

## Bachelor of Science

# Physical Education with a Major in Coaching and Physical Activity Leadership (BS)

This program is designed to promote competencies involved in teaching, coaching, and leadership in sport and physical activity settings.

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## Requirements

### Lower-Division General Education

|   |     |
|---|-----|
| Written Communication ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#written">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#written</a> )                     | 6   |
| Oral Communication ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#oral">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#oral</a> )                              | 3   |
| Mathematics ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#math">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#math</a> )                                     | 3   |
| Language and Culture ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#language">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#language</a> )                    | 0-6 |
| Information Literacy and Research ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#information">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#information</a> ) | 3   |
| Human Behavior ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#behavior</a> )                          | 3   |
| Human Creativity ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#creativity</a> )                    | 3   |
| Interpreting the Past ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#interpret</a> )                 | 3   |
| Literature ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#literature</a> )                          | 3   |
| Philosophy and Ethics ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#philosophy">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#philosophy</a> )               | 3   |
| The Nature of Science ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#nature">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#nature</a> )                       | 8   |
| Impact of Technology ( <a href="http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#impact">http://catalog.odu.edu/undergraduate/requirements-undergraduate-degrees/#impact</a> )                        | 3   |

Written Communication Skills: Grade of C or better required in both courses

Oral Communication: COMM 101R required

Mathematics: Select  
from MATH 101M, MATH 102M, MATH 103M, MATH 162M, or  
STAT 130M.

The Nature of  
Science: BIOL 117N/BIOL 118N and BIOL 121N/BIOL 122N recommended

Impact of Technology: Satisfied by TLED 430W in the major.

### Upper-Division General Education

Satisfied by the required minor in Coaching Education included in the program.

### Requirements for Graduation

1. All program requirements
2. ENGL 110C, ENGL 211C or ENGL 231C, and the writing intensive (W) course in the major with a grade of C or better

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3. A minimum cumulative 2.0 GPA in the major area and in the professional education core, with no grade less than a C- in the major.
4. Completion of the Senior Assessment
5. Successful completion of the Coaching Internship
6. Completion of a minimum of 120 credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University.

All HPE, EXSC, SMGT, and TLED courses  
and BIOL 240 or BIOL 250 will be used to calculate the major content  
grade point average. Grade point averages must be 2.0 for continuance and  
graduation. Additional elective hours may be needed to make 120 total  
hours.

Due to changing University requirements, national accreditation standards,  
and the Virginia Board of Education licensure regulations, the programs in  
the Darden College of Education and Professional Studies are under constant  
revision. Any changes resulting from these factors supersede the program  
requirements described in this Catalog.

## Coaching in Physical Activity and Leadership Major\*

### General Education

Complete lower-division requirements 38-44

Complete upper-division requirements (met in the major)

### Coaching and Physical Education Leadership

|                         |  |   |
|-------------------------|--|---|
| BIOL 240<br>or BIOL 250 | Fundamentals of Anatomy and Physiology I<br>Human Anatomy and Physiology I | 4 |
| TLED 430W               | PK-12 Instructional Technology   | 3 |
| HPE 200                 | Foundations of Education, Physical<br>Education and Health                 | 3 |
| HPE 218                 | Aquatics and Outdoor Education   | 2 |
| HPE 220                 | Teaching of Team Sports  | 3 |
| HPE 222                 | Teaching Individual Sports and Dance                                       | 3 |
| HPE 300                 | Teaching Elementary Physical Education                                     | 3 |
| HPE 301W                | Methods and Materials in Teaching Physical<br>Education                    | 3 |
| HPE 317                 | Human Growth & Motor Development   | 3 |
| HPE 318                 | Motor Learning   | 3 |
| HPE 324                 | Teaching Injury Care for Sports  | 3 |
| HPE 400                 | Management Skills for Teaching Health and<br>Physical Education            | 3 |
| HPE 404                 | Adapted Physical Education   | 4 |
| HPE 406                 | Tests and Measurement in Physical<br>Education and Health                  | 3 |
| HPE 409<br>or EXSC 309  | Physiology of Exercise<br>Fundamentals of Exercise Physiology              | 3 |
| HPE 415<br>or SMGT 415  | Principles of Coaching Management<br>Principles of Coaching Management     | 3 |
| HPE 430                 | Nutrition and Fitness Education  | 3 |
| HPE 456<br>or SMGT 456  | Sports Psychology<br>Sport Psychology                                      | 3 |
| HPE 368                 | Coaching Internship  | 6 |
| SMGT 315                | Sport Media and Public Relations   | 3 |
| SMGT 331                | Fiscal Planning and Management in Sport<br>and Recreation                  | 3 |
| SMGT 414                | Sport Marketing  | 3 |
| SMGT 432                | Sport Facility and Event Management  | 3 |

**Total Credit Hours 111-117**

\* Grade of C or better required in HPE 301W; grade of C- or better required in all other courses.

All HPE, EXSC, SMGT, and TLED courses and BIOL 240 or BIOL 250 will be used to calculate the major content grade point average. Grade point averages must be 2.00 to graduate.

Additional elective hours may be needed to reach 120 total credit hours, which must include both a minimum of 30 credit hours overall and 12 credit hours in upper-level courses in the major program from Old Dominion University.

## Background Clearance Requirement

Old Dominion University requires a background clearance check of candidates interested in many of the professional education programs. Professional education programs have several field experiences that are required for continuance and graduation from the program. The background clearance must be successfully completed prior to a field experience placement. Candidates will be provided a field experience placement when the background check process is completed with resolution of any issues. The process to complete the ODU clearance background check is located at: <https://ww1.odu.edu/oce/placement/background-checks> (<https://ww1.odu.edu/oce/placement/background-checks/>). The ODU clearance process includes: an FBI fingerprint SP-24 form, a child protective service/social service review, and a Virginia State Police sex offender registry review. Candidates interested in the professional education programs are advised to complete this clearance process immediately upon entry into the program since the clearance process takes a minimum of eight weeks to complete.

## Degree Program Guide

The Degree Program Guide is a suggested curriculum to complete this degree program in four years. It is just one of several plans that will work and is presented only as broad guidance to students. Each student is strongly encouraged to develop a customized plan in consultation with their academic advisor. Additional information can also be found in Degree Works.

| Course  | Title  | Credit Hours |
|---|--|--------------|
| <b>Freshman</b>                                     |  |              |
| <b>Fall</b>   |  |              |
| ENGL 110C   | English Composition (C or better required)           | 3            |
| Nature of Science (BIOL 117N/BIOL 118N recommended) |  | 4            |
| Information Literacy and Research                   |  | 3            |
| Human Creativity                                    |  | 3            |
| COMM 101R   | Public Speaking                                      | 3            |
| <b>Credit Hours</b>                                 |  | <b>16</b>    |
| <b>Spring</b>                                       |  |              |
| Select one of the following: (C or better required) |  | 3            |
| ENGL 211C   | Writing, Rhetoric, and Research                      |              |
| ENGL 231C   | Writing, Rhetoric, and Research: Special Topics      |              |
| Literature  |  | 3            |
| Nature of Science (BIOL 121N/BIOL 122N recommended) |  | 4            |
| Select one of the following:                        |  | 3            |
| MATH 101M   | An Introduction to Mathematics for Critical Thinking |              |
| MATH 102M   | College Algebra                                      |              |
| MATH 103M   | College Algebra with Supplemental Instruction        |              |

|  |  |           |
|--|--|-----------|
| MATH 162M                                  | Precalculus I  |           |
| STAT 130M                                  | Elementary Statistics  |           |
| Interpreting the Past                      |  | 3         |
| <b>Credit Hours</b>                        |  | <b>16</b> |
| <b>Summer</b>                              |  |           |
| Elective or Foreign Language (if required) |  | 3         |
| <b>Credit Hours</b>                        |  | <b>3</b>  |
| <b>Sophomore</b>                           |  |           |
| <b>Fall</b>                                |  |           |
| Philosophy and Ethics                      |  | 3         |
| HPE 200                                    | Foundations of Education, Physical Education and Health (C- or better required)                    | 3         |
| HPE 218                                    | Aquatics and Outdoor Education (C- or better required)   | 2         |
| HPE 220                                    | Teaching of Team Sports (C- or better required)  | 3         |
| BIOL 240 or BIOL 250                       | Fundamentals of Anatomy and Physiology I (C- or better required) or Human Anatomy and Physiology I | 4         |
| <b>Credit Hours</b>                        |  | <b>15</b> |
| <b>Spring</b>                              |  |           |
| HPE 222                                    | Teaching Individual Sports and Dance (C- or better required)                                       | 3         |
| Human Behavior                             |  | 3         |
| HPE 300                                    | Teaching Elementary Physical Education (C- or better required)                                     | 3         |
| HPE 301W                                   | Methods and Materials in Teaching Physical Education (C or better required)                        | 3         |
| SMGT 315                                   | Sport Media and Public Relations (C- or better required)   | 3         |
| <b>Credit Hours</b>                        |  | <b>15</b> |
| <b>Summer</b>                              |  |           |
| Elective or Foreign Language (if required) |  | 3         |
| <b>Credit Hours</b>                        |  | <b>3</b>  |
| <b>Junior</b>                              |  |           |
| <b>Fall</b>                                |  |           |
| HPE 415 or SMGT 415                        | Principles of Coaching Management (C- or better required) or Principles of Coaching Management     | 3         |
| HPE 317                                    | Human Growth & Motor Development (C- or better required)   | 3         |
| HPE 400                                    | Management Skills for Teaching Health and Physical Education (C- or better required)               | 3         |
| HPE 409 or EXSC 309                        | Physiology of Exercise (C- or better required) or Fundamentals of Exercise Physiology              | 3         |
| <b>Credit Hours</b>                        |  | <b>12</b> |

|                           |  |                |
|---------------------------|--|----------------|
| <b>Spring</b>             |  |                |
| HPE 318                   | Motor Learning (C- or better required)   | 3              |
| HPE 324                   | Teaching Injury Care for Sports (C- or better required)                        | 3              |
| SMGT 331                  | Fiscal Planning and Management in Sport and Recreation (C- or better required) | 3              |
| HPE 456<br>or SMGT 456    | Sports Psychology (C- or better required)<br>or Sport Psychology               | 3              |
| TLED 430W                 | PK-12 Instructional Technology (C- or better required)                         | 3              |
| <b>Credit Hours</b>       |  | <b>15</b>      |
| <b>Senior</b>             |  |                |
| <b>Fall</b>               |  |                |
| HPE 404                   | Adapted Physical Education (C- or better required)                             | 4              |
| HPE 406                   | Tests and Measurement in Physical Education and Health (C- or better required) | 3              |
| HPE 430                   | Nutrition and Fitness Education (C- or better required)                        | 3              |
| SMGT 414                  | Sport Marketing (C- or better required)  | 3              |
| SMGT 432                  | Sport Facility and Event Management (C- or better required)                    | 3              |
| <b>Credit Hours</b>       |  | <b>16</b>      |
| <b>Spring</b>             |  |                |
| HPE 368                   | Coaching Internship (C- or better required)                                    | 6              |
| Electives as needed       |  | 3-6            |
| <b>Credit Hours</b>       |  | <b>9-12</b>    |
| <b>Total Credit Hours</b> |  | <b>120-123</b> |

- 2.8 cumulative GPA or higher (on a 4.0 scale ) \*
- 3.0 GPA or higher in the undergraduate major \*
- A combined GRE score of 291 or higher (verbal and quantitative sections) \*
- Personal essay (no more than two pages) addressing motivations to apply to program, career interests, and ability to complete graduate level work
- Three letters of recommendation (from former professors or employers)
- Current copy of résumé
- Transcripts from all prior postsecondary institutions
- Test of English as a Foreign Language (TOEFL) score of 550 on the paper-based test (or 79-80 on the iBT) for non-native English speakers

\* Students who have a low GPA or a low GRE score may be considered for admission with provisional status.

\* The program admissions committee will consider GRE waiver requests for high potential candidates by considering application elements that demonstrate the ability to take on the rigor of graduate level studies. A request for a waiver does not guarantee that a waiver will be granted.

## Master of Science in Education Programs

- Physical Education with a Concentration in Adapted Physical Education (MSEd) (<http://catalog.odu.edu/graduate/education/human-movement-studies-special-education/physical-education-adapted-msed/#text>)
- Physical Education with a Concentration in Coaching (MSEd) (<http://catalog.odu.edu/graduate/education/human-movement-studies-special-education/physical-education-coaching-msed/>)
- Physical Education with a Concentration in Curriculum & Instruction (MSEd) (<http://catalog.odu.edu/graduate/education/human-movement-studies-special-education/physical-education-health-sport-pedagogy-msed/>)
- Physical Education with a Concentration in Initial Virginia Licensure in Health and Physical Education (MSEd) (<http://catalog.odu.edu/graduate/education/human-movement-studies-special-education/physical-education-initial-virginia-licensure-health-msed/>)

## Admission and Entrance Requirements

Applicants for the MSEd in Physical Education are required to submit credentials for consideration through the Office of Graduate Admissions at Old Dominion University. Students applying for admission with regular status must have:

- A completed online application via [www.odu.edu/admission/graduate](http://www.odu.edu/admission/graduate) (<http://www.odu.edu/admission/graduate/>)
- A baccalaureate degree from a regionally-accredited institution or an equivalent degree from a foreign institution