

Physical Education: Teacher Education

Bachelor of Science

Teachers act as facilitators or coaches, using physical activity and “hands-on” approaches to help students learn and apply concepts in subjects such as science, mathematics, health or English. They utilize “props” or “manipulatives” to help children understand abstract concepts, solve problems, and develop critical thought processes. Many students in this major pursue a career in coaching also. Coaches organize amateur athletes and teach them the fundamentals of individual and team sports.*

*Occupational Outlook Handbook

MWSU Health, Physical Education, Recreation Department

Students who major in the Department of Health, Physical Education and Recreation can expect to participate in a wide variety of experiences that go beyond their classroom work. They can also expect professors from a broad range of backgrounds and experiences who care about them and want to help them reach their career goals. Students are challenged to be actively engaged in the learning process, to develop practical application of skills and knowledge learned in their classes and develop critical thinking skills.

Students in the Health, Physical Education and Recreation Department gain practical experience that prepares them for their teaching careers or graduate school. Upon graduation, they are prepared to plan, lead, organize and promote physical skill, health, and wellness for a lifetime.

MWSU Education Department

Students will also work with the Education Department to ensure they are meeting requirements for teacher certification.

As a student in Western’s teacher education program, you will have plenty of opportunities for practical experience in the classroom early on to help you decide if a teaching career is right for you. Western’s program was one of the first in the nation to require its students to participate in elementary and secondary schools early in the program, rather than waiting until students are almost ready to graduate.

Career Opportunities

Careers in health, physical education and recreation offer opportunities for you to help youth and adults improve their health and help them explore fulfilling recreational activities. This field is always changing and improving. Western’s graduates are in high demand because school administrators across the state are familiar with the university’s excellent teacher education program.

Admission Requirements

Health and Exercise Science:
A cumulative 2.5 GPA in three prerequisite courses.

Physical Education Teaching Certification:

2.5 GPA, pass the CBASE with a 235 in each area, and have an ACT score on file.

Recreation Sport Management:
Minimum cumulative GPA of 2.2 and 18 or higher ACT score.

Contact Information

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Did you know?

Each year, department majors coordinate two fundraisers: Hoops for Heart and Jump Rope for Heart, with hundreds of school-aged children participating. The department was asked to present a workshop on planning these two events at a national convention.



Missouri Western State University

Bachelor of Science

Major in Physical Education: Teacher Education Option

This is the preferred sequence of classes for this degree at Missouri Western State University. Your schedule may vary depending on transfer credit, dual enrollment credit, or other individual cases. Please contact the Health, Physical Education, and Recreation Department regarding these special circumstances.

Freshman Year – First Semester

Course	Hours
PSY 101 – General Psychology*	3
PED 101 – Fitness & Wellness	3
ENG 104 – College Writing/Rhetoric	3
General Studies Math (MAT 110 or higher)	3
General Studies Humanities	3
CED 131 – Griffon Edge**	1
Semester Total	16

** Griffon Edge is a 3-day orientation program held the week before classes begin in August.

Sophomore Year – First Semester

Course	Hours
SED 202 – Introduction to Secondary Education	3
SED 203 – Participation in Secondary Teaching I	1
BIO 250 – Anatomy & Physiology	5
PED 384 – Child Growth/Development	2
Lifetime Sports PE Activity	1
General Studies Humanities	3
Elective	2-3
Semester Total	17-18

Sophomore Year – Summer Session

PED 481 – Children's Lifetime Sports Academy	2
Semester Total	2

Junior Year – First Semester

Course	Hours
PED 303 – Kinesiology	3
PED 245 – Methods of Individual & Dual Sports	2
PED 391 – Personal & Environmental Health	3
PED 317/318 – Principles of Strength Training & Conditioning OR Principles of Aerobic Training	2
PED 374 – Psychology of Sport	2
General Studies Humanities	3
Semester Total	15

Senior Year – First Semester

Course	Hours
PED 385 – Principles of Athletic Training	2
PED 382 – Elementary School PE	3
PED 393 – Measurement in Physical Education	3
SED 303 – Experience in Secondary Teaching II	3
SED 304 – Psychology in Secondary Teaching	4
Semester Total	15

Comments:

*Required for teacher certification in Missouri.

Coaching Minor: Students must complete the following courses:

PED 310 and 3 of the following courses: PED 311, 312, 313, 314, 315, 316, 319.

Freshman Year – Second Semester

Course	Hours
BIO 101 – Principles of Biology*	5
ENG 108 – College Writing/Research	3
PSC 101 – American National Government*	3
COM 104 – Oral Communications	3
PED 191 – Foundation of Physical Education	2
Semester Total	16

PED 480/481 can be taken in the summer of freshman year (2 hours)

Sophomore Year – Second Semester

Course	Hours
PED 305/306 – First Aid OR Sport Safety Training	2
HIS 140/150 – American History to 1865 OR American History since 1865*	3
PED 243 – Methods of Adventure Activities	2
PED 390 – Perceptual Motor Development	2
PED 244 – Methods of Team Sports	2
General Studies Natural Science	4-5
Semester Total	15-16

Junior Year – Second Semester

Course	Hours
SED 311 – Secondary Reading Techniques	2
SED 315 – Psychology & Education of the Exceptional Student	2
PED 304 – Physiology of Exercise	3
PED 246 – Methods of Dance & Gymnastics	2
PED 380 – Rhythms & Creative Movement	3
PED 375 – Sociocultural Aspects of Sport & Physical Activity	2
PED 383 – Adapted Physical Education	2
Semester Total	16

Senior Year – Second Semester

Course	Hours
SED 404 – Seminar in Secondary Education & Human Relations	3
SED 409 – Secondary Student Teaching III	9
Semester Total	12