

KEENE STATE COLLEGE

2005-2006 Catalog  
Bachelor of Science  
**PHYSICAL EDUCATION**  
*Teacher Certification Option*

*Note:* For advising support only.  
See catalog for full degree requirements.

Name: \_\_\_\_\_

ID#: \_\_\_\_\_

**GENERAL EDUCATION** (minimum 43 credits)

**ENGLISH LANGUAGE COMPETENCE:** (4 credits)

- English 101-Essay Writing is required of all students.

**Write in courses / credits:**

ENG 101 \_\_\_\_\_ / 4

**ARTS & HUMANITIES:**

A minimum of **15** credits, as follows:

- One course in Literature  
(Any 200- or 300-level English course except 202, 203, 204, 208, 301, 302, 303, 304, 308, 312; FR 303 and SP 303 may also be used to fulfill this requirement)
- One course in History. (For teacher certification, a US History course is required)
- One course in Art, Film, Music or Theatre & Dance.
- Additional credits from Arts & Humanities: AMST, ART, COMM, ENG, FILM, FR, GER, HIST, JRN, ML, MU, PHIL, SP, TAD or an approved interdisciplinary course (WS 201\* or IDAH).

\_\_\_\_\_ / \_\_\_\_\_

US HIST \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_

**SOCIAL SCIENCES:**

A minimum of **12** credits in **three** or more Social Sciences disciplines: ANTH, ECON, GEOG, POSC, PSYC, SOC or an approved interdisciplinary course (WS 201\* or IDSS).

(For teacher certification, a Geography course is required)

GEOG \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_

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**SCIENCES/MATHEMATICS:**

A minimum of **12** credits, as follows:

- One course in Biology.
- One course in Physical Science (ASTR, CHEM, GEOL, MET, PHYS)
- Additional credits from Sciences/Mathematics:  
ASTR, BIO, CHEM, CS, ENST, GEOL, MATH, MET, PHYS or an approved interdisciplinary courses (IDSM).  
(BIO 230/231-Anatomy & Physiology I w/Lab, BIO 232/233-Anatomy & Physiology II w/Lab, and CHEM 100-Introduction to Chemistry are required for the major)

BIO 230/231 \_\_\_\_\_ / \_\_\_\_\_

CHEM 100 \_\_\_\_\_ / \_\_\_\_\_

BIO 232/233 \_\_\_\_\_ / \_\_\_\_\_

\_\_\_\_\_ / \_\_\_\_\_

\*WS 201 may be used once, to fulfill either an Arts & Humanities or a Social Sciences requirement.

All students majoring in PE must demonstrate math competency at the level of Applied Algebra & Trigonometry or take MATH 120 during the first year (see catalog).

**MAJOR REQUIREMENTS: 76 credits**

See catalog for admission criteria and complete degree requirements.

**PHYSICAL EDUCATION CORE: 18 credits**

- PE 100: Foundations of Physical Education
- HLSC 101: Health and Wellness: Trends and Issues
- PE 200: Applied Kinesiology
- PE 201: Physiology of Exercise
- PE 240: Advanced First Aid
- PE 460: Measurement and Evaluation in Physical Education

**PHYSICAL EDUCATION COURSES: 33 credits**

**Skills and Techniques:** (Year/Semester: F=Fall; S=Spring)

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- |   |   |
|---|---|
| <input type="checkbox"/> PE 260: Total Fitness and Conditioning (1/F) | <input type="checkbox"/> PE 261: Fitness Curriculum for K-12 Learners (2/S) |
| <input type="checkbox"/> PE 288: Soccer/Speedball (1/F)               | <input type="checkbox"/> PE 283: Gymnastics (2/S)                           |
| <input type="checkbox"/> PE 278: Racquet Sports (1/S)                 | <input type="checkbox"/> PE 265: Secondary Activities (3/F)                 |
| <input type="checkbox"/> PE 286: Basketball (1/S)                     | <input type="checkbox"/> PE 282: Track and Field (3/F)                      |
| <input type="checkbox"/> PE 255: Developmental Movement (2/F)         | <input type="checkbox"/> PE 256: Rhythms (3/S)                              |
| <input type="checkbox"/> PE 285: Volleyball (2/F)                     | <input type="checkbox"/> PE 268: Outdoor Skills (3/S)                       |
| <input type="checkbox"/> PE 287: Softball (2/F)                       |   |
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**See attached grid for proper sequencing of the following classes:**

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|--|---|
| <input type="checkbox"/> PE 360: Teaching Physical Education           | <input type="checkbox"/> PE 375: Practicum: Teaching-Elementary |
| <input type="checkbox"/> PE 361: Adapted Physical Education            | <input type="checkbox"/> PE 376: Practicum: Teaching-Secondary  |
| <input type="checkbox"/> PE 362: Admin. of Physical Education Programs |   |
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**TEACHER EDUCATION COURSES: 25 credits**

See catalog for admission criteria and specific education program requirements.

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|---|--|
| <input type="checkbox"/> ESEC 100: Introduction to Teaching             | <input type="checkbox"/> ESEC 450: Seminar: Educational Principles |
| <input type="checkbox"/> ESEC 150: Dev., Exceptionality & Learning I    | <input type="checkbox"/> ESEC 465: Student Teaching: Elementary    |
| <input type="checkbox"/> ESEC 250: Dev., Exceptionality & Learning II   | <input type="checkbox"/> ESEC 465: Student Teaching: Secondary     |
| <input type="checkbox"/> ESEC 387: Creating Social Context for Learning |  |
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**ELECTIVES:** Select additional courses of your choice to bring total number of credits earned to 126.

KEENE STATE COLLEGE  
BACHELOR OF SCIENCE IN PHYSICAL EDUCATION: TEACHER CERTIFICATION OPTION

| FRESHMAN  |  |  |  | SOPHOMORE  |   |  |  | JUNIOR  |                        |   |                                    | SENIOR |        |
|---|--|--|--|--|---|--|--|---|------------------------|---|------------------------------------|--------|--------|
| FALL  | SPRING   | FALL   | SPRING   | FALL   | SPRING  | FALL   | SPRING                                       | FALL  | SPRING                 | FALL  | SPRING                             | FALL   | SPRING |
| GEN. ED. Humanities (ENG 101)   |  | GEN. ED. Humanities (US History)                                       | GEN. ED. Humanities (Literature)                 | MAJOR PE 201 (Physiology of Exercise)  | GEN. ED. Social Science (Elective)                | MAJOR PE 201 (Physiology of Exercise)  | GEN. ED. Social Science (Elective)           | TEACHER ED CORE ESEC 450 (Student Teaching Seminar 3 credits) |                        | TEACHER ED CORE ESEC 450 (Student Teaching Seminar 3 credits) | GEN. ED. Humanities (Elective)     |        |        |
| GEN. ED. Physical Science CHEM 100 (Intro to Chemistry)   | GEN. ED. Science/Math BIO 230/231 (Human A&P I)                      | GEN. ED. Science/Math BIO 232/233 (Human A&P II)                       | GEN. ED. Social Science (Geography)              | MAJOR PE 361 (Adapted PE)  | GEN. ED. Humanities (ART, COMM. FILM, MU, or TAD) | MAJOR PE 361 (Adapted PE)  | GEN. ED. Social Science (Elective)           | TEACHER ED CORE ESEC 465 Elementary – 6 cr.                   |                        | TEACHER ED CORE ESEC 465 Elementary – 6 cr.                   | GEN. ED. Social Science (Elective) |        |        |
|   | GEN ED Science/Math (Math 120 recommended)                           |  |  | MAJOR PE 460 (Measurement & Evaluation) <i>Recommend-Fall Jr. yr.</i>                                      | MAJOR PE 362 (Administration of PE Programs)      | MAJOR PE 460 (Measurement & Evaluation) <i>Recommend-Fall Jr. yr.</i>                                      | MAJOR PE 362 (Administration of PE Programs) | TEACHER ED CORE ESEC 465 Secondary – 6 cr.                    |                        | TEACHER ED CORE ESEC 465 Secondary – 6 cr.                    | GEN. ED. Humanities (Elective)     |        |        |
| MAJOR PE 100 (Foundations of PE)  | GEN. ED. Social Science (Elective)                                   | Major PE 240 (Advanced First Aid)                                      | MAJOR PE 200 (Applied Kinesiology)               | MAJOR PE 282 (Track & Field – 1 credit)  | MAJOR PE 268 (Outdoor Skills – 1 credit)          | MAJOR PE 282 (Track & Field – 1 credit)  | MAJOR PE 268 (Outdoor Skills – 1 credit)     |   |                        |   | Electives (total 4-6 credits)      |        |        |
| MAJOR HLSC 101 (Health & Wellness)  |  | MAJOR PE 255 (Developmental Movement –2 credits)                       |  | MAJOR PE 265 (Secondary Activities – 1 credit)   | MAJOR PE 256 (Rhythms – 2 credits)                | MAJOR PE 265 (Secondary Activities – 1 credit)   | MAJOR PE 256 (Rhythms – 2 credits)           |   |                        |   |                                    |        |        |
| MAJOR PE 260 (Total Fitness -2credits)  | MAJOR PE 278 (Racquet Sports –2 credits)                             | MAJOR PE 285 (Volleyball –1 credit)                                    | MAJOR PE 288 (Gymnastics –2 credits)             | MAJOR PE 375 OR 376 (Elementary or Secondary Practicum)  |   | MAJOR PE 375 OR 376 (Elementary or Secondary Practicum)  |  |   |                        |   |                                    |        |        |
| MAJOR PE 288 (Soccer -1 credit)   | MAJOR PE 286 (Basketball –1 credit)                                  | MAJOR PE 287 (Softball – 1 credit)                                     | MAJOR PE 261 (Fitness Curriculum K-12, 1 credit) | TEACHER ED. CORE ESEC 387 (Creating Social Contexts for Learning) -taken concurrently with first practicum |   | TEACHER ED. CORE ESEC 387 (Creating Social Contexts for Learning) -taken concurrently with first practicum |  |   |                        |   |                                    |        |        |
| TEACHER ED. CORE ESEC 100 (Introduction to Teaching – 1 credit)   | TEACHER ED CORE ESEC 150 (Development, Exceptionality, & Learning I) | TEACHER ED. CORE ESEC 250 (Development, Exceptionality, & Learning II) | MAJOR PE 360 (Teaching PE)                       | Recommended Elective: PE 242 – 1 credit Management of Cardiac and Respiratory Emergencies                  |   | Recommended Elective: PE 242 – 1 credit Management of Cardiac and Respiratory Emergencies                  |  |   |                        |   |                                    |        |        |
| 17 credits  | 16 credits   | 17 credits   | 16 credits                                       | 18 credits   | 15 credits  | 18 credits   | 15 credits                                   | 15 credits  | 15 credits             | 15 credits  | 13-15 credits                      |        |        |
| <b>TOTAL CREDITS = 126-128</b>  |  |  |  |  |   |  |  |   |                        |   |                                    |        |        |
| Recommended Electives:  |  |  |  | PE 150-155:Aquatics  | PE 162: Tension control                           | PE 161: Strength Trg.  | PE 177: Golf                                 | PE 181: Tennis  | PE 210: Intro Coaching | PE 243: Resistance Trg.                                       | PE 371: Coaching Pract.            |        |        |
| <p><b>Recommended Electives that may apply toward certification in health at another college: courses in chemical dependency, human sexuality, and nutrition.</b></p> |  |  |  |  |   |  |  |   |                        |   |                                    |        |        |

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BACHELOR OF SCIENCE IN PHYSICAL EDUCATION: TEACHER CERTIFICATION OPTION

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|--|--|--|--|---|--|---|--|---|---|------------|------------|-------------------------|------------|
| FALL   | SPRING   | FALL   | SPRING   | FALL  | SPRING   | FALL  | SPRING   | FALL  | SPRING  | FALL       | SPRING     | FALL                    | SPRING     |
| GEN. ED. Humanities (ENG 101)  |  | GEN. ED. Humanities (US History)                                       | GEN. ED. Humanities (Literature)                 | GEN. ED. Humanities (ART, COMM. FILM, MU, or TAD) | GEN. ED. Social Science (Elective)   | GEN. ED. Humanities (Elective)                          | GEN. ED. Humanities (Elective)                         | GEN. ED. Humanities (Elective)              | TEACHER ED CORE ESEC 450 (Student Teaching Seminar 3 credits) |            |            |                         |            |
| GEN. ED. Physical Science CHEM 100 (Intro to Chemistry)  | GEN. ED. Science/Math BIO 230/231 (Human A&P I)                      | GEN. ED. Science/Math BIO 232/233 (Human A&P II)                       | GEN. ED. Social Science (Geography)              | MAJOR PE 201 (Physiology of Exercise)             | GEN. ED. Social Science (Elective)   | MAJOR PE 362 (Administration of PE Programs)            | GEN. ED. Social Science (Elective)                     | TEACHER ED CORE ESEC 465 Elementary – 6 cr. |   |            |            |                         |            |
| MAJOR PE 100 (Foundations of PE)   | GEN ED Science/Math (Math 120 recommended)                           |  | MAJOR PE 200 (Applied Kinesiology)               | MAJOR PE 361 (Adapted PE)                         | MAJOR PE 362 (Administration of PE Programs)   | MAJOR PE 268 (Outdoor Skills – 1 credit)                | GEN. ED. Humanities (Elective)                         | TEACHER ED CORE ESEC 465 Secondary – 6 cr.  |   |            |            |                         |            |
| MAJOR HLSC 101 (Health & Wellness)   | GEN. ED. Social Science (Elective)                                   | Major PE 240 (Advanced First Aid)                                      | MAJOR PE 283 (Gymnastics –2 credits)             | MAJOR PE 460 (Measurement & Evaluation)           | MAJOR PE 256 (Rhythms – 2 credits)   | MAJOR PE 375 OR 376 (Elementary or Secondary Practicum) | Electives (2-3 credits) Recommended: PE 242 – 1 credit |   |   |            |            |                         |            |
| MAJOR PE 260 (Total Fitness -2credits)   | MAJOR PE 278 (Racquet Sports –2 credits)                             | MAJOR PE 285 (Volleyball –1 credit)                                    | MAJOR PE 261 (Fitness Curriculum K-12, 1 credit) | MAJOR PE 282 (Track & Field – 1 credit)           | MAJOR PE 375 OR 376 (Elementary or Secondary Practicum)  |   |  |   |   |            |            |                         |            |
| MAJOR PE 288 (Soccer -1 credit)  | MAJOR PE 286 (Basketball –1 credit)                                  | MAJOR PE 287 (Softball – 1 credit)                                     | MAJOR PE 360 (Teaching PE)                       | MAJOR PE 265 (Secondary Activities – 1 credit)    | TEACHER ED. CORE ESEC 387 (Creating Social Contexts for Learning) -taken concurrently with first practicum |   |  |   |   |            |            |                         |            |
| TEACHER ED. CORE ESEC 100 (Introduction to Teaching – 1 credit)  | TEACHER ED CORE ESEC 150 (Development, Exceptionality, & Learning I) | TEACHER ED. CORE ESEC 250 (Development, Exceptionality, & Learning II) |  |   |  |   |  |   |   |            |            |                         |            |
| 17 credits   | 16 credits   | 17 credits   | 16 credits                                       | 16-17 credits                                     | 15 credits   | 14-15 credits   | 15 credits   | 15 credits                                  | 14-15 credits   | 15 credits | 15 credits | 15 credits              | 15 credits |
| <b>TOTAL CREDITS = 126-128</b>   |  |  |  |   |  |   |  |   |   |            |            |                         |            |
| Recommended Electives: PE 150-155:Aquatics   |  |  |  | PE 162: Tension control                           |  |   |  | PE 181: Tennis                              |   |            |            | PE 243: Resistance Trg. |            |
| PE 161: Strength Trg.  |  |  |  | PE 177: Golf                                      |  |   |  | PE 210: Intro Coaching                      |   |            |            | PE 371: Coaching Pract. |            |
| <b>Recommended Electives that may apply toward certification in health at another college: courses in chemical dependency, human sexuality, and nutrition.</b> |  |  |  |   |  |   |  |   |   |            |            |                         |            |