



## Springfield College Sequencing Guidelines Physical Education Major (PEDU) ▼ 2026-2027

*Requirements are subject to change and may not be offered when listed. Use your online degree audit to verify your progress with your advisor.*

### Core Curriculum Requirements, Electives, and College Requirements

*In addition to the major requirements listed below, you will need to fill the following Core Curriculum categories:*

- 100-level Wellness & Physical (1 cr)      • Literature (3 cr)      • Historical and Social (3 cr)
- 300-level Wellness & Physical (1 cr)      • Spiritual and Ethical (3 cr)

*These majors typically require 91 credits to complete. In addition to the Core Curriculum and major requirements listed, you must complete:*

- **9 elective credits or more** to total at least 120 credits
- The **residency requirement**—45 credits taken at Springfield College (including 15 of your last 30)

### PEDU Major Requirements – Typical First-Year Schedule

**Fall:**

SCSM 101, Springfield College Seminar (Core requirement – 3 cr)  
 ENGL 113, College Writing I (Core requirement – 3 cr)  
 BIOL 130, Anatomy and Physiology Concepts I (3 cr – also fills Scientific Reasoning Core)  
 BIOL 132, Anatomy and Physiology Concepts I Lab (1 cr – also fills Scientific Reasoning Core)

Plus major requirements, or Core listed below, to total approximately 15 credits (Recommended to delay electives and free choice Core to 3<sup>rd</sup> or 4<sup>th</sup> year)

**Spring:**

ENGL 114, College Writing II (Core requirement – 3 cr)  
 BIOL 131, Anatomy and Physiology Concepts II (3 cr; C or better required)  
 BIOL 133, Anatomy and Physiology Concepts II Lab (1 cr; C or better required)  
 WLPL 201, Outdoor Pursuits (1 cr – also fulfills 200-level Wellness & Physical Literacy Core)

Take Com/Lit MTEL exam  
 SPCO 201, **MTEL** test prep if needed (.5 cr)

Plus major requirements, or Core listed below, to total 30 credits for the year

**Fall or Spring:**

MATH 115, College Algebra (or MATH 125, 131, or 140; 3 cr –fills Quantitative Reasoning Core)  
 MOSK 140, Skill Themes and Movement Concepts (.5 cr)  
 MOST 105, Lifespan Motor Development (3 cr)  
 PEPC 240, Target Games (.5 cr)  
 PEPC 250, Territorial/Invasion Games (1 cr)  
 PEPC 260, Striking Games (.5 cr)  
 PEPC 270, Racket Sports: Net and Wall Games (1 cr)  
 PHED 102, Instructional Strategies in Physical Education (3 cr; C or better required) and PHED 104, Instructional Strategies in Physical Education Lab (0 cr)

### PEDU Major Requirements – Typical Second-Year Schedule

**Fall or Spring:**

AEXS 313, Physiology of Exercise (3 cr – fills WAC requirement)  
 AEXS 315, Physiology of Exercise Lab (0 cr)  
 MOST 224, Motor Learning and Skill Acquisition (3 cr)  
 PHED 236, Elementary Physical Education Methods and Pre-Practicum: Grades K-2 (1.5 cr; C or better required)  
 PHED 237, Elementary Physical Education Methods and Pre-Practicum: Grades 3-5 (1.5 cr; C or better required)  
 PHED 238, Secondary Physical Education Methods and Pre-Practicum: Grades 6-8 (1.5 cr; C or better required)  
 PHED 239, Secondary Physical Education Methods and Pre-Practicum: Grades 9-12 (1.5 cr; C or better required)  
 PHYS 205, Physics for Movement Science (3 cr)  
 PHYS 206, Sports Physics Laboratory (0.5 cr)  
 MOST 206, Physics for Movement Science Laboratory (0.5 cr)

Plus major requirements to total 30-33 credits for the year

### PEDU Major Requirements – Typical Third-Year Schedule

**Fall or Spring:**

AEXS 319, Kinesiology/Biomechanics (3 cr)  
AEXS 321, Kinesiology / Biomechanics Lab (0 cr)  
EDUC 328, Sheltered English Immersion (3 cr – concurrent with Pre-practicum; fills Themed Exploration Core)  
PHED 308, Adapted Physical Education Programming (3 cr; C or better required)  
PHED 309, Adapted Physical Education Programming Lab (0 cr)

Select **4 credits** of pre-practicum: (The prerequisite for taking PHED 348 or 350 is passing MTEL Communications & Literacy)  
PHED 348, Elementary Physical Education Pre-practicum and Seminar (4 cr)

**OR**

PHED 350, Secondary Physical Education Pre-practicum and Seminar (4 cr)

Plus major requirements, Core or applicable electives to total 30-33 credits for the year

### PEDU Major Requirements – Typical Fourth-Year Schedule

Select **12 credits** of practicum:

PHED 485, Physical Education (5-12) Practicum and Seminar (12 cr; B or better required), if you completed PHED 348  
**or**

PHED 484, Physical Education (PreK-8) Practicum and Seminar (12 cr; B or better required), if you completed PHED 350

Plus any outstanding major requirements, Core requirements, or electives to total a minimum of 120 credits for your career

### Additional PEDU Major Requirements – Flexible Timing

*In general, 100-level courses should be taken first or second year, 200-level courses can be taken first year or later, 300-level courses can be taken second year or later, and 400-level courses can be taken third or fourth year.*

CISC 150, Computing and Digital Literacy (3 cr – fills Themed Exploration Core)  
DANC 102, Introduction to Dance (3 cr – also fills Aesthetic Expression Core)  
EDUC 201, Foundations of Multicultural Education (3 cr – fills Themed Exploration Core)  
HLTH 101, Physical Health and Wellness (3 cr)  
MOST 328, Psychology of Sport (3 cr – fills WAC requirement)  
MOST 410, Assessment in Movement and Sport (3 cr)  
MOST 412, Assessment in Movement and Sport Lab (0 cr)  
MOST 439, Sociology and Heritage of Sport in Physical Education (3 cr)  
PEPC 100, Fitness for Life (1 cr)  
PEPC 180, Educational Gymnastics (.5 cr)  
PEPC 244, Basketball (.5 cr)  
PEPC 258, Volleyball (.5 cr)  
PEPC 263, Track and Field I (.5 cr)  
PEPC 280, Outdoor Adventure (.5 cr)

Select **3 credits** of a coaching and officiating course(s) from the following:

PHED 311, Coaching and Officiating Baseball (3 cr)  
PHED 314, Coaching and Officiating Football (3 cr)  
PHED 317, Coaching and Officiating Basketball (3 cr)  
PHED 319, Coaching and Officiating Softball (3 cr)  
PHED 321, Coaching and Officiating Track and Field (3 cr)  
PHED 322, Coaching and Officiating Volleyball (3 cr)  
PHED 323, Coaching and Officiating Wrestling (3 cr)  
PHED 326, Coaching Swimming and Diving (3 cr)  
PHED 337, Coaching and Officiating Field Hockey (3 cr)  
PHED 338, Coaching and Officiating Soccer (3 cr)

Complete **1 credit** from the following:

PEAC 205, Lifeguard Training(ARC) (1 cr) **or**  
PEAC 206, Water Safety Instructor (1 cr) **or**  
WLPL 308, Adapted Aquatics: Leading in Service through Wellness and Physical Literacy (1 cr) **or**  
PEAC 104, Swimming (.5 cr) **AND** PEAC 115, Fitness Swimming (.5 cr)

### PEDU Major - Program Standards

Program standards for the PEDU major include, but are not limited to:

- Earn a minimum cumulative GPA of 2.750 for all designated licensure courses (see degree audit for more information)
- Earn a minimum cumulative GPA of 2.500
- Earn minimum grades specified for designated courses
- Be recommended for admission to the teacher licensure program by the PEHE department chair

For more information about these and other program standards, contact your advisor or the PEHE department chair.