



Winona State University Four-Year Program Map

Created on 4/30/2025
Effective Fall 2025

Program: Physical Education Teaching
Emphasis (optional): Developmental Adaptive Physical Education Minor (see Advisor for Program) 14 additional cr

Fall Semester				Spring Semester			
Course		Requirement Met	SH	Course		Requirement Met	SH
Year 1	ENG 111 College Reading & Writing	GE Goal 1	4	CMST 191 Intro Public Speak OR CMST 192 Intro Effective Comm	GE Goal 1	3	
	PESS 111 Motor Development, Fundamental Movements, & Play	Major	3	PESS 151 Fundamentals of Rhythms and Dance	Major	3	
	PESS 114 Fundamental of Adventure Education	Major	3	PESS 251 Sport Science	Major	3	
	PESS 237 Introduction to Adapted Physical Activity	Major	3	HERS 204 Personal and Community Health	Major/PDW	3	
	General Education Course	GE Goal 3 w/ lab	4	General Education Course	GE Goal 3	3	
	OR 100 Orientation (Recommended)	Gen Elect	1	General Education Course	GE Goal 5-10	3	
	NOTE: Education Admittance Requirements ENG 111 (B or better), CMST 191 or 192 (B or better).			NOTE: Students must have a GPA of 2.75 in required major courses. To remain around 120 credits, take one course that meets two goal areas within GOALS 5-10.			
First-Year Fall Semester Credit Hour Total			18	First-Year Spring Semester Credit Hour Total			18
Year 2	STAT 110 or Math 100 or Higher General Education Course	GE Goal 4	3	PESS 152 Fundamentals of Games Education	Major	3	
	PESS 161 Fundamentals of Aquatics & Outdoor Activities	Major	3	PESS 300 Motor Learning and Control	Major	3	
	PESS 225 Introduction to Learning and Meaningfulness in PE	Major	3	PESS 326 Curriculum, Instruction, Assessment in Middle School PE	Major	3	
	SPED 300 Children and Youth with Exceptionalities	Major	3	PESS 457 Teaching Strategies in DAPE	Minor	3	
	PESS 447 Assessment Strategies in DAPE	Minor	3	General Education Course	GE Goal 5-10	3	
	General Education Course	GE Goal 5-10	3	General Education Course	GE Goal 5-10	3	
	NOTE: Students should consider taking the DAPE minor. The DAPE minor is supported by SPED 300, EDUC 429, PESS 237 major classes that are required of physical education majors.			NOTE: Apply to Teacher Education Program			
Second-Year Fall Semester Credit Hour Total			15/18	Second-Year Spring Semester Credit Hour Total			15/18
Year 3	PESS 352 Curriculum, Instruction, Assessment in High School PE	Major	3	EDFD 421 Classroom Management: K-12 & 5-12	Major	1	
	EDFD 401 Human Development and Learning: K-12 & 5-12	Major	2	EDFD 441 Curriculum, Instruction, and Assessment: K-12 & 5-12	Major/CAI	3	
	EDFD 461 Multicultural Youth, Children, & Families: K-12 & 5-12	Major	2	EDUC 429 Reading in Secondary Programs	Major/WI	3	
	PESS 303 Fitness and Wellness Activities in PE	Major	3	PESS 325 Plan, Instruct, Assess for Meaningfulness in Elem PE I	Major	3	
	PESS 434: DAPE Practicum	Minor	2	SPED 420 Special Education Administrative Procedures	Minor	3	
	SPED 405 Student Management Systems	Minor	3	PESS 214 First Aid and CPR	Major	2	
	General Education Course	GE Goal 5-10	3	General Education Course	GE Goal 5-10	3	
Note: To remain around 120 credits, take one course that meets two goal areas within GOALS 5-10.				APPLY TO STUDENT TEACHING			
Third-Year Fall Semester Credit Hour Total			13/18	Third-Year Spring Semester Credit Hour Total			15/18
Year 4	PESS 425 Plan, Instruct, Assess for Meaningfulness in Elem PE II	Major	3	EDST 465 Student Teaching K-12 Specialty	Major/OI	12	
	EDFD 459 The Professional Educator	Major/WI	3				
	EDFD 462 Multicultural Youth, Children, and Families Part II	Major	1				
	PESS 403 Leadership and Advocacy in Physical Education	Major	3				
	General Education Course	GE Goal 5-10	3				
	General Education Course	GE Goal 5-10	3				
NOTE: PESS 403 is a FALL only course.				NOTE: Complete EdTPA during student teaching			
Fourth-Year Fall Semester Credit Hour Total			16	Fourth-Year Spring Semester Credit Hour Total			12

Physical Education Teaching Major Total Credit Hours (SH): 122
with additional Developmental Adapted PE courses: 136

Guide to 4 Year Major Maps

- 4 Year Major Maps are intended to show a recommended four-year pathway to a degree. Students must be full-time, college ready, and ready to declare a major to follow the map exactly as shown. Maps are only a sample; there may be other pathways that lead to completion of the degree in four years.
- Major Maps are NOT intended to take the place of meetings with advisors.
- Major Maps are NOT intended to take the place of the Degree Audit (DARs/uAchieve).

All courses listed on a major map will be labelled as one or more of the following:

GE Goal	General Education Goal Area	Indicates that the course meets one of the 10 General Education Goals
Gen Elec	General Elective	Indicates that the course does not meet a General Education, Major or Minor requirement but does count toward the degree
Major	Major Requirement	Indicates that the course meets a Major requirement
Major Elec	Major Elective	Indicates that the course counts toward the major as an elective, must be chosen from list of approved courses
Minor	Minor Requirement	Indicates that the course meets a Minor requirement
CAI	Critical Analysis Intensive	Indicates that the course counts as a Critical Analysis Intensive
OI	Oral Intensive	Indicates that the course counts as an Oral Intensive
WI	Written Intensive	Indicates that the course counts as a Written Intensive
PDW	Personal Development and Wellness	Indicates that the course counts as a Personal Development and Wellness Requirement

General Education Goal Areas:

		Minimum credits required
Goal 1	Communication	7 credits
Goal 2	Critical Thinking (Met with completion of all other goal areas)	--
Goal 3	Natural Science	7 credits
Goal 4	Mathematics	3-4 credits
Goal 5	History, Social/Behavioral Sciences	9 credits
Goal 6	Humanities and Fine Arts	9 credits
Goal 7	Human Diversity	3 credits
Goal 8	Global Perspective	3 credits
Goal 9	Ethic and Civic Responsibility	3 credits
Goal 10	People and the Environment	3 credits

Graduation Requirements:

- Minimum of 120 total credits (semester hours) required for Bachelors' Degree
- Minimum of 40 General Education credits required
- Minimum of 40 Upper Division credits required
- Minimum of 30 Residence credits required in Junior/Senior years
- Minimum WSU cumulative grade point average of 2.00; some programs require higher grade point averages

Major Maps are not contracts. Winona State University reserves the right to make changes at any time, without prior notice, to programs, policies, procedures, and information described in this major map. Students should consult the appropriate academic department or college for currently accurate program information.