HEALTH AND FITNESS

Physical Education

Bachelor of Arts in Education

The Health and Fitness (physical education) program here 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 and 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).

Career Opportunities

Some health and fitness professionals chose 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 and fitness professionals become more experienced and educated, they may find individual advancement in the form of higher pay. Some health and 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 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).

Knowledge and Skills

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 and 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 and 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.

Curriculum

Both the state of Washington and the National Association of Sport and Physical Education standards for Beginning Health & Fitness (physical education) teachers embody the requisites of knowledge, skills, and dispositions minimally required of an entry-level health & fitness (physical education) teacher. Both governing bodies standards are utilize to continue to construct a quality Health & Fitness (physical Education) program at EWU for the purpose of preparing highly qualified beginning health & fitness (physical education) teaching professionals. They also provide direction for career-long professional improvement for practicing teachers. Health & Fitness majors
enrolled in the program are currently required to complete 40 hours of out-of-class professional development hours per year while enrolled in the program which also includes attending a minimum of one workshop or conference per year and are required to maintain an overall GPA of 2.5; with no class below a 2.5.

**Special Features**

In this program, students will maintain a program electronic portfolio while engaging in several program check points to determine their status within the program. This has proven valuable in assessment and also to students in finding jobs across the country. Majors in this program are required to attend monthly Health and Fitness Major Club meetings as well as individuals seeking a Health & Fitness add-on endorsement are encouraged to attend. This helps to build community within the program.

**Preparing for Admissions**

Some individuals pursue the field of health and fitness because of their affection of their own schooling physical education and/or health experience. Some individuals discover their love of teaching movement through prior work related experiences. It is suggested that young people interested in the field obtain work experience that involves working with children, sports and movement activities. Some suggested related work experiences might include babysitting, playground directors, sport instructors, youth coaches and umpires, volunteering at nursing homes, hospitals or community agencies and camp leaders. For more information on the requirements of the program please visit the department website at:

http://www.ewu.edu/pehr

Prospective students of EWU can apply online via http://www.ewu.edu/admissions or contact the Office of Admissions at (509) 359-2397 to request an application.

**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.

**For More Information Contact**

Physical Education, Health and Recreation Department
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200 P.E. Classroom Building
EWU Cheney, WA 99004-2431
(509) 359-2341
sbeam@mail.ewu.edu
http://www.ewu.edu/pehr

Or contact:
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**The University**

Eastern Washington University is a student-centered, regionally based, comprehensive university. This vision informs and inspires EWU’s future. Its campus is located in Cheney within the Spokane metropolitan area, with additional learning centers in the region and elsewhere in Washington State.

**Note:**

Information in this guide is subject to change without notice. To learn more about the official program of study, please check the catalog online at: http://www.ewu.edu/x15588.xml