

GENERAL EDUCATION PROGRAM	DATE	S.H.	GRADE	Physical Education / CONTENT (24 S.H.)	DATE	S.H.	TERM	SUMM.	GRADE	Health Education (36 S.H.)	DATE	S.H.	TERM	SUMM.	GRADE
Goal 1: Communication (7 S.H.)				PESS 111 - Fundamentals of Movement		3	F			HERS 204 - Personal & Community Health		3	F & S	☀️	
ENG 111 (B or Better / Teacher Ed Req.)		4		PESS 114 - Fundamentals of Adventure Ed		3	F			HERS 205 - Nutrition for Lifetime Wellness		3	F & S	☀️	
CMST 191 OR 192 (B or Better / Teacher Ed Req.)		3		PESS 151 - Fundamentals of Rhythms & Dance		3	S			HERS 250 - Mental Health and Society		1	F & S		
Goal 2: Critical Thinking Met with completion of other goals.				PESS 152 - Fundamentals of Games Ed		3	S			HERS 288 - Health Perspectives		3	F & S		
Goal 3: Natural Science (7 S.H.)				PESS 161 - Fund. of Aqu & Outdoor Act		3	F			HERS 312 - School and Community Health		3	S		
BIOL 211 (3-4) and BIOL 212 (3-4) (GE 3)		6-8		PESS 162 - Fundamentals of Specialized Skills		3	S			HERS 310/322 - H. Ed. in Elementary Schools		3	F & S		
OR BIOL 117 (3) and BIOL 116 (1) (GE 3)		4		! PESS 251 - Sport Science		3	F & S	☀️		HERS 321 - H. Ed. in Middle/Secondary Sch.		3	S		
Goal 4: Math/Logic Reasoning (3 S.H.)				PESS 300 - Motor Learning & Development		3	F	☀️		HERS 326 - Contemporary Topics/Issues		2	F		
STAT 100 OR STAT 110 (C or Better / HP)		3		Physical Education / METHODS (20 S.H.)						HERS 328 - Beh. Inter. for Adult Learner OO		3	F & S		
Goal 5: History Soc & Behav Sci (9 S.H.)				PESS 195 - Foundations of Physical Education		2	F & S			HERS 403 - Epidemiology		3	F & S	☀️	
<i>Requires from at least two different subject areas.</i>				PESS 225 - Plan, Inst & Asses in PE/Ad Ed		3	F & S			HERS 425 - Org. & Admin. of School Health		3	F		
*See DARS & GEP Sheet		3		PESS 237 - Introduction to Adapted PE		3	F & S			HERS 433 - Senior Health Seminar O CA		1	F & S		
Recommend: CAST 301/SOC 150/MUS 109		3		PESS 303 - Fitness & Wellness Meth in PE		3	F			Health Education / SCIENCE (8 S.H.)					
		3		PESS 325 - Cur, Inst & Asses Methods in Elem PE		3	F			BIOL 211 (3-4) and BIOL 212 (3-4) (GE 3)		6-8	F & S	☀️	
Goal 6: The Humanities and Fine Arts (9 S.H.)				PESS 326 - Cur, Inst & Asses Methods in Sec PE		3	S			OR BIOL 117 (3) and BIOL 116 (1) (GE 3)		4	F & S	☀️	
<i>Requires from at least two different subject areas.</i>				PESS 403 - Organization & Advocacy in PE		3	S			Health Education / ELECTIVES (6 S.H.)					
*See DARS & GEP Sheet		3		Adapted Physical Education (APE) Minor (23 S.H.)						PESS 214 or PESS 422		3	F & S	☀️	
Recommend: MUS 109		3		PESS 237 - Introduction to APE		3	F & S			SPED 405 (APE Req)/BIOL 104 (GE 10)		3	F & S	☀️	
		3		PESS 447 - Assessment & Evaluation in APE		3	F								
Goal 7: Human Diversity (3 S.H.)				PESS 457 - Teaching Methods in APE		3	S			Adventure Ed Minor / REQUIRED (13 S.H.)					
Recommend: SOC 150		3		SPED 300 - Child & Yth w/Except. (Ed Req)		3	F & S			PESS 114 - Fundamentals of Advent Ed (PE)		3	F		
Goal 8: Global Perspective (3 S.H.)				SPED 405 - Student Management Systems		3	F & S			PESS 161 - Fund. of Aqu & Outdoor Act		3	F		
Recommend: BIOL 104 (HP Elective)		3		SPED 420 - Special Ed Admin. Procedures		3	F & S			PESS 225 - Plan, Inst & Asses in PE/Ad Ed		3	F & S		
Goal 9: Ethical Civic Responsibility (3 S.H.)				EDUC 429 - Sec Reading & Tch Strat		3	F & S	☀️		PESS 308 - Challenge Course Programming in AETE		2	May Term	☀️	
Recommend: CAST 301		3		PESS 434 - Adapted PE Practicum		2	F & S			PESS 310 - AETE Practicum		2	May Term	☀️	
Goal 10: People & Environment (3 S.H.)				Coaching Minor / CONTENT COURSES (21 S.H.)						Adventure Ed Minor / ELECTIVES (4 S.H.)					
Recommend: BIOL 104 (HP Elective)		3		PESS 235 - Principles of Coaching		3	F & S	☀️		PESS 208 - Winter Activities in AETE		1	S	☀️	
WSU GRADUATION REQUIREMENTS for TEACHER ED				! PESS 251 - Sport Science		3	F & S	☀️		PESS 209 - Wilderness First Aid in AETE		1	May Term	☀️	
HERS 204 (HP)		3		PESS 280 - Psy. of Physical Activity & Sport		3	F & S	☀️		PESS 210 - Climing Wall Instructor in AETE		1	May Term	☀️	
SPED 300 - Child & Yth w/Except. (Ed Req)		3		PESS 300 - Motor Learning & Development		3	F	☀️		PESS 211 - Canoeing in AETE		1	May Term	☀️	
Professional Ed Sequence (18 S.H.) / Stud. Teaching (12 S.H.)				▲ PESS 214 - CPR/AED & First Aid		2	F & S	☀️		PESS 212 - Kayaking in AETE		1	May Term	☀️	
EDFD 401 - Human Dev & Learning: K-12 & 5-12		2		PESS 403 - Organization & Advocacy in PE		3	F & S	☀️		OW = Writing INTENSIVES (6 S.H.)					
EDFD 461 - Multi-Cult. Yth, Child & Fam. PART I		2		PESS 406 - Coaching Practicum		3	F & S	☀️		OO = Oral INTENSIVES (3 S.H.)					
EDFD 421 - Class Management : K-12 & 5-12		1	☀️	Coaching Minor / ELECTIVES (2 S.H.)						OCA = Mathematical/Critical Analysis INTENSIVES (3 S.H.)					
EDFD 441 - Curric., Inst. & Asses: K-12 & 5-12		3	☀️	PESS 304 - Tech. of Coach. Football		1	F & S			1st PRIORITY RECOMMENDATIONS					
EDFD 459 - Professional Educator		3	☀️	PESS 305 - Tech. of Coach. Basketball		1	F & S			BACK-UP RECOMMENDATIONS					
EDFD 462 - Multi-Cult. Yth, Child & Fam. PART 2		1	☀️	PESS 306 - Tech. of Coach. Track & CC		1	S			SUMMER RECOMMENDATIONS (Optional)					
EDUC 429 - Sec Reading & Tch Strat		3		PESS 307 - Tech. of Coach. Soft/Baseball		1	S			! HERS 340 - Physiology of Exercise (OPTION)					
EDFD 449 - Middle Level Philosophy		3	☀️	PESS 322 - Tech. of Coach. Soccer		1	F			▲ HERS 291 - Prev & Care Athletic Injury (OPTION)					
EDST - Student Teaching		12		PESS 328 - Tech. of Coach. Volleyball		1	F & S			REQUIRES ATTENTION					

Advising

Once you are on campus and declare a major in Health Education and/or Physical Education, we like to sit down with each student and set up a program plan. You walk out of this meeting with a tentative plan and a tentative idea of when you will be student teaching. Each semester you will meet with your advisors to check progress and make changes needed to the plan. For this first step, please set up a time to meet with Ms. Darst as soon as possible. In addition to this program sheet, Dr. Grabau track your progress on an electronic version of this program sheet that you will receive every semester during advising.

Program Advisors

Health Education: Ms. Darst - Mdarst@winona.edu

Physical Education: Dr. Grabau - Cgrabau@winona.edu

DAPE: Dr. Felix - Efelix@winona.edu

Coaching and Adventure Physical Education: Dr. Martinez - Rmartinez@winona.edu

Clubs

Get involved in your major clubs! This will be a great way to meet other students, get involved on campus and in the community, be eligible for future scholarships, be eligible for funds to help you attend state and national conferences.

Health Education: Health Organization for Promotion and Education (HOPE) Club

Physical Education: PE Club

Admissions to Education

ENG 111 - B or Better

CMST 191/192 - B or Better

STAT 100/110 - C or Better (Please see Ms. Darst if you've taken a different Math class)

Early Clinical Experience (SPED 300 will count)

First Semester Course Recommendations - Please meet with an advisor to confirm:

ENG 111

CMST 192

STAT 100/110

HERS 204, 288

PESS 111, 114, 151, 152, 161, 162, 192

SPED 300