

PHYSICAL EDUCATION - PHYSICAL ACTIVITY IN EDUCATIONAL SETTINGS CONCENTRATION (B.S.)

Students who complete any of the concentrations in this major will have a broad background in the theories and applications of physical education. Students will be well-positioned to apply for graduate studies in related field or get a variety of fitness-oriented jobs working in educational and community settings. Because the General Education, Department Core and Activity Requirements are the same in all concentrations, students can easily move from one concentration to another.

Concentration in Physical Activity in Educational Settings

The concentration in Physical Activity in Educational Settings is offered as another alternative for students who are not seeking teacher certification in Health and Physical Education.

This concentration contains all elements of the Teacher Certification program, without the teacher education sequence. It provides students with a core of physical education and health courses and required general education courses for students interested in applying to Teaching Certification in Physical Education and Health.

Students who complete this program/concentration will have a broad background in the theories and applications of physical education. Students will be well-positioned to apply for graduate studies in a related field or a variety of fitness-oriented / service-oriented jobs working in educational and community settings.

Students entering the B.S. in Physical Education major are automatically enrolled in the Physical Activity in Educational Settings concentration. From here, students can switch to the Teacher Certification in Health and Physical Education program.

Degree Requirements Overview

Code	Title	Credits
	New Student Seminar (fulfilled in the major)	
	SEEDS General Education Requirements	24-27
	Major Requirements	54
	Pre-Professional Sequence	6
	Free Electives	36-33
	Total Credits	120

Major Requirements

Code	Title	Credits
Required Theory Courses		
HLTH 208	Study of Human Diseases	3
HLTH 215	Drug Education in the Schools	3
HLTH 222	Mental Health in the Schools	3
HLTH 295	Sexuality Education in the Schools	3

HPEM 199	Freshman Seminar in Health and Physical Education	1
HPEM 352	Development and Philosophy of Health and Physical Education	3
HPEM 356	Management of Health, Physical Education, Athletics and Fitness Programs	3
HPEM 455	Assessment and Technology in Health and Physical Education	3
PEMJ 320	Physiology of Exercise	4
PEMJ 321	Kinesiology	3
PEMJ 324	Basic Motor Learning	3
PEMJ 351	Adapted Physical Education	3
Required Skills Courses		
PEMJ 131	Fitness Activities	3
PEMJ 152	Introduction to Fielding and Target Games	3
PEMJ 153	Introduction to Invasion and Net Games	3
PEMJ 235	Movement Experiences in Physical Education	3
PEMJ 335	Teaching of Elementary Physical Education	3
Collateral Courses		
BIOL 110	The Biology of Human Life	4
Total Credits		54

Pre-Professional Sequence

Code	Title	Credits
EDFD 200	Psychological Foundations of Education	3
SASE 210	Public Purposes of Education: Democracy and Schooling	3
Total Credits		6

New Student Seminar

Code	Title	Credits
Students in the Adult Learner program must take GNED 100.		
Complete one course from the following. Some courses may be restricted by major. Consult with an academic advisor.		
ADVS 198	Pathways to Success	1
CHEM 190	Freshman Seminar in Chemistry	
FYS 100	First Year Seminar	
GNED 100	Adult Academic Success Seminar	
GNED 199	New Student Seminar	
HPEM 199	Freshman Seminar in Health and Physical Education	
IDS 155	Pathways to Adult Learning	
JUST 199	New Student Seminar	
MATH 102	New Student Experience for Mathematical Sciences	
MUGN 199	Freshman Seminar for Music Majors	
NURS 199	Introduction to Nursing	
POLS 199	Freshman Seminar in Political Science and Law	

SEEDS General Education Requirements

Click here for a list of courses that fulfill the SEEDS requirements. (<http://catalog.montclair.edu/programs/seeds-general-education-requirements/>)

Code	Title	Credits
Foundations		
<i>Effective Writing I</i>		
	Complete one Effective Writing I course.	3
<i>Effective Writing II</i>		
	Complete one Effective Writing II course.	3
<i>Interactive Communication</i>		
	Complete one Interactive Communication course.	3
<i>Quantitative Reasoning</i>		
	Complete one Quantitative Reasoning course.	3
Political and Civic Life		
	Fulfilled by SASE 210 in the pre-professional sequence.	
<i>World Language</i>		
	Complete two sequential classes in one World Language when starting at the Beginner I or Beginner II level. Complete one class when starting at the Intermediate/Advanced Level.	3-6
Exploration		
	Complete one course from four different Exploration categories:	9
<i>Analyzing Cultures and Societies</i>		
<i>Creative Expression</i>		
<i>Ethical Inquiry</i>		
<i>Historical Thinking</i>		
<i>Literary and Artistic Analysis</i>		
<i>Scientific Reasoning</i>		
	Fulfilled by BIOL 244 in the major.	
Total Credits		24-27

Recommended Roadmap to Degree Completion

This recommended degree plan is provided as an outline for students to follow in order to complete their degree requirements within four years and 120 credits. This plan is a recommendation and MUST be used in consultation with their academic advisor. Important note: Students should be aware this plan assumes no pre-requisite coursework is required. If pre-requisite coursework is needed, students may have additional requirements to fulfill which do not appear on the plan.

First Year

Fall	Credits	Spring	Credits
HPEM 199 (Fulfills New Student Seminar requirement)	1	SEEDS: Effective Writing II	3
SEEDS: Effective Writing I	3	SEEDS: Interactive Communication	3
PEMJ 131	3	SEEDS: World Language 1	3
BIOL 244 (Fulfills SEEDS: Exploration - Scientific Reasoning)	4	PEMJ 153	3
SEEDS: Quantitative Reasoning	3	EDFD 200	3
NUFD 182	3		
	17		15

Second Year			
Fall	Credits	Spring	Credits
SEEDS: World Language 2	3	SEEDS: Exploration 2	3
PEMJ 235	3	PEMJ 320	4
HLTH 295	3	HPEM 352	3
PEMJ 152	3	HLTH 222	3
SASE 210 (Fulfills SEEDS: Political and Civic Life)	3	HLTH 208	3
	15		16

Third Year			
Fall	Credits	Spring	Credits
SEEDS: Exploration 3	3	PEMJ 324	3
PEMJ 321	3	HPEM 455	3
PEMJ 335	3	HPEM 356	3
PEMJ 351	3	SEEDS: Exploration 4	3
HLTH 215	3		
	15		12

Fourth Year			
Fall	Credits	Spring	Credits
Free Elective	3	Free Elective	3
Free Elective	3	Free Elective	3
Free Elective	3	Free Elective	3
Free Elective	3	Free Elective	3
Free Elective	3	Free Elective	3
	15		15

Total Credits 120