

# ADVANCE

A NOVA | MASON PARTNERSHIP

A.S. Education /  
B.S.Ed. Physical Education Pathway  
**2023-2024**

## A.S. Education

### ADVANCE Program Milestones

**ADVANCE Milestone Requirements:** All ADVANCE students must adhere to the following requirements. For Milestones #1-#3, failure to meet these milestones will prevent a student from matriculating to Mason and/or result in termination from ADVANCE. For Milestones #4-#7, failure to meet these milestones may delay matriculation to Mason.

1. Students must complete their NOVA degree within 4 years of being admitted into ADVANCE. Students are highly encouraged to be continuously enrolled at NOVA/Mason to support progress towards degree completion.
2. Students must maintain a minimum 2.5 cumulative GPA at NOVA and must have a minimum 2.5 GPA upon matriculation to Mason.
3. Students who wish to enroll at Mason for the fall semester must apply for NOVA spring graduation by March 1 or summer graduation by June 1. Students who wish to enroll at Mason for the spring semester must apply for NOVA fall graduation by October 1.
4. Students must begin developmental coursework no later than the first semester in ADVANCE at NOVA.
5. Students must take first college-level MTH course and ENG 111 in the semester immediately following the completion of any MDE or EDE courses (excluding summer).
6. In the first 30 credits, students must complete ENG 111 and ENG 112 with a C or better.
7. Students must complete a Mason Core Quantitative Reasoning course equivalent with a C or better no later than one semester before NOVA graduation. Refer to your pathway to select the appropriate MTH course(s).

#### ADVANCE Program-Specific Requirements:

1. Students must pass the Virginia Communication and Literary Assessment (VCLA) before applying for student teaching.
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.

**Driver's Education:** Students may be interested in completing a Career Studies Certificate in Driver's Education (this CSC is not eligible for financial aid). See NOVA Catalog for more information: [https://catalog.nvcc.edu/preview\\_program.php?catoid=10&pooid=1641&returnto=782](https://catalog.nvcc.edu/preview_program.php?catoid=10&pooid=1641&returnto=782)

	NOVA DEGREE REQUIREMENT	Credits	Courses	MASON TRANSFER EQUIVALENT	MASON CORE/DEGREE EQUIVALENT
1	SDV Course	1	SDV 100 College Success Skills <b>OR</b> SDV 101 Orientation to XXX	UNIV 100	General Elective
2	ENG 111	3	ENG 111 College Composition I <sup>1</sup>	ENGH 101	Written Comm
3	EDU 200	3	EDU 200 Foundations of Education	EDUC 200	Soc/Behav
4	MTH 154 or Higher	3	MTH 154 Quantitative Reasoning	MATH 106	Quantitative
5	Science Course #1	4	BIO 141 Human Anatomy and Physiology I <sup>2,3</sup>	BIOL 124	Nat Science
6	ENG 112	3	ENG 112 College Composition II <sup>1</sup>	ENGH XXX	General Elective
7	HIS Course	3	HIS 203 History of African Civilizations <sup>3</sup> <b>OR</b> HIS 231 Introduction to Latin American History <sup>3</sup> <b>OR</b> HIS 251 History of Middle East Civilization I <sup>3</sup> <b>OR</b> HIS 254 History of Modern East Asian Civilizations <sup>3</sup>	HIST 261 HIST 271 HIST 281 HIST 252	Global Understanding
8	MTH 245	3	MTH 245 Statistics I	STAT 250	General Elective
9	Science Course #2	4	BIO 142 Human Anatomy and Physiology II <sup>3</sup>	BIOL 125	Nat Science
10	EDU 207	3	EDU 207 Human Growth and Development	EDUC L302	Major
11	CST Course	3	CST 100 Principles of Public Speaking <b>OR</b> CST 110 Introduction to Human Communication	COMM 100 COMM 101	Oral Comm
12	EDU 204	3	EDU 204 Teaching in a Diverse Society w/Practicum	EDUC L301	General Elective
13	Literature	3	ENG 245 British Literature ENG 246 American Literature ENG 250 Children's Literature ( <i>recommended</i> ) ENG 255 World Literature ENG 258 African-American Literature	ENGH 202 ENGH 202 ELED 258 FRLN L330 ENGH 202	Literature

14	Education Elective #1	3	PHED 275 Field and Invasion Games (Fall only)	PHED 275	Major
15	Social/Behavioral Sciences	3	HEAL 250 Introduction to School Health (Fall only)	HEAL 250	Major
16	EDU 250	3	EDU 250 Foundations of Exceptional Education	EDSE 201	General Elective
17	Education Elective #2	3	EDU 280 Technology Standards for Teachers	ELED 257	Info Tech
18	Education Elective #3	3	HLT 110 Personal and Community Health	HEAL 110	Major
19	Education Elective #4	3	PHED 273 Net and Target Games (Spring only)	PHED 273	Major
20	Humanities/Fine Arts	3	ART 100 Art Appreciation OR	ARTH 101	Arts
			ART 101 History of Art: Prehistoric to Gothic OR	ARTH 200	
			ART 102 History of Art: Renaissance to Modern OR	ARTH 201	
			CST 130 Introduction to Theatre OR	THR 101	
			CST 151 Film Appreciation I OR	ENGL L372	
			MUS 121 Music in Society	MUSI 101	

<b>A.S. EDUCATION DEGREE</b>		<b>60</b>			
<b>TOTAL</b>					

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<sup>4</sup>**

*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	3	PHED 306 Psychomotor Learning		Major
22	Professional Sequence	3	PHED 276 Health Related Fitness Education	Fall only	Major
23	Professional Sequence	3	PHED 202 Teaching Skillful Movement <sup>5</sup>	Fall only	Major
24	Professional Sequence	3	ATEP 300 Functional Anatomy		Major
25	Professional Sequence	3	KINE 310 Exercise Physiology I		Major
26	Professional Sequence	3	PHED 320 Student Assessment in Health and Physical Education	Spring only	Major
27	Professional Sequence	3	PHED 274 Dance and Educational Gymnastics	Spring only	Major
28	Professional Sequence	3	PHED 218 Technology in Health and Physical Education	Spring only	Major
29	Professional Sequence	3	EDRD 300 Literacy and Curriculum Integration	Spring only	Major
30	Professional Sequence	3	PHED 340 Social and Cultural Issues in Physical Education	Spring only	Writing Intensive
31	Professional Sequence	1	HEAL 200 School and Community Safety	Spring only	Major
32	Professional Sequence	3	PHED 403 Elementary School Instruction in Physical Education	Spring only	Major
33	Gen Ed: Written Communication (Upper-level)	3	ENGL 302 Advanced Composition		Written Comm
34	Professional Sequence	3	PHED 308 Adapted Physical Education	Spring only	Major
35	Professional Sequence	3	HEAL 405 Teaching Methods in Health Education (K-12)	Fall only	Major
36	Professional Sequence	3	RMGT 316 Leadership and Outdoor Education		Major
37	Professional Sequence	3	PHED 404 Middle and High School Instruction in Physical Education	Fall only	Major
38	Gen Ed: Global History	3	Any approved Global History course <sup>6</sup>		Global History
39	Gen Ed: Synthesis/Professional Sequence	12	PHED 415 Student Teaching in Physical Education <sup>5</sup>		Synthesis

**Denotes a course that must be taken at George Mason University while attending NOVA. Failure to complete your co-enrollment course(s) while attending NOVA can significantly affect your timeline for Mason graduation. Please see your ADVANCE Coach for more information and to enroll.**

**Important Academic Information:**

<sup>1</sup>Students who complete ENG 111 after Spring 2024 will earn ENGH elective for ENG 111 and ENGH 101 for ENG 112.

<sup>2</sup>BIO 141 requires the completion of BIO 101, or NAS 2 or a placement test as noted at: <https://www.nvcc.edu/academics/divisions/health-sciences/>. NAS 2 or a placement test is recommended for students who need to meet this prerequisite.

<sup>3</sup>Students will need a course substitute submitted for BIO 141/142 to count as a Natural Science course at NOVA. Students will need a course substitute for HIS 203, 231, 251, or 254 to count as HIS 121/122 at NOVA.

<sup>4</sup>For information on professional development plan and Student Teaching application, please visit: <https://education.gmu.edu/health-and-physical-education/bsed/>

<sup>5</sup>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.

<sup>6</sup>For approved Mason Core courses, please visit - <https://catalog.gmu.edu/mason-core/>. Students with a completed AS, AA, or AFA degree are eligible for a waiver of the Foundation and Exploration (lower division) Mason Core general education categories and do not need this course. Please see your ADVANCE Coach for more information.

**Additional General Notes & Resources:**

•Students who complete a VCCS transfer associate degree (AS, AA, & AFA) will receive a waiver of the Foundation and Exploration (lower division) Mason Core general education categories. To be eligible for the waiver, the students must provide the Mason Office of Admissions with a final, official transcript reflecting the degree conferral date. As a prerequisite for ENGH 302, ENGH 101 is not waived. Students must complete ENGH 100 or ENGH 101, or an equivalent, with a C or higher.

• 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.