Bachelor of Arts in Education
HEALTH & FITNESS

Why major in Health and Fitness?
The Health & Fitness program at Eastern Washington University involves teaching people how to maintain and improve their health. The process includes assisting people to make informed decisions about factors that can impact their health. The program can be performed in a variety of school or community settings. School health & fitness educators might be employed at the elementary, middle, or high school levels. As teachers, their primary daily interaction is with school age children, however, they also work with adults (e.g., colleagues, parents, and various community members).

What types of Career Opportunities are available?
Some Health & Fitness professionals choose to:
• Coach or officiate as well as teach. Soon after being hired, most states require Health & Fitness instructors to earn advance credits or degrees. As hired health & fitness professionals become more experienced and educated, they may find individual advancement in the form of higher pay.
• Some health & fitness professionals advance in administrated roles as either a:
  Director of health & fitness,
  Adapted physical education,
  Athletic director, or
  School principal.
• Further academic degrees may be necessary for these advancements. In addition, many health & fitness professionals may find employment in a variety of other settings outside of teaching (e.g., community based agencies, public health departments, non-profits organizations, or hospitals).

Certification Requirements:
Students who plan to work in public schools must be licensed or certified in the state in which they teach. A bachelor’s degree along with minimum performance on written state certification teacher examinations is required. Private and parochial schools vary in their requirements for teaching certification. Each state is different so it is important to check state requirements before making any educational decisions.

Teacher candidates are prepared in compliance with the Office of the Superintendent of Public Instruction (OSPI).

To obtain a Bachelor of Arts in Education degree, a candidate must satisfy the General Education Requirements (CERs), Professional Education Program requirements and major/minor fields of study requirements of Eastern Washington University.

For Further Information
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Or
Contact PEHR Department
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Web site  www.ewu.edu/pehr
Curriculum Primary Endorsement 72-73 credits

HLED 193 Standard First Aid
HLED 200 Admission Hlth/Fit
201 Intro to Hlth/Well
250 Drugs Society
365 Teach Methd Hlth
370 Personal & Comm
372 App. Nutrition/Fit
376 Consumer Health
475 Sex Education PR = HLED 201

PHED 251 Motor Control
260 Sport Sciences

Select Either PHED 333 OR PHED 335
PHED 333 Group Exer/Per Tr
335 Strength Condit.

336 Individual Sports PR = HLED 200 Take w/PHED 337 & 368
337 Team Sports PR = HLED 200 Take w/PHED 336 & 368
340 Rhythms & Game PR = HLED 200 Take w/PHED 341 & 367
341 Elem. School Act PR = HLED 200 Take w/PHED 340 & 367
342 Lifelong Leisure PR = HLED 200
348 Ana/Mech Kines
350 Phys. Kines
367 Teach Methods I PR = HLED 200 Take w/PHED 340 & 341
368 Teach Methods II PR = HLED 200 Take w/PHED 336 & 337
370 Sport & Culture
452 Adapted PE PR = JR/SR Standing
490 Capstone in HLFT

Special Features

Students, while enrolled in the Health & Fitness program, are required to maintain a Program Electronic Folio as well as a Professional Development Binder. These program requirements have proven valuable tools in assessing students’ progress in the program as well as in assisting students in finding jobs across the country. In addition, students enrolled in the program are also required to attend bi-quarterly program meetings and complete a minimum of 40 hours of professional development hour/year.

The program prepares graduates in teaching Kindergarten through grade twelve children in the performance and understanding of basic motor skills, games, and lifelong fitness activities as well as the social and personal skills related to participating in physical activities. Health & Fitness Educators at all levels are responsible for addressing student skills on a continuum of ability levels to include meeting the needs of children with disabilities. Physical educators with additional training in Adapted Physical Education are able to ensure that children with disabilities (preK-age 21) receive quality physical education services. Students interested in health & fitness may also focus in a particular specialty area or population such as adapted physical education, outdoor education, and/or geriatrics. The program prepares their students to meet the needs of these areas.