



Department of Sports and Movement Studies

Physical Education & School Health, Bachelor of Science

Four-Year Academic Road Map

Sample only—your academic advisor will help you create a plan that is right for you.

YEAR 1	Fall Quarter			Winter Quarter			Spring Quarter		
	UNIV 101	Transition to CWU	1	K1, K3, K4, K5, K6, K7, K8*	4-5	K1, K3, K4, K5, K6, K7, K8*	4-5	K1, K3, K4, K5, K6, K7, K8*	4-5
		Academic Writing I	5	K1, K3, K4, K5, K6, K7, K8*	4-5	K1, K3, K4, K5, K6, K7, K8*	4-5	K1, K3, K4, K5, K6, K7, K8*	4-5
	EFC 250	Intro to Education	4	K1, K3, K4, K5, K6, K7, K8*	4-5	K1, K3, K4, K5, K6, K7, K8*	4-5	K1, K3, K4, K5, K6, K7, K8*	4-5
		Quantitative Reasoning	5						
	Quarter Credits	15	Quarter Credits	12-15	Quarter Credits	12-15			

YEAR 2	Fall Quarter			Winter Quarter			Spring Quarter		
	K1, K3, K4, K5, K6, K7, K8*	4-5		EFC 320	Multicultural Ed	3	PSY 314	Human Develop & Learner	4
		General Coursework**	12	EDSE 302	Inclusive Education	3	EDBL 401	Teaching Students	3
				General Coursework**	10	EFC 315	Educational Assess	3	
							General Coursework**	6	
	Quarter Credits	16-17	Quarter Credits	16	Quarter Credits	16			

YEAR 3	Fall Quarter			Winter Quarter			Spring Quarter		
	DNCE 309	Teaching Dance	3	PESH 342	Teach Develop Movement	4	PESH 447	Inclusive Strategies	3
	HED 387	Stresss Mgmt	3	PESH 345	School Health Curric	3	PESH 336	Practicum 1	1
	PESH 357	Kinesiology	3	PESH 358	Applic of Resistance	3	PESH 343	Pedag App of Teaching	3
	PESH 344	Appl of Technology	3	PESH 350	Utilizing Tactics	3	PESH 458	Eval of Human Move	4
	PESH 341	Effective PE Teaching	3	EFC 416	Education Technology	3	HED 422	Methods for Health Prom	3
	EFC 340	Methods of Teaching	3				EFC 350	Classroom Mgmt	3
	Quarter Credits	18	Quarter Credits	16	Quarter Credits	17			

YEAR 4	Fall Quarter			Winter Quarter			Spring Quarter		
	PESH 439	Practicum 4	3	PESH 445	Curriculum in PE	3	EFC 480	Student Teaching	16
	PESH 348	Teaching Tactics	3	HED 310	Drugs and Health	3			
	PESH 437	Practicum 2	3	PESH 431	Principles of Disease	4			
	PESH 356	Principles of Fitness	3	PESH 438	Practicum 3	3			
	EFC 440	Education Law	3	ELEM 470	Since Time Immemorial	1			
	Quarter Credits	14	Quarter Credits	14	Quarter Credits	16			

*Any course from any of these General Education Requirements is fine. Speak to your advisor for some suggestions.

**Coursework of your choosing-this could be completing a minor, prerequisites for graduate school, or courses that you're interested in taking for some other reason. Necessary to reach 180 credits needed.

[Department Webpage](#)

[CWU DEGREE REQUIREMENTS](#)

[CWU Course Catalog](#)