

## A.S. General Studies

### ADVANCE Program Milestones

1. Students must take SDV 100 or SDV 101 in the first semester at NOVA.
2. Students must begin Developmental coursework in the first semester in ADVANCE at NOVA.
3. Students must take first college-level MTH course and ENG 111 in the semester immediately following the completion of any MTT or ENF courses (excluding summer).
4. In the first 30 credits, students must:
  - a. Complete ENG 111 and ENG 112 with a C or better.
  - b. Complete the first college-level MTH course with a C or better.
  - c. Pass the VCLA.
5. Students must complete at least six degree-applicable credits with a C or better each fall and spring semester.
6. Students must maintain a 2.5 cumulative GPA.
7. Students must apply for NOVA graduation and complete their Associate's degrees.

### Education Requirements:

1. Students should attempt the following tests before matriculating to Mason: Praxis Core for Math, SAT Math or ACT Math.
2. Students must earn at least 30 total professional development points in order to apply for student teaching.
3. Students must achieve and maintain the healthy zone of health related fitness as measured by FitnessGram.

NOVA DEGREE REQUIREMENT	Credits	Courses	MASON TRANSFER EQUIVALENT	MASON CORE/DEGREE EQUIVALENT
1 SDV Course	1	SDV 100 College Success Skills OR SDV 101 Orientation to XXX	UNIV 100	Elective
2 ENG 111	3	ENG 111 College Composition I	ENGH 101	Written Comm
3 Social/Behaviorial Sciences #1	3	ECO 201 Principles of Macroeconomics <b>OR</b> ECO 202 Principles of Microeconomics <b>OR</b> GEO 210 Introduction to Cultural Geography <b>OR</b> HIS 121 United States History I <b>OR</b> HIS 122 United States History II <b>OR</b> PLS 135 American National Politics <b>OR</b> PLS 211 United States Government I <b>OR</b> PSY 200 Principles of Psychology <b>OR</b> PSY 230 Developmental Psychology <b>OR</b> SOC 200 Principles of Sociology <b>OR</b> SOC 211 Principles of Anthropology I	ECON 104 ECON 103 GGS 103 HIST 121 HIST 122 GOVT 103 GOVT 103 PSYC 100 PSYC 211 SOCI 101 ANTH 114	Soc/Behav
4 MTH 154	3	MTH 154 Quantitative Reasoning	MATH 106	Quantitative
5 Science Course #1	4	BIO 141 Anatomy and Physiology I	BIOL 124	Nat Science
6 Open Elective #1	3	HLT 110 Concepts of Personal and Community Health	HEAL 110	Elective
7 ENG 112	3	ENG 112 College Composition II	ENGH XXX	Elective
8 Science Course #2	4	BIO 142 Anatomy and Physiology II	BIOL 125	Nat Science
9 Open Elective #2*	3	EDU 114 Driver Task Analysis ( <b>Must be 19 or older</b> )* <b>OR</b> EDU 254 Teaching Basic Academic Skills to Exceptional Children <b>OR</b> EDU 280 Technology Standards for Teachers	EDUC XXX EDUC L301 EDUC L357	Elective
10 CST Course	3	CST 100 Principles of Public Speaking <b>OR</b> CST 110 Introduction to Communication	COMM 100 COMM 101	Oral Comm
11 ITE 115	3	ITE 115 Introduction to Computer Applications & Concepts	IT 103	Info Tech
12 Open Elective #3	3	EDUC 200 Introduction to Teaching as a Profession	EDUC 200	Elective

13	Humanities/Fine Arts #1	3	ART 100 Art Appreciation <b>OR</b> ART 101 History and Appreciation of Art I <b>OR</b> ART 102 History and Appreciation of Art II <b>OR</b> CST 130 Introduction to Theatre <b>OR</b> CST 151 Film Appreciation I <b>OR</b> MUS 121 Music Appreciation I	ARTH 101 ARTH 200 ARTH 201 THR 101 ENGH L372 MUSI 101	Arts
14	Open Elective #4*	3	EDU 214 Instructional Principles of Driver Education* <b>OR</b> EDU 254 Teaching Basic Academic Skills to Exceptional Children <b>OR</b> EDU 280 Technology Standards for Teachers	EDUC XXX EDUC L301 EDUC L357	Elective
15	Open Elective #5	3	<b>PHED 273 Net and Target Games (Spring only)</b>	<b>PHED 273</b>	Major
16	HIS Course	3	HIS 101 History of Western Civilization I <b>OR</b> HIS 102 History of Western Civilization II <b>OR</b> HIS 112 History of World Civilization II	HIST 101 HIST 102 HIST 125	Western Civ
17	Open Elective #6	3	<b>PHED 275 Field and Invasion Games (Fall only)</b>	<b>PHED 275</b>	Major
18	Open Elective #7	3	<b>HEAL 250 Introduction to School Health (Fall only)</b>	<b>HEAL 250</b>	Major
19	Social/Behaviorial Sciences #2	3	GEO 220 Introduction to World Geography <b>OR</b> PLS 140 Introduction to Comparative Gov't <b>OR</b> PLS 241 International Relations I <b>OR</b> PSY 219 Cross-Cultural Psychology	GGG 101 GOVT 133 GOVT 132 PSYC L379	Global
20	Humanities/Fine Arts #2	3	ENG 236 Introduction to the Short Story <b>OR</b> ENG 241 Survey of American Literature I <b>OR</b> ENG 242 Survey of American Literature II <b>OR</b> ENG 251 Survey of World Literature I <b>OR</b> ENG 252 Survey of World Literature II <b>OR</b> ENG 253 Survey of African-American Literature I	ENGH 202	Literature

**A. S. GENERAL STUDIES**

**DEGREE TOTAL 60**

For academic policies and procedures, please see NOVA catalog - <http://www.nvcc.edu/catalog/index.html>

**B.S.Ed. Physical Education**

**Student Teaching Applications are due by February 1st for Fall Placement and September 1st for Spring Placement\*\***

*Note: Our school and agency partners require Mason students to be fingerprinted and pass a criminal background check prior to field experience work. Students must assume the risk that classes may be deferred and their program delayed due to the individual severity of notations on such a check and review by individual agencies.*

	MASON DEGREE REQUIREMENT	Credits	Course	MASON CORE/DEGREE EQUIVALENT
21	Professional Sequence	2	ATEP 120 First Aid and Emergency Care	Major
22	Professional Sequence	3	PHED 306 Psychomotor Learning	Major
23	Professional Sequence	3	PHED 276 Health Related Fitness Education (Fall only)	Major
24	Professional Sequence	3	PHED 202 Teaching Skillful Movement (Fall only)	Major
25	Professional Sequence	3	ATEP 300 Functional Anatomy	Major
26	Professional Sequence	3	KINE 310 Exercise Physiology I	Major
27	Professional Sequence	3	PHED 320 Student Assessment in Health and Physical Education (Spring only)	Major
28	Professional Sequence	3	PHED 274 Dance and Educational Gymnastics (Spring only)	Major
29	Professional Sequence	3	PHED 218 Technology in Health and Physical Education (Spring only)	Major
30	Professional Sequence	3	EDRD 300 Literacy and Curriculum Integration (Spring only)	Major
31	Professional Sequence	3	PHED 340 Social and Cultural Issues in Physical Education (Spring only)	Writing Intensive
32	Professional Sequence	1	HEAL 200 School and Community Safety (Spring only)	Major
33	Professional Sequence	3	EDUC 302 Human Growth and Development	Major
34	Professional Sequence	3	PHED 403 Elementary School Instruction in Physical Education	Major

35	Gen Ed: Written Communication (UL)	3	ENGH 302 Advanced Composition	Written Comm
36	Professional Sequence	3	PHED 308 Adapted Physical Education ( <b>Fall only</b> )	Major
37	Professional Sequence	3	HEAL 405 Teaching Methods in Health Education (K-12)	Major
38	Professional Sequence	3	PRLS 316 Leadership and Outdoor Education	Major
39	Professional Sequence	1	PHED 404 Middle and High School Instruction in Physical Education	Major
40	Gen Ed: Synthesis/Professional Sequence	12	PHED 415 Student Teaching in Physical Education***	Synthesis

**B.S. ED PHYSICAL EDUCATION** 124  
**DEGREE TOTAL**

Denotes a course that must be taken at George Mason University. Please see your Success Coach to enroll.

\*Students interested in taking EDU 214 for their Open Elective #4 must complete EDU 114 for Open Elective #2.

\*\*For information on professional development plan and Student Teaching application, please visit: <https://rht.gmu.edu/health-and-physical-education/professional-development-plan>

\*\*\*Students must complete student teaching (PHED 415) within 5 years of completing PHED 202. If more than 5 years as lapsed, the student will have to retake this foundational course before they can student teach.

For academic policies and procedures, please see Mason catalog - <https://catalog.gmu.edu/policies/>

Students seeking a bachelor's degree must apply at least 45 credits of upper-level courses (numbered 300 or above) toward graduation requirements.