



MISSOURI DEPARTMENT OF ELEMENTARY AND SECONDARY EDUCATION  
OFFICE OF EDUCATOR QUALITY – EDUCATOR PREPARATION

**PHYSICAL EDUCATION, GRADES K-12**

EDUCATOR PREPARATION PROGRAM NAME <b>WESTMINSTER COLLEGE</b>	EDUCATOR PREPARATION PROGRAM CODE <b>049495</b>
---	--

**INSTRUCTIONS**

Please complete Educator Preparation Program (EPP) Name & EPP Code above.

Certification Requirements:

- Course Number – List the course number(s) for the course(s) or groups of competencies that align with the specific section of the requirements. It is possible to have more than one course or group listed.
- Course Title – List the course title(s) for the course(s) or groups of competencies that align with the specific section of the requirements. It is possible to have more than one course or group listed.
- Semester Hours – List the number of semester hours for each specific section. It is possible to use decimals (to the nearest tenth) to indicate partial use of a course to meet a requirement. The total number of semester hours must meet or exceed the minimum required number of semester hours.

Email the completed cover sheet, curriculum matrix, and advising/program information to [DESE.MoSPETransition@dese.mo.gov](mailto:DESE.MoSPETransition@dese.mo.gov) on or before the date established in the Transition Plan.

QUESTIONS: Contact Educator Preparation, 573-751-1668 or [DESE.MoSPETransition@dese.mo.gov](mailto:DESE.MoSPETransition@dese.mo.gov)

**A. Professional Requirements (Minimum of 16 semester hours)**

**1. Content Planning and Delivery**

	Course Number	Course Title	Semester Hours
a. Curriculum and Instructional Planning	EDU/HES 206	Elementary Methods of PE	3
	EDU 434	Middle School and Secondary PE Methods	3
	EDU 101	Introduction to Teaching	1
b. Instructional Strategies and Techniques in Content Area Specialty	EDU 290	Foundations of Education	3
	EDU/HES 206	Elementary Methods of PE	3
	EDU 434	Middle School and Secondary PE Methods	3
c. Assessment, Student Data, and Data-Based Decision-Making	EDU 290	Foundations of Education	3
	EDU 393	Education Practicum 2	2
	EDU 490	Education Seminar	3
	EDU/HES 206	Elementary Methods of PE	3
	EDU 434	Middle School and Secondary PE Methods	3
d. Strategies for Content Literacy	EDU 392	Reading and Writing in the Content Area	3
e. Critical Thinking and Problem Solving	EDU 393	Education Practicum 2	2
	EDU 490	Education Seminar	3
	EDU/HES 206	Elementary Methods of PE	3
	EDU 434	Middle School and Secondary PE Methods	3
f. English Language Learning	EDU 385	Diversity in Education	3

**2. Individual Student Needs**

	Course Number	Course Title	Semester Hours
a. Psychological Development of the Child and Adolescent	EDU 230	Child and Adolescent Growth and Development	3
b. Psychology/Education of the Exceptional Child	EDU 231	Education of the Exceptional Individual	3
c. Differentiated Learning	EDU 231	Education of the Exceptional Individual	3
	EDU 392	Reading and Writing in the Content Area	3
	EDU 490	Education Seminar	3
d. Classroom Management	EDU 453	Classroom Organization and Management	3
e. Cultural Diversity	EDU 385	Diversity in Education	3
f. Educational Psychology	EDU 221	Education Psychology	3

**3. Schools and the Teaching Profession**

	Course Number	Course Title	Semester Hours
a. Consultation and Collaboration	EDU 290	Foundations of Education	3
b. Legal/Ethical Aspects of Teaching	EDU 290	Foundations of Education	3

**4. Literacy to include Reading and Writing in the Content Area (Minimum of three semester hours)**

	Course Number	Course Title	Semester Hours
	EDU 392	Reading and Writing in the Content Area	3

**Professional Requirements - Total Semester Hours 33**

**B. Field and Clinical Experiences (Minimum of ten semester hours)**

	Course Number	Course Title	Semester Hours
--	---------------	--------------	----------------

1. Early Field Experiences (Minimum of one semester hour with a minimum of 30 clock hours)	EDU 291	Education Practicum 1	2
2. Mid-Level Field Experiences (Minimum of one semester hour with a minimum of 45 clock hours)	EDU 393	Education Practicum 2	2
3. Culminating Clinical Experiences (Minimum of eight semester hours with a minimum of 12 weeks in one placement)	EDU 492, 495 or 497	Student Teaching: ELE, MS, Secondary	12
<b>Field and Clinical Experiences - Total Semester Hours</b>			<b>16</b>
<b>C. Physical Education Content Knowledge Area (Minimum of 51 semester hours)</b>			
	<b>Course Number</b>	<b>Course Title</b>	<b>Semester Hours</b>
1. History and Philosophy (three semester hours)	HES 309	History and Philosophy of PE	2
	EDU 290	Foundations of Education	3
2. Anatomy-Physiology (three semester hours)	BIO 107	Human Biology	4
3. Kinesiology (three semester hours)	HES 321	Kinesiology	3
4. Physiology of Exercise (three semester hours)	HES 340	Exercise Physiology	3
5. Assessment in Physical Education (three semester hours)	HES 405	Test and Measurement in PE	2
	EDU 290	Foundations of Education	2
	EDU 393	Education Practicum 2	3
	EDU 490	Education Seminar	3
6. Health Related Fitness/Wellness (three semester hours)	HES 204	Health and Wellness	2
	PED A10	Weight Training	1
	or PED A12	Walk/Jog	1
	or PED A30	Art of Strength	1
	or PED A87	Aquatic Fitness	1
7. Lifetime Activities and Dance (three semester hours)	Three of the following: PED A23 PED A16 PED A11 PED A9 PED A15	Social Dance Aerobics Recreational Swimming Bowling Yoga	1 1 1 1 1
8. Adapted Physical Education (three semester hours)	HES 350	Adaptive Physical Education	3
9. Psychological/Sociological Aspects of Physical Education (three semester hours)	HES 220 HES 231	Sociology of Sport Psychology of Sport	2 3
10. Motor Development/Motor Learning (three semester hours)	HES 215 EDU/HES 206 EDU 434	Motor Learning ELE Methods of PE Middle and Secondary PE Methods	2 3 3
11. First Aid, CPR, and Care of Activity/Sport Injuries (six semester hours)	HES 104 HES 230 HES 321 EDU 207	First Aid/CPR Care and Prevention of Injuries Kinesiology Health, Safety, Nutrition	1 2 3 3
12. Movement and Rhythms (three semester hours)	PED 208	Creative Movement, Games, and Rhythms	3
13. Team/Individual Sports Instruction (three semester hours)	Three of the following courses: PED A44 PED A45 PED A37 PED A42 PED A21 PED A19	Team Sports Individual Sports Tennis Fencing Tumbling Golf	1 1 1 1 1 1
14. Instructional Techniques in Physical Education K-12 (six semester hours)	EDU 101 EDU/HES 206 EDU 434	Introduction to Teaching Elementary Methods of PE Middle and Secondary PE Methods	1 3 3
15. Nutrition (three semester hours)	HES 251	Introduction to Nutrition	3
<b>Physical Education Content Knowledge Area - Total Semester Hours</b>			<b>52</b>

The Department of Elementary and Secondary Education does not discriminate on the basis of race, color, religion, gender, national origin, age, or disability in its programs and activities. Inquiries related to Department programs and to the location of services, activities, and facilities that are accessible by persons with disabilities may be directed to the Jefferson State Office Building, Office of the General Counsel, Coordinator – Civil Rights Compliance (Title VI/Title IX/504/ADA/Age Act), 6<sup>th</sup> Floor, 205 Jefferson Street, P.O. Box 480, Jefferson City, MO 65102-0480; telephone number 573-526-4757 or TTY 800-735-2966 email [civilrights@dese.mo.gov](mailto:civilrights@dese.mo.gov).