



Health Fitness (P-12) Endorsement Required Courses

For current course information visit our website: www.spu.edu/spiral

Course #	Title of Course	Credits	Format
PES 5051	Foundations and Methods	4	SPU Campus Summer quarter each year
PES 5055	Movement Applications for Special Populations	3	SPU Campus Autumn quarter each year, Oct-Dec
PES 5056	Alternative Sports and Games	2	SPU Campus Summer quarter each year
PES 5067	Teaching Health & Wellness	4	SPU Campus Summer quarter, every other year (2012)
PES 5065	Scientific Application	4	SPU campus Summer quarter, every other year (2011)
	*Human Anatomy and Physiology	5-10	
EDCN 5730	Field Experience/PPA	5	Arranged

NOTE: Before a candidate can enroll in the Field Experience/PPA, passing scores must be received at SPU for the WEST-E test. Candidates should plan to take the test early enough to allow scores to be reported to SPU prior to the intended quarter for FE. For dates and registration visit: <http://www.west.nesinc.com/>.

TOTAL CREDITS FOR REQUIRED COURSES 27 - 32

** Health and Fitness educators in Washington State are required to demonstrate knowledge of Human Anatomy and Physiology as outlined in the Endorsement Competencies for Health and Fitness (revised 2007). Therefore, as a pre-requisite to PES 5065 Scientific Applications, candidates are required to successfully complete a college/university Anatomy and Physiology course (5 quarter credits) or an Anatomy course plus a Physiology course (5 quarter credits each if they are not offered together) within the last 10 years.*