Admission Requirements

**Prerequisites to Admission:**
- Declare a pre-major in Physical Education and Health (PEH) P-12 with Ms. Jen Leita (typically during sophomore year)
- Enroll in and successfully complete (C or better) PE 340, KIN 308, and BIO 348 before winter quarter of Year One in the program
- Meet all Woodring College of Education admission requirements (Application deadline is September 1st; see website for details: [https://wce.wwu.edu/sec/secondary-education](https://wce.wwu.edu/sec/secondary-education))

**PEH Application Requirements:**
- Submit the PEH P-12 application to Ms. Jen Leita by the second Friday of fall quarter
- Sign up for a formal interview with PEH faculty members (completed during PE 340)

Course Sequence

It is imperative that students take courses in sequence. Not doing so may require students to stay additional quarters.

**Pre-Major Status**
In addition to PE 340, KIN 308, and BIOL 348, PEH pre-majors are strongly encouraged to take the following courses before winter quarter of Year One in the PEH program: HLED 150, HLED 151, HLED 152, HLED 345, & HLED 350

**Year One**

<table>
<thead>
<tr>
<th>Fall Quarter</th>
<th>Credits</th>
<th>Winter Quarter</th>
<th>Credits</th>
<th>Spring Quarter</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 340</td>
<td>5</td>
<td>PE 341</td>
<td>5</td>
<td>PE 341P</td>
<td>3</td>
</tr>
<tr>
<td>KIN 308</td>
<td>3</td>
<td>SEC 303</td>
<td>4</td>
<td>PE 443</td>
<td>3</td>
</tr>
<tr>
<td>HLED 151</td>
<td>2</td>
<td>SEC 310</td>
<td>4</td>
<td>SEC 411</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 348</td>
<td>5</td>
<td>KIN 312</td>
<td>5</td>
<td>KIN 413</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>HLED 150</td>
<td>2</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>15</td>
<td><strong>TOTAL</strong></td>
<td>18</td>
<td><strong>TOTAL</strong></td>
<td>17</td>
</tr>
</tbody>
</table>

**Year Two**

<table>
<thead>
<tr>
<th>Fall Quarter</th>
<th>Credits</th>
<th>Winter Quarter</th>
<th>Credits</th>
<th>Spring Quarter</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PE 440</td>
<td>5</td>
<td>PE 441</td>
<td>5</td>
<td>PE 441P</td>
<td>3</td>
</tr>
<tr>
<td>PE 440P</td>
<td>3</td>
<td>HLED 152</td>
<td>2</td>
<td>PE 442P</td>
<td>2</td>
</tr>
<tr>
<td>SEC 425</td>
<td>4</td>
<td>HLED 455</td>
<td>2</td>
<td>KIN 416</td>
<td>3</td>
</tr>
<tr>
<td>KIN 320</td>
<td>3</td>
<td>KIN 321</td>
<td>3</td>
<td>KIN 422</td>
<td>3</td>
</tr>
<tr>
<td>KIN 410</td>
<td>3</td>
<td>HLED 345</td>
<td>4</td>
<td>HLED 350 or KIN 414</td>
<td>3</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td>18</td>
<td><strong>TOTAL</strong></td>
<td>16</td>
<td><strong>TOTAL</strong></td>
<td>14</td>
</tr>
</tbody>
</table>

**Year Three**
SEC 495 (student teaching; 18 credits) - completed Fall or Winter quarters
Program of Study - 120 Credits

**Physical Education Courses**

- PE 340  Block I: Elementary Physical Education Methods (5)
- PE 341  Block II: Elementary Physical Education Methods (5)
- PE 341P  Elementary Physical Education Practicum (3)
- PE 440  Block III: Middle School Physical Education Methods (5)
- PE 440P  Middle School Physical Education Practicum (3)
- PE 441  Block IV: High School Physical Education Methods (5)
- PE 441P  High School Health and Physical Education Practicum (3)
- PE 442P  Practicum in Physical Education (2)
- PE 443  Adapted Physical Education Methods and Practicum (3)

Total Credits 34

**Biology/Kinesiology Foundations Courses**

- BIO 348  Human Anatomy and Physiology (5)
- KIN 308  Human Growth and Motor Development (3)
- KIN 312  Functional Anatomy (5)
- KIN 320  Psychology of Sport (3)
- KIN 321  Sociology of Sport (3)
- KIN 410  Motor Control and Learning (3)
- KIN 413  Physiology of Exercise (5)
- KIN 414  Physical Activity and Nutrition (optional) (3)
- KIN 416  Strength and Conditioning Program Design (3)
- KIN 422  Professional Issues in Health and Exercise Settings (3)

Total Credits 33-36

**Health Education Courses**

- HLED 150  Consumer and Environmental Health (2)
- HLED 151  Society and Drugs (2)
- HLED 152  Society and Sex (2)
- HLED 345  Health Promotion/Disease Prevention (4)
- HLED 350  Nutrition (optional) (3)
- HLED 455  Health Education Grades K-8 (2)

Total Credits 12-15

**Secondary Education Foundations Courses**

- SEC 303  Teaching Adolescents: Development and Identity (4)
- SEC 310  Education, Culture, Equity (4)
- SEC 410  Dynamics of Teaching (2)
- SEC 411  Philosophical Foundations of Education (4)
- SEC 425  Reading, Writing, & Learning in Secondary Schools (4)
- SEC 495  Internship- Secondary (18)

Total Credits 36

**Contact Information**

**General Information & Advising**

Ms. Jen Leita
CV 201A
360-650-4377
Jen.Leita@wwu.edu

**PEH Faculty**

Dr. Nick Washburn, PhD
CV 201E
360-650-7709
Nick.Washburn@wwu.edu

Dr. Hillary Robey, PhD
CV 201F
360-650-6353
Hillary.Robey@wwu.edu

**Woodring Information Contact**

Ms. Janna Cecka
MH 401C
360-650-3347
Janna.Cecka@wwu.edu
TeacherEd.Admission@wwu.edu