PHYSICAL EDUCATION (INITIAL CERTIFICATION)

Program Director: Clancy Seymour
Degree: Master of Science

Canisius is Transforming Education

Canisius has developed a new, clinically-rich physical education program designed to provide you with the practical experience and knowledge you need to open the door to a new career in education.

This program prepares career changers and college graduates to become teachers who make a difference in the lives of children. Our innovative curriculum immerses aspiring teachers in the classroom and integrates theory, practice, and content into daily teaching and learning.

With our clinically-rich practicums, you will gain real world experience through field placements and student teaching in diverse educational settings. This in-depth training will provide you with the professional background to build your resume and allow you to enter your first classroom with confidence.

Prepare to succeed. The new curriculum is fully aligned with the New York State (NYS) standards for teacher preparation and will prepare you for the new NYS certification tests (http://www.nystce.nesinc.com) and edTPA (http://www.canisius.edu/academics/academic-schools/school-of-education/teacher-cert-changes.dot) assessments. Our focus is to provide you with the best possible teacher preparation to enable you to meet all certification requirements and become a transformational teacher.

As a graduate of this program, you will have the opportunity to earn your initial teaching certification as you earn your master’s degree, allowing you to teach in New York State. Canadian students will be certified in New York and then eligible for certification in Ontario. Our graduates become part of a lifelong Canisius community of educators that make a meaningful difference in the lives of all students. More information about our program is available at the program website (https://www.canisius.edu/academics/programs/physical-education-initial-certification).

Classes begin in the Fall & Spring semesters.

Pre-requisite Information

Based upon evaluation of undergraduate transcripts, a program will be developed to ensure completion of undergraduate courses needed to meet New York State requirements for teaching physical education. These courses include: individual games, team games, dance/gymnastics, human anatomy & physiology w/lab, kinesiology, exercise physiology, and CPR/first aid/ lifeguard/water safety certification (US) or Health elective (Canadian). In addition to the physical education prerequisites described above, completion of 3 credit hours in a foreign language is required for teacher certification in New York State. Two full years of foreign language in high school will also meet this requirement.

Prerequisites for Physical Education

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HED 337</td>
<td>Exercise Principles and Applications</td>
<td>3</td>
</tr>
<tr>
<td>HED 321</td>
<td>Lifeguard, C.P.R., First Aid, WSI</td>
<td>3</td>
</tr>
<tr>
<td>BIO 114 &amp; 114L</td>
<td>Human Biology: Introduction to Human Anatomy and Physiology and Human Biology: Introduction to Human Anatomy and Physiology Laboratory</td>
<td>4</td>
</tr>
</tbody>
</table>

KIN 235 Kinesiology 3

Other courses may satisfy the above requirements at the director’s discretion

Two 3 credit courses from the following:

<table>
<thead>
<tr>
<th>Course Code</th>
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<tbody>
<tr>
<td>PED 203</td>
<td>Net, Target and Fitness Activities</td>
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<tr>
<td>PED 204</td>
<td>Invasion Games</td>
</tr>
<tr>
<td>PED 207</td>
<td>Dance and Gymnastics</td>
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<td>PED 305</td>
<td>Outdoor Curriculum and Cooperative Activities</td>
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Required courses for Initial Certification in K-12 Physical Education:

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PEG 511</td>
<td>Movement Education and Elementary Activities</td>
<td>3</td>
</tr>
<tr>
<td>PEG 554</td>
<td>Adapted Physical Education</td>
<td>3</td>
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<tr>
<td>PEG 560</td>
<td>Motor Development</td>
<td>3</td>
</tr>
<tr>
<td>PEG 541B</td>
<td>Teaching Methods in Physical Education Lab</td>
<td>3</td>
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<tr>
<td>PEG 571</td>
<td>Assessment in Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>PEG 580</td>
<td>Concepts of Teaching Sport Skills</td>
<td>3</td>
</tr>
<tr>
<td>PEG 584</td>
<td>Capstone in Teaching Physical Education</td>
<td>3</td>
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<tr>
<td>EDU 505</td>
<td>Foundations of Education</td>
<td>3</td>
</tr>
<tr>
<td>SPE 541</td>
<td>Inclusive Strategies</td>
<td>3</td>
</tr>
<tr>
<td>PEG 593</td>
<td>Student Teaching</td>
<td>9-12</td>
</tr>
<tr>
<td>PEG 594</td>
<td>Student Teaching Seminar</td>
<td>0</td>
</tr>
<tr>
<td>EDU 595</td>
<td>Child Abuse Workshop</td>
<td>0</td>
</tr>
<tr>
<td>EDU 596</td>
<td>Prevention of School Violence Workshop</td>
<td>0</td>
</tr>
<tr>
<td>EDU 597</td>
<td>Dignity for All Students Workshop</td>
<td>0</td>
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</tbody>
</table>

LEARNING GOALS & OBJECTIVES

Learning Goal 1 (KNOWLEDGE – Observed in Writing)

Candidates in the Physical Education program will demonstrate content knowledge, pedagogical, and professional knowledge necessary for successful performance in their field.

Students will:
- Know and apply discipline-specific scientific and theoretical concepts critical to the development of a physically educated person.

Learning Goal 2 (KNOWLEDGE – Observed Skills and Dispositions)

Candidates in the Physical Education program will demonstrate professional skills and dispositions necessary for successful performance in their field.

Students will:
- Demonstrate that they are physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health-enhancing fitness
- Implement developmentally appropriate learning experiences aligned with local, state, and national standards to address the diverse needs of all students.
- Use effective communication and pedagogical skills and strategies to enhance student engagement and learning.
- Utilize assessments and reflection to foster student learning and inform instructional decisions.
Learning Goal 3 (SERVICE)
Candidates in the Physical Education program will demonstrate willingness to use their skills to benefit and serve society. Within the contexts of their work, candidates promote authentic learning, social and emotional development, and a commitment to social justice in environments that foster respect for diversity and the dignity of all.

Students will:
• Demonstrate dispositions essential to becoming effective professionals.

Learning Goal 4 (PROFESSIONALISM)
Candidates will demonstrate self-reflection as a habit of mind, continuously assessing and refining their professional practice as they construct a rich repertoire of research-based knowledge, skills, and attitudes for effective performance ensuring that all students and/or clients have optimal opportunities to learn and grow.

Students will:
• Demonstrate dispositions essential to becoming effective professionals.

Learning Goal 5 (LEADERSHIP)
Candidates will become adept at applying their acquired knowledge in the process of evaluating their own professional performance and decision-making with respect to its impact on students and/or clients, organizations, and the wider community.

Students will:
• Demonstrate dispositions essential to becoming effective professionals.

PED 203 Net, Target and Fitness Activities 3 Credits
Net, Target, and Fitness Games is a content-focused physical education course that includes an emphasis on sport being a learning atmosphere for global awareness. While, the course exposes students to many common and unique sports including, volleyball, pickleball, and self-defense, it also serves to expose students to other cultures that participate in these activities. The course creates an opportunity for students to become competent in net, target and fitness skills. It also provides coinciding opportunities to gain awareness of cultural variations and regional circumstances, through the lens of a particular sport.

Fulfills College Core: Global Awareness
Offered: spring of odd-numbered years.

PED 207 Dance and Gymnastics 3 Credits
Participation in selected dance and gymnastics forms. Students will learn appropriate organization and teaching progressions for various forms of dance and gymnastics taught in the P-12 curricula.

Restriction: must be in the undergraduate or graduate must be physical education program.

Offered: spring of even-numbered years.

PED 305 Outdoor Curriculum and Cooperative Activities 3 Credits
Philosophy, teaching methods, programming and safety management. Activities may include initiatives, new games, problem solving, trust activities, ropes course, cycling, mountain biking, rock climbing, rappelling, cross-country skiing and others.

Offered: fall of even-numbered years.

HED 337 Exercise Principles and Applications 3 Credits
This course will address the many aspects of fitness and exercise. Students will experience classroom lecture as well as practical experience in the weight room and other alternative exercise facilities. Students will gain experience in the proper design of exercise programs and will understand the importance of periodization as it relates to exercise. Upon successful completion of this course, the student will have a vast knowledge of the principles surrounding strength and conditioning.

Prerequisite: minimum grade of C in BIO 114 & BIO 114L.
Offered: fall & spring.

KIN 235 Kinesiology 3 Credits
Scientific study of human movement, emphasizing the basic principles of musculoskeletal anatomy, neuromuscular physiology and biomechanics.

Prerequisite: minimum grade of C in both BIO 115 and BIO 115L.
Offered: fall & spring.

BIO 114 Human Biology: Introduction to Human Anatomy and Physiology 3 Credits
Introductory course for those students requiring an understanding of the structure and function of the human body. Course examines the relationships among physiology, anatomy, metabolism, genetics, evolution, the physical environment, and exercise, and how they relate to diet, human health and disease. Three hours of lecture and one three-hour lab per week.

Fulfills College Core: Field 6 (Natural Sciences)
Offered: fall & spring.

BIO 114L Human Biology: Introduction to Human Anatomy and Physiology Laboratory 1 Credit
One three-hour lab per week.

Corequisite: BIO 114.
Offered: fall & spring.

HED 321 Lifeguard, C.P.R., First Aid, WSI 3 Credits
Knowledge, skill techniques and appreciations necessary to meet certification requirements of the American Red Cross. Certification fee required for this course.

Prerequisite: department swimming test and completion of departmental recommendation. Restriction: must be in the undergraduate or graduate must be physical education program.

Offered: fall.

EDU 595 Child Abuse Workshop 0 Credits
NYSED requirement for teacher certification.

EDU 596 Prevention of School Violence Workshop 0 Credits
NYSED requirement for teacher certification.

EDU 597 Dignity for All Students Workshop 0 Credits
NYSED requirement for teacher certification.

PEG 511 Movement Education and Elementary Activities 3 Credits
Conceptual bases, perceptual-motor development and practical applications of movement education. Development, implementation and integration of a physical education program; teaching strategies geared to the elementary level classroom with emphasis on New York and national learning standards in Physical Education. Field experience required.

Restriction: limited to physical education graduate students.

Offered: spring.

PEG 560 Motor Development 3 Credits
Examination of principles of growth and developmental theory with an emphasis on factors affecting changes in movement potential of individuals.

Restriction: must be in the physical education initial certification program.

Offered: fall.
PEG 571 Assessment in Physical Education 3 Credits
This course will introduce the teacher candidate to assessment and its role in the physical education profession. Topics include fitness testing, integrating physical education assessment tools, and basic statistics. In addition, there will be a focus on the evaluation of the New York State Standards, authentic assessments and SHAPE America guidelines.
Restriction: must be in the physical education initial certification program.
Offered: spring.

PEG 580 Concepts of Teaching Sport Skills 3 Credits
The purpose of this course is to give each student an in depth exposure to and an understanding of the various motor learning principles and factors influencing the acquisition of motor skills. The central focus of the course will be directed to the learning process. Age appropriate activities and instructional guidelines will be examined. This includes the variables related to the learner, the skills to be acquired and the instructional procedures that can be used by the physical educator, coach or exercise specialist.
Restriction: must be in the physical education initial certification program.
Offered: spring.

PEG 584 Capstone in Teaching Physical Education 3 Credits
The course is designed to synthesize learning from the program and capture current issues related to the physical education profession. Students will analyze, debate, and evaluate special topics through directed research of content and theory.
Restriction: must be in the physical education initial certification program.
Offered: summer online.

EDU 505 Foundations of Education 3 Credits
An examination of the social, historical and philosophical foundations of education intended to provide a framework for understanding contemporary issues in education. Topics may include the role of education in a democratic society; gender, race and class in education; home, school and community relationships; and the organizational structure of education.
Corequisite: EDU 595 & EDU 596.