Health & Fitness

(Grades P-12)

Prospective Student Name: _____
Institution Transcripts Reviewed: _____
Undergraduate Major: _____
Planned Program Start Year: _____

Cumulative GPA for Degree: _____
Degree Conferral Date: _____
Undergraduate Minor: _____
Date of Evaluation: _____

Pre-Admission Requirements:

1. Have a strong Health & Fitness education from a regionally accredited college or university and a minimum cumulative GPA of 3.30 in the last 90 quarter/60 semester credits. No grade below a "C" will be considered in this evaluation. ***A bachelor's degree with a Physical Education, Kinesthetics, or Health & Fitness major meets these knowledge content competencies.***
2. Review must be completed by designated personnel of the Northwest University School of Education (SOE). Review will consider the following:
   a. A minimum of 24 semester/36 quarter credits that meet competencies is required.
   b. At least one course must be completed in each discipline (multiple courses if noted below).
   c. Courses maybe listed in more than one discipline, if appropriate, but credits will only be counted once.
   d. If a course title does not specifically identify a content area, you may be asked to submit additional information, i.e. syllabus, course description, etc.
3. For unmet competencies, course work must be taken that meets requirement. Contact SOE Graduate Enrollment Counselor to verify that proposed course will meet the competency
4. Specific competencies for this endorsement may be viewed at:
   http://program.pesb.wa.gov/add-new/endorsement/list/ela

Post-Admission Requirements & Recommendations:

1. Once admitted to the MIT program, you will be assess in the endorsement through the ability to create lesson and unit plans, assessment instruments and effectively teach in the
2. In preparation for the MIT program, we recommend that you review the Washington State K-12 Learning Standards for your endorsement at:
   http://www.k12.wa.us/CurriculumInstruct/learningstandards.aspx

Competency Coursework Review

Required Competency	Course Prefix & Number	Course Title	Term/Year Taken	College or University	Semester Credits	Quarter Credits	Course Grade
Physical Activity, Health & Safety Issues Historical, Philosopical, Sociological, and Psychological Perspectives of Heath & Fitness(i.e. Fitness & Wellness, Health Issues, etc.)							
Motor Skills: Must have at least one course in each of the following disciplines: a) **Individual/Dual Sport** (Tennis, Golf, etc.) b) **Team Sports** (i.e. Baseball, Basketball, Soccer, etc.)							
Human Biology: Must have coursework in each of the following categories: a) **Anatomy & Physiology** b) **Motor Learning & Development** c) **Nutrition** **d) Scientific Foundation of Health & Fitness**							
Sports Administration: Must have coursework in each of the following categories: **a) Coaching** **b) Administration of H/F Program**							
				Total Credits			

Comments:

Review Completed by: _____
Date Review Completed: _____
Prospective Student Notified: _____