Mission of Physical Education

The Mission of the Physical Education program at Oklahoma State University is to graduate students who possess the knowledge, skills, experience, dispositions, and passion to successfully teach, model, and promote lifelong physical activity and health.

Program Faculty

Dr. Trish Hughes: Associate Professor and Program Coordinator
Her interests include bullying, relationship violence, sexual assault, and safety.

trish.hughes@okstate.edu
405-744-9331

Ms. Melissa Jensen: Visiting Assistant Professor
Her interests include physical education and health pre-service education, physical education pedagogy, and coaching pedagogy.

meljens@okstate.edu
405-744-3924

Mr. Mike Luera: Graduate Teaching Assistant
mluera@ostatemail.okstate.edu
806-559-7340
# Degree Sheet

**COLLEGE OF EDUCATION**
**OKLAHOMA STATE UNIVERSITY**

**Requirements for Students Matriculating in or before Academic Year 2017-2018**

**MAJOR:** Physical Education  
**OPTION:** Teacher Education

<table>
<thead>
<tr>
<th>Minimum Overall Grade Point Average: 2.50</th>
<th>Total Hours: 120</th>
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<tbody>
<tr>
<td>(cumulative graduation/retention GPA)</td>
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**GENERAL EDUCATION REQUIREMENTS: 41 HOURS**

<table>
<thead>
<tr>
<th>Area</th>
<th>Hours</th>
<th>To be selected from:</th>
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<tbody>
<tr>
<td>English Composition</td>
<td>6</td>
<td>ENGL 1113 (or 1313) and ENGL 1213 (or 1413 or 3323) (see Academic Regulation 3.5 in Catalog)</td>
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<tr>
<td>American History &amp; Government</td>
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<td>HIST 1103 (or 1463 or 1493) and POLS 1113</td>
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<tr>
<td>Analytical &amp; Quantitative Thought (A)</td>
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<td>MATH or STAT designated (A)</td>
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<td>Humanities (H)</td>
<td>6</td>
<td>Courses designated (H)</td>
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<tr>
<td>Natural Sciences (N)</td>
<td>8</td>
<td>BIOL 1114 and 4 hours Physical Science</td>
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</table>

**MAJOR REQUIREMENTS: 37 HOURS**

<table>
<thead>
<tr>
<th>Minimum GPA 2.50 with a minimum grade of &quot;C&quot; or &quot;P&quot; in each course.</th>
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<tbody>
<tr>
<td>HHP 1823 Nrt. of Non-Traditional Activities, Rhythm, &amp; Movement</td>
</tr>
<tr>
<td>HHP 1823 Nrt. of Team Activities</td>
</tr>
<tr>
<td>HHP 1543 Nrt. of Individual Activities</td>
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<tr>
<td>HHP 2553 Basic Athletic Injury Management</td>
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<tr>
<td>HHP 2564 Applied Anatomy</td>
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<tr>
<td>HHP 2712 Psychomotor Development</td>
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<tr>
<td>HHP 3114 Physiology of Exercise</td>
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<tr>
<td>HHP 3323 Motor Learning</td>
</tr>
<tr>
<td>HHP 3663 Biomechanics</td>
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<tr>
<td>HLTH 2603 Total Wellness</td>
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</tbody>
</table>

**Full admission required:**
- HHP 4643 School Health and Safety for Phys. Educators
- HHP 4723 Assessment in P.E.
- HHP 4790 Adapted P.E.

**PROFESSIONAL CORE REQUIREMENTS: 32 HOURS**

<table>
<thead>
<tr>
<th>Minimum GPA 2.50 with a minimum grade of &quot;C&quot; or &quot;P&quot; in each course.</th>
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<tbody>
<tr>
<td>EDTC 3123 Applications of Educational Tech</td>
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<tr>
<td>EPSY 3413 Child and Adolescent Development</td>
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<tr>
<td>HHP 1753 Intro to P.E.</td>
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<tr>
<td>HHP 3453 Early Laboratory and Clinical Experiences in P.E.</td>
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<tr>
<td>HHP 3753 Methods in Teaching Elementary P.E.</td>
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<tr>
<td>HHP 3773 Methods in Teaching Secondary P.E.</td>
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<tr>
<td>EPSY 3812 Behavior Management for Teachers of Diverse Learners</td>
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<tr>
<td>SPED 3202 Educating Exceptional Learners</td>
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</tbody>
</table>

**College/Departmental Requirements: 10 Hours**

- A minimum grade of "C" or "P" in each course.
- Required:
  - EDUC 1111 First Year Seminar
  - 9 hours electives (3 hours may need to be in a foreign language)

**Diversity (D) & International Dimension (I)**

- May be completed in any part of the degree plan.
- At least one Diversity (D) course
- At least one International Dimension (I) course

**DEAN**  
**DEPARTMENT HEAD**
Certification Sheet

OSU Check Sheet for Teacher Certification and Recommendation for Physical Education/Health/Safety (Grades P-12)
(Successful Completion of these requirements DOES NOT result in completion of a degree)

Last_________________________ First_____________________________ MI_________ CWID #_____________________

_____ Apply for Admission to Professional Education http://tinyurl.com/profedapp (must apply first semester)

Requirements for Full Admission to and Retention in Professional Education (cannot be waived):

______ Maintain a 2.50 Overall Cumulative Retention GPA (includes all undergraduate and graduate coursework for grad students)

______ Pass the Oklahoma General Education Test (OGET) - sign up at http://www.ceoe.nezinc.com

______ “C” or better in a Foundations of Education Course AND a Field Experience (see Prof Ed Courses below for details)

_____ Begin Professional Portfolio with Sub 1 (in HHP 3433) Purchase LiveText at OSU Bookstore or at http://livetext.com $115

_____ Demonstrate Competency in a Foreign Language (2 years of high school in the same language with grades of “B” or better, or 5 college hours with a grade of “C” or better.)

_____ Pass Portfolio Submission 2 (completed in HHP 4723)

_____ Pass Portfolio Submission 3 (completed in HHP 4480)

_____ Pass the other Certification Exams for Oklahoma Educators (sign up at http://www.ceoe.nezinc.com):

________ OSAT-Physical Education/Health/Safety (must pass prior to student teaching placement)

________ OPTE

_____ Hold a bachelor’s degree from OSU in Physical Education/Health/Safety (includes coursework listed below) OR

_____ Hold a bachelor’s degree and complete the following coursework

Status Professional Core Courses (32) hours needed; 2.50 GPA and no grade below “C”
Placement in field experiences or clinical practice (student teaching) is not guaranteed. Exhibiting professional dispositions, approval by program faculty, and acceptance by a school are all factors in eligibility for placements.

______ Foundations of Education: HHP 1753

______ Field Experience: HHP 3433 ($17 OSBI name-based background check and must pass Portfolio Sub 1)

______ Child & Adolescent Development: EPSY 3413 OR 3113 AND 3213, OR 5103†

______ Behavior Management for Teachers of Diverse Learners: EPSY 3513

______ Educating Exceptional Learners: SPED 3202

______ Applications of Educational Technology: EDTC 3123 OR 5103†

_____ Methods: (6 hours) HHP 3753 AND HHP 3773

(Full Admission, 60 hours field experience, and passing OSAT score required prior to placement)

_____ Student Teaching: HHP 4480*(6 hours) ($59 federal fingerprint background check & must pass Portfolio Sub 3 and in Teacher Work Sample in this course)

PROFESSIONAL EDUCATION HOURS NEEDED PROFESSIONAL ED GPA: ________
<table>
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<tr>
<th>Status</th>
<th>Specialization Courses (37 hours needed; 2.50 GPA and no grade below “C”)</th>
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<tr>
<td></td>
<td>Sports and Movement Skills: (9 hours) HHP 1823, 1833, and 1843</td>
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<td>Total Wellness: HLTH 2603</td>
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<tr>
<td></td>
<td>Applied Anatomy: HHP 2654</td>
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<td></td>
<td>Basic Athletic Injury Management: HHP 2553</td>
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<td>Physiology of Exercise: HHP 3114</td>
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<td></td>
<td>Motor Learning: HHP 3223</td>
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<td></td>
<td>Biomechanics: HHP 3663</td>
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<td></td>
<td>Assessment in Physical Education: HHP 4723* (Must pass Portfolio Submission II)</td>
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<td>Adapted Physical Education: HHP 4793*</td>
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<td></td>
<td>School Health &amp; Safety for Physical Educators: HHP 4643*</td>
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<td></td>
<td>SPECIALIZATION HOURS NEEDED</td>
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<td></td>
<td>SPECIALIZATION GPA: ____</td>
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<td></td>
<td>TOTAL HOURS NEEDED</td>
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<tr>
<td></td>
<td>GRAD RETENTION/CUMMULATIVE GPA: ____</td>
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*Must be fully admitted to Professional Education prior to enrollment  †Course approved for graduate credit
Additional OSU/OSRHE/OCTP policies: Lower division courses may not be substituted for upper division courses. Admission requirements cannot be waived. The student appeal process and other policies are available on the Professional Education website.
Office of Professional Education, 325 Willard, Stillwater, OK 74078-0431, 405.744.6252, Fax: 405.744.1834
http://www.okstate.edu/peu

The following signature indicates the student has read and understands this checklist:
Name: ___________________________________________ Date: ______________________
Advising

For advising assistance or for enrolling in Physical Education classes please meet with your primary advisor (although the Physical Education faculty may also be able to help). For most Physical Education/Coaching Science students, your advisors are Mr. Todd Snethen and Ms. Jordan Garriott. To make an appointment call (405)744-6350

Fully Admitted to Physical Education Program

You are fully admitted into the Physical Education program when you successfully pass your OGET, pass HHP 1753 with a C or better, pass submission I of the portfolio, pass Early Laboratory and Clinical Experiences in Physical Education (HHP 3433), and have a graduation/retention GPA of 2.50 or better. It is important to take the OGET as soon as possible, as you are limited by what classes you can take until you are fully admitted into Physical Education program.

HHP 3433 is a three-credit hour class in which you will complete 60 hours of assisting a teacher in a physical education setting. Half of this experience will occur in secondary and half in elementary. Going to an urban setting (Tulsa or OKC) is an accreditation requirement.

This is a pass/fail class, and you cannot pass the class until you have passed the OGET, completed your observation hours, completed a successful interview with the Physical Education faculty, and passed portfolio Submission I (which includes four professional development - PD - activities). You must also have a cumulative/retentive GPA of 2.50 to be fully admitted to the Physical Education program.

You should schedule to take this class during a semester when you know that you will be able to be in schools for a substantial period of time. After this class, you will still have a minimum of two semesters of coursework before student teaching.

The Physical Education Club

The Physical Education Club serves the Physical Education student body by hosting speakers, organizing events, raising money, attending conferences, and representing the student body to the Physical Education faculty. Dates and times for meetings will be posted on the Colvin Physical Education noticeboard outside Dr. Hughes’ office (185).

If you are planning to be a Physical Education major, even if you have not yet been officially admitted to the Physical Education program, you should join the Physical Education Club. For more information about the Physical Education Club and the Program please like the Facebook page: www.facebook.com/OSUPhysicalEducation
Progressing Through the Program

If you are receiving this manual then you are probably already enrolled (or have taken) Introduction to Physical Education (HHP 1753). It is important to note that there are different ways to progress through the Physical Education program, but here are some important suggestions for progressing through it quickly and efficiently.

1. If you are a transfer student, your transferred classes may not be the same sequence recommended for our classes. If you want to substitute something you already took at your previous college, you will need to speak with your academic advisor.

2. Take your pedagogy classes at the first opportunity. These are Pedagogy of Nontraditional Activities, Rhythm & Movement (HHP 1823), Pedagogy of Team Activities (HHP 1833), and Individual Activities (HHP 1843). These classes are not offered every semester so it is important to take them when they are available. The knowledge gained from them is also vital in doing well in future methods classes.

3. Pass Early Laboratory and Clinical Experiences in Physical Education (HHP 3433) as soon as you can to become fully admitted into the program. Towards the end of the course you will be interviewed by faculty members about your progress in the program and your future career goals. Professional attire and behavior is required.

4. There are three classes you cannot take until you have been formally admitted: Adapted Physical Education (HHP 4793), Assessment in Physical Education (HHP 4723), and School Health and Safety for Physical Educators (HHP 4643). These are only taught certain semesters, so it is important to become fully admitted to the program as soon as possible to ensure timely progression through the program.

5. All OSU students must meet a foreign language requirement in order to graduate. This might be unclear on your degree plan, but work with your advisor to make sure that you meet this requirement.

6. In your final semester, you will enroll in HHP 4480 (Elementary and Secondary Student Teaching). There is also the option to Student Teach abroad. Applications must be submitted a year prior to the proposed Student Teaching semester. Please contact Dr. Hughes with any questions. These are the only classes in which you enroll for the semester. You will not be permitted to student teach if you have:
   a. Not completed all of your coursework
   b. Have below a 2.5 GPA
   c. Have not completed the foreign language requirement
   d. Have not submitted and passed Portfolio Submissions I & II
   e. Not passed OGET & OSAT
   f. Not recommended by PE faculty for clinical practice

State Mandated Testing

In order to receive your teaching certificate, you are required to pass three state tests. These are the OGET, OPTE, and OSAT.

Oklahoma General Education Test (OGET) – should be taken as soon as possible. Passing the OGET is one of the requirements to becoming fully admitted to the Physical Education
program. It is not advisable to wait until you are enrolled in Early Laboratory and Clinical Experiences in Physical Education (HHP 3433); you will earn an F in HHP 3433 if you have not passed it by the end of the class!

Oklahoma Subject Area Test (OSAT) – you are not permitted to student teach until you have successfully passed the OSAT. Therefore, it is advisable that you take the OSAT early enough before student teaching that you have time to try again if necessary.

Oklahoma Professional Teaching Exam (OPTE) – the OPTE is most often taken during student teaching, but you may take it sooner if desired.

Portfolios

The Office of Educational Quality and Accountability (OEQA) is the accrediting body for teacher education programs in the state. It requires every candidate to build a portfolio to demonstrate proficiency in core values (L.E.A.D.S.) and InTASC Standards.

To accomplish this, you must complete a portfolio. This portfolio demonstrates the body of work that you have completed as well as meet the core values (L.E.A.D.S.) and InTASC Standards. This occurs in three stages: I, II, and III. Every graduate must have a portfolio. This portfolio is put together during your entire program. Don’t throw away any assignments or papers you have written until you graduate and save any receipts, photos, registrations, and all other material for your professional development section of your portfolio (see Professional Development section for more). Keep the electronic version, as that will be how most of you will be submitting your materials.

More information on the Portfolio is available in your Professional Education Student Handbook.

The Physical Education faculty are not Livetext or Portfolio experts, so if you need help with the portfolio or using Livetext you should contact Ms. Kathy Thomas (744-2247; kathy.thomas@okstate.edu). This is her job, so do not feel bad about contacting her. Refer to the Professional Education handbook for more information about the portfolio.

You must complete 10 artifacts in your portfolio, which meet both InTASC and Core Value (L.E.A.D.S) requirements. An artifact is generally an assignment you have done for a class or a piece of evidence that meets one of these requirements. You will make a caption page that explains that you understand, for example, content knowledge. Your artifact will be an assignment that is about content knowledge. Therefore, each artifact must have a caption page with it.

Submission I is to be completed during Early Laboratory and Clinical Experiences in Physical Education (HHP 3433) As part of Submission I, you must document four professional development activities.
Submission II will be done while taking HHP 4723 (Assessment in Physical Education). For this submission, you will complete two more professional development activities and the required 10 caption pages with artifacts.

Submission III occurs during Student Teaching. You will revise your goals and philosophy, provide an updated resume, and update your field placement record. You will be required to document two more professional development activities. The primary component of submission III will be your teacher work sample.

Where you acquire your artifacts for each section depends on what classes you take (e.g., electives), your schedule, and your involvement in outside activities. However, in general you can acquire artifacts from these locations:

1. Leadership – any class, club, campus involvement, participating in a departmental meeting, leading a group project, tutoring, etc.
2. Ethics – professional development opportunity, conference, COE workshops (difficult dialogues), paper on ethics
3. Content Knowledge – paper, lesson plan in content area etc. HHP 3663, 2654, 3114
4. Integration – build something into a lesson/plan. EDTC 3123, HHP 3753, 3773
5. Human Growth & Development – HHP 2712, EPSY 3413
6. Learning Environment – HHP 3433 (taking students outside, different environment used as a tool, stations)
7. Technology – EDTC 3123
8. Teaching/Professional Practice & Assessment – rubric development, HHP 4723
9. Diversity – HHP 4793, 2712, 3433, EPSY 3413, COE workshops (difficult dialogues)
10. Service & Community Outreach – ball game, volunteer, service, email to parents, IEP meetings, parent/teacher conference

Professional Development

As part of your portfolio, you are expected to acquire evidence of professional development. There are a variety of ways that this can be achieved. Opportunities will be posted on the Physical Education noticeboard and Facebook page. However, other examples include joining and participating in the Physical Education club or joining and attending the Oklahoma Association of Health, Physical Education, Recreation, and Dance (OAHPERD) annual convention. Note that simply being a member of an organization is not an acceptable piece of evidence. Attending training, presentations, webinars, etcetera are.

You must have acquired four pieces of professional development for Portfolio I, an additional two for Portfolio II, and an additional two for Portfolio III. If you need ideas on how/where to obtain professional development then please ask one of the faculty. Above all, make sure that you collect evidence of the professional development activity.
OSU Dress Code for Public Schools and Other Official Events

**Shorts/Pants**
Shorts/pants must be walking length, and not running or sunning length. Warmup pants are acceptable in cooler weather. **Leggings are not to be worn.** Pants and shorts must be worn at the natural waistline, and not slid down on the hips. No denim, fringe, leather, or suede is permitted even if the school allows it.

**Shirts**
Shirts must be clean, modestly worn, and tucked in. OSU polo shirts are preferable, but other OSU or athletic shirts are generally acceptable. Shirts should not include any offensive or questionable logos on them. Logos of other universities are not permitted.

**Hats**
Hats are generally prohibited in schools, but even if they do, they are not to be worn inside when you are in the public schools. Hats may be worn outside if they are clean, appropriate and approved by the school.

**Shoes**
Athletic shoes are acceptable if you are in athletic attire. Flip flops or sandals are not permitted.

**Underwear**
You must wear it. It must not appear outside of your clothing.

**Miscellaneous**
Tattoos need to be concealed by clothing. Facial piercings must be earringless while you are in schools. The exception is that women may wear one set of earrings in their ears.

**Professional Expectations**
At all times in and out of class you are expected to represent the program and the university with distinction. It is your responsibility to uphold the quality of our program. To that end, when you come to class,
- Be early
- Bring your student ID in case it is necessary to go past the check-in desk in Colvin
- Turn your cell phone off or to vibrate and don’t use it for any reason during the class unless you have given you special permission **before** that class period (e.g. an emergency).
- Don’t read other materials during class (e.g. magazines, newspapers).
- Don’t bring your meal to class.
- Think of safety during physical activity lessons.
- Be polite and respectful to others and their opinions.
- Do not pack up your class materials until class is finished.
With respect to written work,
- Always follow APA guidelines unless otherwise instructed.
- Double-space everything so there is room for instructor feedback on it.
- Staple multipage work.
- When sending emails or submitting written work, write in a professional manner.

**Other Items**

**Dispositions**
Several times throughout the program, faculty members will evaluate you on communication, ethics, professionalism, dependability, etc. If there is concern regarding your results you will have a conversation with a faculty member about how to improve deficient areas.

**Physical Fitness**
You will be tested on your fitness with FITNESSGRAM protocols twice during your coursework (HHP 1753 & HHP 4723). It is an **expectation** that you will maintain a healthy fitness level throughout the program, as you are a model to future students as well as those around you.

**Scholarships**
Scholarships are offered for which Physical Education majors are eligible. Some are need-based but others are not. Deadline for application is usually February 1st of every year and open up in early November. Some years scholarships go unrewarded because we do not get enough applicants. [http://education.okstate.edu/scholarships](http://education.okstate.edu/scholarships)

Student scholarships are also offered to OAHPERD members. To become a member or apply for one of these scholarships please see Dr. Hughes or Ms. Jensen.

**Faculty Concerns About Your Progress**
Our faculty meet together regularly to discuss program concerns. These concerns may include student issues such as poor academic performance or behavior. If we see that a student is having difficulty in more than one class, we will schedule an appointment with you to determine if there is something we can do to help you succeed. In cases of unsatisfactory progress following this meeting, your case will be referred to the Professional Education Unit supervisor, who will be the next step in the process. If you fail to meet expectations for him/her, you may be asked to leave the Physical Education program. **At all times remember that any concerns about you or your progress could affect your recommendation to clinical practice.** Remember: Strive for Excellence!
### Lesson Plan: Oklahoma State University Physical Education

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<thead>
<tr>
<th>Teacher Candidate(s):</th>
<th>School:</th>
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#### Focus:

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#### OK Academic Standard(s):

- http://tinyurl.com/zn7jboh

#### SHAPE Standard(s):

- http://tinyurl.com/lc72ee8

#### References/Additional Info:

### Lesson Components

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<th>Lesson Components</th>
<th>Time (mins)</th>
<th>Organization &amp; Layout</th>
<th>Description of Activity</th>
<th>Cues</th>
<th>Modifications/Safety</th>
<th>Equipment/Supplies</th>
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<td>Body of Lesson</td>
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<td>Closure</td>
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<td>Description of Assessment(s)</td>
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<td>Lesson Evaluation &amp; Reflection</td>
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"**" or green highlight indicates content integration