



Central Washington University

PHYSICAL EDUCATION

General Departmental Information

The Department of Physical Education at Central Washington University offers the following two major programs for the Bachelor of Science degree:

- 1) Teaching K-12
- 2) Fitness and Sport Management

Teaching K-12

Central's K-12 Physical Education Teaching Program is widely acknowledged as a leader in innovative professional preparation.

The programs offered by the Department of Physical Education at Central Washington University are designed so that upon completion of the four-year program you will:

- understand the function of the human body in relation to movement
- have the ability to teach others physical activity
- understand the growth and developmental stages of children.
- have the ability to plan and organize lessons, units, and programs
- understand the significance of physical activity for an individual in our rapidly changing society
- have taught in the public schools.

Students can be certified to teach in the public schools of the state of Washington. Those who choose the teacher preparation curriculum will be granted an initial certificate to teach in the state of Washington.

Fitness and Sports Management

This program is designed to prepare professionals for careers in private sport and fitness clubs and for the growing number of career opportunities in corporate fitness and hospital wellness programs. The purpose of the program is to train fitness professionals to assist the public in making healthier lifestyle choices, thereby reducing lifestyle risk factors and becoming better health care consumers.

In completing this program, the student will:

- develop a scientific understanding of exercise and its effects on physical fitness
- learn methods of fitness assessment and principles of exercise prescription
- learn concepts for effective management, public relations, and exercise motivation

- be prepared to design and implement fitness programs for health clubs, corporate fitness programs, YMCAs, hospital wellness programs and facilities housing special populations

Recent graduates of the program are now employed in a variety of fitness programs: YMCAs, health clubs, hospital wellness sites, police/fire departments, resorts, hotels, athletic teams, retirement communities, corporate fitness centers, cardiac rehabilitation centers, physical therapy clinics, community colleges and governmental agencies.

Department Minors

The Physical Education Department also offers minors in the following: K-12 Physical Education (Teaching), Athletic Training, Dance, and Coaching.

Master of Science

Physical Education, Health, and Leisure Studies masters in physical education, health, and leisure studies prepares the student to function as a professional in the areas of human movement studies (science of coaching and human performance), wellness and health promotion, health and physical education teaching in public schools, and leisure services and agencies.

Emphasis offered within the department:

- Physical Education Teaching - Coaching
- Exercise Science
- Sport and Athletic Administration
- Health Education - Health Promotion and Wellness

For Further Information, Contact:

Physical Education Department
Central Washington University
400 E. 8th Avenue
Ellensburg, WA 98926-7572

CWU official online catalog:

<http://www.cwu.edu/catalogs.html>

Admissions and Transfer Requirements:

<http://www.cwu.edu/~cwuadmis/>

CWU Office of Admissions
(866) CWU-4YOU (298-4968)