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.
**Curriculum Primary Endorsement 72-73 credits**

HLED  194 Emergency Response  
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  348 Ana/Mech Kines  
   350 Phys. Kines  
   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 2 S MW 8-9 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  
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**

In this program, Students will maintain a program electronic portfolio while engaging in several program checkpoints to determine their status within the program. This has proven valuable in assessment and also to students in finding jobs across the country. Majors of this program are required to attend Health and Fitness Major Club meetings, as well as complete a minimum of 40 professional development hours/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.