

Health and Physical Education (PHED) 2025-2026

Bachelor of Science in Education (BSEd) in Physical Education

To schedule an advising appointment: education.gmu.edu/health-and-physical-education/advising

Visit us at education.gmu.edu/health-physical-education/



❖ Mason Core, 38 credits: For current list of approved courses: catalog.gmu.edu/mason-core/

- Written Communication (Lower Level) - (ENGH 101^C)
- Written Communication (Upper Level) - (ENGH 302^C)
- Oral Communication - 3 credits
- Information Technology - 3 Credits
- Quantitative Reasoning - 3 Credits - (MATH 106^C)
- Literature - 3 Credits
- Arts - 3 Credits
- Global History - 3 Credits
- Social and Behavioral Sciences - 3 Credits (i.e. HEAL 230^C)
- Global Contexts - 3 Credits
- Natural Science - 8 Credits (BIOL 124^C & 125)

❖ Health & Physical Education 49 credits:

- ATEP 300: Functional Anatomy
- EDRD 300: Literacy and Curriculum Integrtn
- EDUC 302: Human Growth & Development
- HEAL 110: Personal Health
- HEAL 200: School & Community Safety
- HEAL 250: Introduction to School Health
- KINE 310: Exercise Physiology I
- PHED 202: Teaching Skillful Movement
- PHED 218: Technology in Health & PE
- PHED 273: Net and Target Games
- PHED 274: Dance & Educational Gymnastics
- PHED 275: Field and Invasion Games
- PHED 276: Health-Related Fitness Education
- PHED 306: Psychomotor Learning
- PHED 320: Student Assessment in Health & PE
- PHED 340: Social and Cultural Issues in PE
- RMGT 316: Leadership and Outdoor Education

Upper-Level 24 credits: Pre-reqs BIOL 124, 125, C or better in PHED 202 and HEAL 250, 2.5 GPA

- HEAL 405: Teach. Methods in Health Ed. K-12
- PHED 308: Adapted Physical Education
- PHED 403: Elementary School Instruct. in PE
- PHED 404: Middle/HS School Instruct. in PE
- PHED 415: Student Teaching in PE
➤ C or better in Upper-Level Coursework

ELECTIVES: 9 Credits

Suggested Academic Plan (to be supplemented by Mason Core)

Semester	Courses	Credits	Prerequisites	Campus*
1 st Year Fall	HEAL 110 Personal Health	3		FX/Net
	PHED 202 ^C Teaching Skillful Movement	3		FX
	PHED 275 Field and Invasion Games	3		FX
	HEAL 250 ^C Introduction to School Health	3		NET
1 st Year Spring	BIOL 124 ^C Human Anatomy & Physiology	4		FX/PW
	PHED 273 Net and Target Games	3		FX
	PHED 274 Dance & Educational Gymnastics	3		FX
	ELECTIVE	3		NET/FX/PW
2 nd Year Fall	ATEP 300 Functional Anatomy	3	BIOL 124 ^C	PW
	BIOL 125 Human Anatomy & Physiology	4	BIOL 124 ^C	FX/PW
	EDUC 302 Human Growth and Development	3		FX
	PHED 276 Health-Related Fitness Education	3		FX
2 nd Year Spring	HEAL 200 School and Community Safety	1		NET
	ELECTIVE	3		PW/FX/NET
	PHED 218 Technology in Health and Physical Education	3		FX - hybrid
	PHED 320 Student Assessment in Health & Physical Educ.	3		FX-hybrid
3 rd Year Fall	PHED 306 Psychomotor Learning	3		NET
	KINE 310 Exercise Physiology I	3	BIOL 124 ^C & 125	NET
	RMGT 316 Leadership and Outdoor Education	3		PW
3 rd Year Spring	PHED 340 Social and Cultural Issues PE (Writing Intensive)	3		FX
	EDRD 300 Literacy and Curriculum Integration	3		FX
	PHED 403 ^C Elementary School Instruction in Phys Ed.	3		FX
	PHED 308 ^C Adapted Physical Education	3		FX
4 th Year Fall	Student Teaching Application by Sept 15 for Spring placement and Feb 15 for Fall Placement**			
	ELECTIVE	3		PW/FX/NET
	PHED 404 ^C Middle & HS Instruction in Physical Education	3		FX
	HEAL 405 ^C Teaching Methods in Health Education (K-12)	3	HEAL 250 ^C	FX
4 th Year Spring	**PHED 415 Student Teaching in PE - Capstone	12	Complete all PHED coursework, pass Praxis II, and approved Student Teaching application	FX

Academic Requirements: 120 total credits; 45 Upper-Level Credit Hours; 30 credits GMU Residency Requirement (with 12 being upper-level major courses); Completion of General Education Requirements (38 credits); GPA of at least 2.0 and 2.5 in major. Must complete PHED 415 within 5 years of PHED 202.

All campus locations are subject to change. All classes listed as PW are located on the Science and Technology Campus (SciTech)

****Note:** Our school and agency partners require Mason students to be fingerprinted and pass a criminal background check prior to field experience work. Students must assume the risk that classes may be deferred and their program delayed due to the individual severity of notations on such a check and review by individual agencies. A student must pass the required state licensure exams prior to student teaching.

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Suggested 2.5 Year Academic Plan (Assumes all Mason Core requirements have been met)

Semester	Courses	Credits	Prerequisites	Campus*
1 st Year Fall	PHED 202 ^C Teaching Skillful Movement	3		FX
	PHED 275 Field and Invasion Games	3		FX
	HEAL 110 Personal Health	3		FX/Net
	HEAL 250 ^C Introduction to School Health	3		NET
1 st Year Spring	PHED 306 Psychomotor Learning	3		NET
	HEAL 200 School and Community Health	1		NET
	PHED 218 Technology in Health and Physical Education	3		FX - Hybrid
	PHED 273 Net and Target Games	3		FX
	PHED 274 Dance & Educational Gymnastics	3		FX
	PHED 320 Student Assessment in Health and Physical Educ.	3		FX - hybrid
1 st Year Summer	EDUC 302 Human Growth & Development	3		FX
	ATEP 300 Functional Anatomy	3	BIOL 124 ^C	PW
	ELECTIVE	3		PW/FX/NET
2 nd Year Fall	PHED 276 Health-Related Fitness Education	3		FX
	ENGH 302 Advanced Composition	3	Lower-level ENGH ^C	PW/Net
	RMGT 316 Leadership and Outdoor Education	3		PW
	HEAL 405 ^C Teaching Methods in Health Education (K-12)	3	HEAL 250 ^C	FX
	PHED 404 ^C Middle & HS Instruction in Physical Education	3		FX
2 nd Year Spring	Student Teaching Application by Feb 15 for Fall Placement and Sep 15 for Spring placement**			
	EDRD 300 Literacy and curriculum Instruction	3		FX
	PHED 340 Social and Cultural Issues in PE (Writing Intensive)	3		FX
	PHED 403 ^C Elementary School Instruction in Physical Educ	3		FX
	PHED 308 ^E Adapted Physical Education	3		FX
2 nd Year Summer	KINE 310 Exercise Physiology I	3	BIOL 124 C & 125	FX/NET
	ELECTIVE	3		PW/FX/NET
	ELECTIVE	3		PW/FX/NET
3 rd Year Fall	**PHED 415 Student Teaching in PE - Capstone	1 2	Complete all PHED coursework, pass Praxis II, approved Student Teaching application	FX

Academic Requirements: 120 total credits; 45 Upper-Level Credit Hours; 30 credits GMU Residency Requirement (with 12 being upper-level major courses); Completion of General Education Requirements (38 credits); GPA of at least 2.0 and 2.5 in major. Must complete PHED 415 within 5 years of PHED 202.

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