirement | | 3 |
| Credit Hours | | 15 |
| Semester Three | | |
| ! ATTR 25057 or EXSC 25057 | HUMAN ANATOMY AND PHYSIOLOGY I (KBS) (KLAB) or HUMAN ANATOMY AND PHYSIOLOGY I (KBS) (KLAB) | 4 |
| PESP 25033 | LIFESPAN MOTOR DEVELOPMENT | 3 |
| Kent Core Requirement | | 3 |
| Kent Core Requirement | | 3 |
| Approved Minor and General Electives | | 3 |
| Credit Hours | | 16 |
| Semester Four | | |
| ! PESP 25056 | ASSESSMENT OF LEARNING IN PHYSICAL EDUCATION AND SPORT | 3 |
| SPAD 25000 | SPORT IN SOCIETY (DIVD) | 3 |
| Approved Minor and General Electives | | 9 |
| Credit Hours | | 15 |
| Semester Five | | |
| Development and Analysis Elective | | 3 |
| Physical Activity, Wellness and Sport (PWS) or Professional Movement Elective | | 1 |
| Kent Core Requirement | | 3 |
| Kent Core Requirement | | 3 |
| Approved Minor and General Electives | | 5 |
| Credit Hours | | 15 |
| Semester Six | | |
| PESP 35084 | MOTOR SKILL ANALYSIS | 3 |
| SPAD 35065 | HISTORY AND PHILOSOPHY OF SPORT AND PHYSICAL ACTIVITY (WIC) | 3 |
| Approved Minor and General Electives | | 9 |
| Credit Hours | | 15 |
| Semester Seven | | |
| Note: apply for graduation | | |
| PESP 35020 | FITNESS EDUCATION | 3 |
| PESP 45037 | ADAPTED PHYSICAL EDUCATION | 3 |
| PESP 45015 | PSYCHOLOGY OF COACHING | 3 |

| Approved Minor and General Electives | | 6 |
|--------------------------------------|---|------------|
| Credit Hours | | 15 |
| Semester Eight | | |
| ! PESP 45092 or PESP 45096 | INTERNSHIP IN PHYSICAL EDUCATION (ELR) or INDIVIDUAL INVESTIGATION IN PHYSICAL EDUCATION | 3 |
| Approved Minor and General Electives | | 10 |
| Credit Hours | | 13 |
| Minimum Total Credit Hours: | | 120 |

Physical Education Licensure Concentration

This roadmap is a recommended semester-by-semester plan of study for this major. However, courses designated as critical (!) must be completed in the semester listed to ensure a timely graduation.

| Semester One | | Credits |
|---|--|-----------|
| ! | PESP 15010 INTRODUCTION TO PHYSICAL EDUCATION, FITNESS AND SPORT | 3 |
| ! | PESP 15020 FUNDAMENTAL MOVEMENT, GYMNASTICS AND DANCE | 3 |
| | UC 10001 FLASHES 101 | 1 |
| | Kent Core Requirement | 3 |
| | Kent Core Requirement | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 16 |
| Semester Two | | Credits |
| ! | CULT 29535 EDUCATION IN A DEMOCRATIC SOCIETY | 3 |
| | PESP 15015 DEVELOPMENT AND ANALYSIS OF NET GAMES | 3 |
| | PESP 25026 OVERVIEW OF OUTDOOR PURSUITS AND ADVENTURE EDUCATION | 3 |
| | PSYC 11762 GENERAL PSYCHOLOGY (DIVD) (KSS) | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 15 |
| Semester Three | | Credits |
| Requirement: minimum 2.750 overall GPA by end of term; minimum 2.750 major GPA | | |
| ! | ATTR 25057 HUMAN ANATOMY AND PHYSIOLOGY I (KBS) or EXSC 25057 or HUMAN ANATOMY AND PHYSIOLOGY I (KBS) (KLAB) | 4 |
| | EPSY 29525 EDUCATIONAL PSYCHOLOGY | 3 |
| ! | PESP 15011 DEVELOPMENT AND ANALYSIS OF INVASION GAMES | 3 |
| | PESP 15016 DEVELOPMENT AND ANALYSIS OF TARGET AND FIELD GAMES | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 16 |
| Semester Four | | Credits |
| Requirement: apply online for Advanced Study before the second Friday of the term; 2.750 minimum overall GPA; minimum 2.750 major | | |
| | PESP 25025 TEACHING IN PHYSICAL EDUCATION | 3 |
| | PESP 25033 LIFESPAN MOTOR DEVELOPMENT | 3 |
| | PESP 25056 ASSESSMENT OF LEARNING IN PHYSICAL EDUCATION AND SPORT | 3 |
| | Physical Activity, Wellness and Sport (PWS) Electives | 1 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 13 |
| Semester Five | | Credits |
| Requirement: minimum 2.750 overall GPA; minimum 2.750 major GPA | | |
| | CI 47330 READING AND WRITING IN ADOLESCENCE/ADULTHOOD | 3 |
| | HED 42575 HEALTH AND LEARNING: STRATEGIES FOR STUDENTS AND TEACHERS | 3 |
| | PESP 35020 FITNESS EDUCATION | 3 |
| | SPED 23000 INTRODUCTION TO EXCEPTIONALITIES (DIVD) | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 15 |

| Semester Six | | Credits |
|---|--|------------|
| Requirement: minimum 2.750 overall GPA; minimum 2.750 major GPA | | |
| | PESP 35084 MOTOR SKILL ANALYSIS | 3 |
| ! | PESP 45058 SECONDARY SCHOOL PHYSICAL EDUCATION METHODS | 3 |
| ! | PESP 45059 SECONDARY SCHOOL PHYSICAL EDUCATION CONTENT | 3 |
| | SPAD 35065 HISTORY AND PHILOSOPHY OF SPORT AND PHYSICAL ACTIVITY (WIC) | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 15 |
| Semester Seven | | Credits |
| Requirement: apply for graduation; minimum 2.750 overall GPA; minimum 2.750 major GPA | | |
| | PESP 45037 ADAPTED PHYSICAL EDUCATION | 3 |
| ! | PESP 45051 ELEMENTARY SCHOOL PHYSICAL EDUCATION METHODS | 3 |
| ! | PESP 45053 ELEMENTARY SCHOOL PHYSICAL EDUCATION CONTENT | 3 |
| | Kent Core Requirement | 3 |
| | Kent Core Requirement | 3 |
| Credit Hours | | 15 |
| Semester Eight | | Credits |
| Requirement: minimum 2.750 overall GPA; minimum 2.750 major GPA | | |
| ! | PESP 49525 INQUIRY INTO PROFESSIONAL PRACTICE IN PHYSICAL EDUCATION | 3 |
| | PESP 49592 STUDENT TEACHING IN PHYSICAL EDUCATION (ELR) | 12 |
| Credit Hours | | 15 |
| Minimum Total Credit Hours: | | 120 |

University Requirements

All students in a bachelor's degree program at Kent State University must complete the following university requirements for graduation.

NOTE: University requirements may be fulfilled in this program by specific course requirements. Please see Program Requirements for details.

| | |
|--|--------------------|
| Flashes 101 (UC 10001) | 1 credit hour |
| Course is not required for students with 30+ transfer credits (excluding College Credit Plus) or age 21+ at time of admission. | |
| Diversity Domestic/Global (DIVD/DIVG) | 2 courses |
| Students must successfully complete one domestic and one global course, of which one must be from the Kent Core. | |
| Experiential Learning Requirement (ELR) | varies |
| Students must successfully complete one course or approved experience. | |
| Kent Core (see table below) | 36-37 credit hours |
| Writing-Intensive Course (WIC) | 1 course |
| Students must earn a minimum C grade in the course. | |
| Upper-Division Requirement | 39 credit hours |
| Students must successfully complete 39 upper-division (numbered 30000 to 49999) credit hours to graduate. | |

| | |
|-------------------------------|------------------|
| Total Credit Hour Requirement | 120 credit hours |
|-------------------------------|------------------|

Kent Core Requirements

| | |
|---|--------------|
| Kent Core Composition (KCMP) | 6 |
| Kent Core Mathematics and Critical Reasoning (KMCR) | 3 |
| Kent Core Humanities and Fine Arts (KHUM/KFA) (min one course each) | 9 |
| Kent Core Social Sciences (KSS) (must be from two disciplines) | 6 |
| Kent Core Basic Sciences (KBS/KLAB) (must include one laboratory) | 6-7 |
| Kent Core Additional (KADL) | 6 |
| Total Credit Hours: | 36-37 |

Program Learning Outcomes

Graduates of the Health and Physical Education and Physical Education Licensure concentrations will be able to:

1. Demonstrate an understanding of content and scientific and theoretical foundations for the delivery of an effective PK-12 PE and/or Health program.
2. Plan and implement developmentally appropriate and meaningful PE and/or health learning experiences aligned with local, state and/or national standards and grade-level outcomes.
3. Use effective resources, accommodations, and technology that support the diverse needs of all students in planning and teaching.
4. Use effective communication, feedback, and instructional and managerial skills to enhance student learning.
5. Select and implement appropriate assessments and reflection to monitor students' progress and guide decision making related to instruction and learning.
6. Demonstrate dispositions essential to becoming effective professionals.

Graduates of the Physical Activity and Sport Performance concentration will be able to:

1. Demonstrate understanding and value of human diversity.
2. Apply their broad spectrum of knowledge of human movement in their capstone experience by being able to:
 - a. Describe and apply biophysical (anatomical, physiological and biomechanical) and social-psychological concepts to skillful movement, physical activity and fitness, depending upon their area of focus.
 - b. Identify individual and group motives and opportunities and barriers to involvement in different types of human movement.
 - c. Understand the historical significance of past events and how these events have shaped the present development of sport and physical education.

Full Description

The Bachelor of Science degree in Physical Education and Sport Performance prepares teachers who exemplify best practices in the PK-12 setting and professionals who promote high quality physical activity opportunities for individuals across the lifespan. The program places a strong emphasis on field experience, internships and professional development experiences.

The Physical Education and Sport Performance major comprises the following concentrations:

- The **Health and Physical Education** concentration is a five-year program that provides the curriculum necessary for students seeking Ohio teacher licensure in both health education and physical education. The program includes multiple field experiences in a variety of school districts, followed by a full semester of student teaching. Students teach in both subjects and are eligible to sit for the multi-age teacher licensing examinations. Students in combined bachelor's/master's degree programs may apply graduate courses toward the B.S.E. degree.
- The **Physical Activity and Sport Performance** concentration is grounded in the understanding that the study of physical activity and sport is important in themselves and as biological and social concepts. The concentration provides students with the opportunity to design their educational experience by developing an individualized program of study. Students in this concentration are required to declare a minor, either in a related field or outside the field.
- The **Physical Education Teacher Licensure** concentration prepares students to seek Ohio teacher licensure in physical education. The program includes multiple field experiences in a variety of school districts, followed by a full semester of student teaching. Graduates are eligible to sit for the multi-age teacher licensing examinations.

Professional Licensure Disclosure

This program is designed to prepare students to sit for applicable licensure or certification in Ohio. If you plan to pursue licensure or certification in a state other than Ohio, please review state educational requirements for licensure or certification and contact information for state licensing boards at Kent State's website for professional licensure disclosure.