

Secondary Education Major (with) Physical and Health Education (K-12) Major
(for Freshman beginning Fall 2023)

This advising sheet lays out a basic 4-year plan with all of the components necessary to graduate and become certified in Physical and Health Education (K-12). A candidate's actual 4-year plan should be worked out with an education advisor.

Anchor Plan (34-35 credits)

The Anchor Plan is required for all Hope College students and represents the general education liberal arts program. The following chart explains these requirements.

Requirement	Rule	Attribute
First Year Seminar	One IDS 100 -3 credits	FYS
Expository Writing	ENGL 113 -3 credits	EW
Health Dynamics	KIN 140 -2 credits	HD
Math and Natural Sciences *satisfied by major-no additional courses required	One math course -3/4 credits One NSL course -4 credits* Any math or science course to reach 10 credits* total	MA NSL MNS
Religion	One REL 100 course -3 credits One REL 200 course -3 credits *one course must have Christian Tenets	RL1 RL2 *TEN
Social Sciences *satisfied by major-no additional courses required	Both Social Science courses will be satisfied by students taking EDUC 200/1 and EDUC 457.	SS1 SS2
Arts and Humanities <i>The first course taken in the series must be at the 100-level, and the next two courses must be at the 200-level.</i>	One Arts in Practice -2/3 credits One Human Creative Perspectives -3 credits One Philosophical Perspectives -3 credits One Historical Perspectives -3 credits *Prerequisite: ENGL 113 and one 100 level Arts and Humanities	ART HCP PHL HST
Human Diversities *GLP courses can also count in another area	Global Language-3 credits of <u>second level</u> fluency One US Diversities course (satisfied by EDUC 200/1) One Global Perspectives course -3 credits*	GL2 USD GLP
Senior Seminar	One IDS 400 level -3 credits	SRS

**Secondary Education Major (37 credits)
K-12 grade band**

*for PE/Health Majors

The secondary education sequence for all PE/Health education majors is listed below and is separated by level. Level 1 courses are designed to help candidates decide if education is the right career path. Level 2 courses are designed to have candidates learn the art of teaching. During Level 2 coursework, candidates must have 50 hours of clinical experience. Level 3 courses are taken during the student teaching semester and placement will be at both secondary and elementary levels.

Course #	Course Title	Credits
Level 1		
EDUC 200/1	Diversity Equity and Inclusion/Clinical Experience	3+1
EDUC 225/6	The Exceptional Child and Adolescent/Clinical Experience	3+1
EDUC 270	Foundations of Education	3
Level 2	All candidates should apply for admission to the department during the semester that all three level 1 courses have been satisfied.	
EDUC 275	Intro to Secondary Education and Instructional Design	3
EDUC 285/6	Literacy in the Content Area/Clinical Experience	3+1
EDUC 287	Classroom Management	3
EDUC 360/1	Secondary Principles/Clinical Experience	3+1
Level 3	All candidates should attend an informational meeting and apply to student teach two semesters before the semester they wish to student teach in.	
EDUC 457	Student Teaching Seminar	2
EDUC 480	Student Teaching Secondary School	10

**PE & Health Major (K-12)
(Additional 41 Credits)**

Course #	Course Title	Credits	Semester
KIN 155	Lifeguarding	2	S
KIN 160	Teaching of Rhythm & Movement	2	F – even year
KIN 200/L	Human Anatomy/ Lab	3+1	F/S
KIN 204/L	Exercise Physiology for PE and Health/ Lab	3+1	F – even year
KIN 251/L	Foundations and Theory in Health and PE/ Lab	3+.5	F – even year
KIN 301	Motor Development	3	S – even year
KIN 330	Principles of Coaching	3	F
KIN 344	Basic Methods of Teaching PE	3	S – even year
KIN 345	Methods & Clinical Experiences in PE	4	F – odd year
KIN 350/F	Adapted & Therapeutic PE+/ Field Experience	3+.5	F – odd year
KIN 451/F	Method of Teaching Health ED I/ Field Experience	3+.5	F
KIN 453/F	Health Ed Methods II & Sex ED/ Field Experience	3+.5	S
KIN 455	Data & Assessment in PE and Health	3	S

Freshman beginning FALL of EVEN years

	Fall – Year 1		Spring – Year 1	
	COURSE	CREDITS	COURSE	CREDITS
Educ Courses	EDUC 200/201	4	EDUC 225/226	4
PE/Health	KIN 251/251L	3.5	EDUC 270	3
Courses	ENG 113 (EW)	3	GEMS 158 (MSN)	4
Anchor Plan	IDS 100 (FYS)	3	Lang (GL2)	3
Elective Courses	KIN 140 (HD)	2		
		15.5		14
	Fall – Year 2		Spring – Year 2	
ODD/EVEN	KIN 200 (NSL)	4	EDUC 275	3
	KIN 345	3	KIN 301	3
	REL 100 (RL1)	3	KIN 344	3
	HST	3	MA	3/4
	ART	2/3	HCP	3
		15-16		15/16
	Fall – Year 3		Spring – Year 3	
EVEN/ODD	KIN 160	2	EDUC 285/286	4
	KIN 204/204L	4	KIN 453/453F	3.5
	KIN 330	3	KIN 455	3
	KIN 451/451F	3.5	KIN 155	2
	PHL	3	Elective	3
		15.5		15.5
	Fall – Year 4		Spring – Year 4	
* IDS 492 can be substituted if not taken during student teaching	EDUC 287	3	EDUC 457	2
	EDUC 360/361	4	EDUC 480	10
	KIN 350/350F	3.5	IDS 452 (SRS)*	3
	REL 200 (RL2)	3		
		13.5		15

Elective Possibilities:

Course #	Course Title	Credits	Semester
KIN 207	Sports in Society	3	S
KIN 208	Introduction to Nutrition	3	F/S
KIN 295	Fundamentals of Sports Management	3	F
KIN 371/L	Sports Performance Psychology	3.5	S
LDRS 201	Introduction to Leadership	3	F/S
PSY 100	Introduction to Psychology	3	F/S
PSY 230/F	Developmental Psychology	4	F/S
PSY 325	Health Psychology	3	F/S
COMM 295	Discourse of Sport	3	S

Freshman beginning FALL of ODD years

	Fall – Year 1		Spring – Year 1	
	COURSE	CREDITS	COURSE	CREDITS
Educ Courses	EDUC 200/201	4	EDUC 225/226	4
PE/Health	ENG 113 (EW)	3	EDUC 270	3
Courses	IDS 100 (FYS)	3	KIN 155	2
Anchor Plan	REL 100 (RL1)	3	GEMS 158 (MSN)	4
Elective Courses	KIN 140 (HD)	2	Lang (GL2)	3
		15		16
	Fall – Year 2		Spring – Year 2	
ODD/EVEN	KIN 160	2	EDUC 275	3
	KIN 251/251L	3.5	KIN 200 (NSL)	4
	KIN 451/451F	3.5	MA	3
	REL 200 (RL2)	3	HCP	3
	ART	2/3	Elective	3
		14/15		16
	Fall – Year 3		Spring – Year 3	
EVEN/ODD	EDUC 285/286	4	KIN 301	3
	EDUC 287	3	KIN 344	3
	KIN 345	4	KIN 453/453F	3.5
	KIN 350/350F	3.5	KIN 455	3
		14.5	HST	3
				15.5
	Fall – Year 4		Spring – Year 4	
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	KIN 204/204L	4	EDUC 480	10
	KIN 330	3	IDS 452 (SRS)*	3
	PHL	3		
		14		15

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PSY 325	Health Psychology	3	F/S
COMM 295	Discourse of Sport	3	S