

SUNY Cortland
General Education and Degree Requirements for the
B.S.Ed. Degree in Physical Education

Transfer Courses from Monroe CC A.S. Physical Education and Exercise Science

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
GE 1: Quantitative Skills	3	MTH 160 Statistics I	3
GE 2: Natural Sciences	3	BIO 134 Essentials of Human Anatomy and Physiology I or BIO 144 Human Anatomy and Physiology I	3
GE 3: Social Sciences PSY 101 General Psychology I	3	PSY 101 Introductory Psychology	3
GE 4: American History	3	HIS 211 History of Sport	3
GE 6: Other World Civilization/Contrasting Cultures	3	Any GE Other World Civilization	3
GE 7: Humanities	3	ENG 105 Introduction to Literature	3
GE 8: The Arts	3		
GE 9: Foreign Language	3	PPE Professional Elective – any FL at 101 level	3
GE 10: Basic Communications CPN 100 Writing Studies I AND	3	ENG 101 College Composition	3
CPN 101 Writing Studies II AND	3	ENG 200 Advanced Composition (PPE Prof Elective)	3
Presentation Skills			
GE 11: Prejudice and Discrimination		Fulfilled by Cortland's EDU 255	
GE 12: Science, Technology, Values & Society		Waived for Transfer Students with 35+ transfer credits	
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BIO 301 – Human Anatomy and Physiology I	3	BIO 134 Essentials of Human Anatomy and Physiology I or BIO 144 Human Anatomy and Physiology I	Credits counted above
BIO 302 – Human Anatomy and Physiology II	3	BIO 135 Essentials of Human Anatomy and Physiology II or BIO 145 Human Anatomy and Physiology II	3
PSY 332 – Educational Psychology	3		
Writing Intensive course	3	No equivalent allowed	
Writing Intensive course		No equivalent allowed - Fulfilled by Cortland's EDU 470	
			30
		Credits to complete at Cortland	9

Professional Block: 2.5 GPA at Cortland required

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EDU 255 – Basics of Effective Instruction in Physical Education (Presentation Skills)	3	No Equivalent Allowed	
EDU 256 – Seminar for Field Experience	1	No Equivalent Allowed	
PED 321 – Movement Education	3	PPE 214 Early Childhood Games and Activities	3
EDU 355 – The Physical Education Curriculum: Planning and Practice	3	No Equivalent Allowed	
EDU 454 – Pre-Student Teaching Conference in Physical Education	.5	No Equivalent Allowed	
EDU 455 – Student Teaching Seminar in Physical Education	.5	No Equivalent Allowed	
EDU 456 – Student Teaching in Physical Education	14	No Equivalent Allowed	
PED 201 – Motor Development	3	No Equivalent Allowed	
PED 356 – Adapted Physical Education and Sport	3	No Equivalent Allowed	
	31		3
		Credits to complete at Cortland	28

Professional Education

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EDU 470 – Foundations and Organization of Modern Education (Writing Intensive)	3	No Equivalent Allowed	
HLH 110 – Personal and Community Health	3		
HLH 120 – Responding to Emergencies	2		
EXS 230 Foundations of Coaching: Principles and Theories (3 cr) OR One course from PED 404-418 Coaching Clinics (2 cr)	2-3		
	10-11		
		Credits to complete at Cortland	10

Physical Education Theory

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
EXS 197 – History and Philosophy of Physical Education and Sport	3	PPE 175 Philosophy and Principles of Physical Education and Athletics	3
EXS 297 – Motor Behavior	3		
EXS 387 – Biomechanics	3		
EXS 397 – Exercise Physiology	3	PPE 275 Exercise Physiology	3
PED 101 – Intro to Contemporary Physical Education	1		
PED 308 – Outdoor Adventure Education for Teachers	3		
PED 382 – School-Based Fitness Programming	3		
PED 434 – Statistics and Assessment in Physical Education (fulfills GE 1)	3		
Choose one course from the following:	3		
EXS 287 – Social Psychological Aspects of Physical Activity			
EXS 290 – Social Problems and Issues in Sport and Exercise			
EXS 345 – Sport and Society			
EXS 346 – Sport Psychology		PPE 208 Sport Psychology	3

EXS 367 – Exercise Psychology			
EXS 410 – Ethics in Sport			
EXS 420 – History of Physical Activity and Sport in American Culture			
	25		9
		Credits to complete at Cortland	16

Physical Education Activities: 15 activity credit maximum to count toward major

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
PED 180 – Team Sport Methods	1	PPE 120 Team Sports	1
PED 181 – Adventure Activities	1	PPE 150 Discovery and Adventures in Leadership	1
PED 189 – Aquatics	1	PPE 179 Lifeguarding	1
PED 253 – Inclusive Activities in Physical Education	1		
PED 257 – Lifetime Activities in Physical Education	1		
PED 282 – Health Related Physical Fitness	1		
PED 283 – Racquet Activities	1	PPE 106 Individual Sports	1
PED 381 – Sport Models in Physical Education	1		
PED 384 – Self Defense	1		
PED 385 – Gymnastics Activities for School Settings	1	PPE 213 Gymnastics	1
PED 388 – Rhythms and Dance	1	PED 245 Dance Methods and Techniques	1
One Activity elective	1	1 cr elective from PPE 213	1
	12		7
		Credits to complete at Cortland	5

Electives

SUNY Cortland Course	Credit Hours	Transfer College Course	Credit Hours
		PPE 100 Intro to Sports Science	4
		2 cr elective from PPE 106	2
		2 cr elective from PPE 120	2
		2 cr elective from PPE 150	2
		PPE 240 Selected Topics in Physical Studies	3
		1 cr elective from PPE 179	1
		1 cr elective from PPE 275	1
		Total Transfer Elective Credits	15
Credits Required for Graduation	126	Total Transfer Credits	64
		Total Credits to complete at Cortland	68
		Total Credits for MCC students	132