

A.S. General Studies

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-#6, failure to meet these milestones may delay matriculation to Mason.

- 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.
- Students must maintain a minimum 2.5 cumulative GPA at NOVA and must have a minimum 2.5 GPA upon matriculation to Mason.
- Students who wish to enroll at Mason for the fall semester must apply for NOVA graduation by March 1 for spring graduation or June 1 for summer graduation. Students who wish to enroll at Mason for the spring semester must apply for NOVA graduation by October 1 for winter graduation.
- Students must begin developmental coursework in no later than the first semester in ADVANCE at NOVA.
- 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).
- In the first 30 credits, students must:
 - Complete ENG 111 and ENG 112 with a C or better.
 - Complete the first college-level MTH course with a C or better.

ADVANCE Program-Specific Requirements:

- Students must pass the Virginia Communication and Literary Assessment (VCLA) before applying for student teaching.
- Students must earn at least 30 total professional development points in order to apply for student teaching.
- 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	General Elective
2	ENG 111	3	ENG 111 College Composition I	ENGH 101	Written Comm
3	ITE 115 or ITE 119	3	ITE 115 Introduction to Computer Applications and Concepts OR ITE 119 Information Literacy	IT 103 IT 104	Info Tech
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 ¹	BIOL 124	Nat Science
6	CST Course	3	CST 100 Principles of Public Speaking OR CST 110 Introduction to Communication	COMM 100 COMM 101	Oral Comm
7	ENG 112	3	ENG 112 College Composition II	ENGH XXX	General Elective
8	HIS Course	3	HIS 101 History of Western Civilization I OR HIS 102 History of Western Civilization II OR HIS 112 History of World Civilization II	HIST 101 HIST 102 HIST 125	Western Civ
9	Humanities/Fine Arts #1	3	ART 100 Art Appreciation OR ART 101 History and Appreciation of Art I OR ART 102 History and Appreciation of Art II OR CST 130 Introduction to Theatre OR CST 151 Film Appreciation I OR MUS 121 Music Appreciation I	ARTH 101 ARTH 200 ARTH 201 THR 101 ENGH L372 MUSI 101	Arts
10	Science Course #2	4	BIO 142 Human Anatomy and Physiology II ¹	BIOL 125	Nat Science
11	Humanities/Fine Arts #2	3	ENG 236 Introduction to the Short Story OR ENG 241 Survey of American Literature I OR ENG 242 Survey of American Literature II OR ENG 251 Survey of World Literature I OR ENG 252 Survey of World Literature II OR ENG 253 Survey of African-American Literature I	ENGH 202	Literature
12	Open Elective #1	3	HLT 110 Concepts of Personal and Community Health	HEAL 110	General Elective

13	Open Elective #2	3	EDU 114 Driver Task Analysis (Must be 19 or older)² OR EDU 254 Teaching Basic Academic Skills to Exceptional Children OR EDU 280 Technology Standards for Teachers	EDUC XXX EDUC L301 EDUC 257	General Elective
14	Open Elective #3	3	EDU 200 Introduction to Teaching as a Profession	EDUC 200	General Elective
15	Social/Behavioral Sciences #1	3	ECO 201 Principles of Macroeconomics OR ECO 202 Principles of Microeconomics OR GEO 210 Introduction to Cultural Geography OR HIS 121 United States History I OR HIS 122 United States History II OR PLS 135 American National Politics OR PSY 200 Principles of Psychology OR PSY 230 Developmental Psychology OR SOC 200 Principles of Sociology OR SOC 211 Principles of Anthropology I	ECON 104 ECON 103 GGS 103 HIST 121 HIST 122 GOVT 103 PSYC 100 PSYC 211 SOCI 101 ANTH 114	Soc/Behav
16	Open Elective #4	3	EDU 214 Instructional Principles of Driver Education ² OR EDU 254 Teaching Basic Academic Skills to Exceptional Children OR EDU 280 Technology Standards for Teachers	EDUC XXX EDUC L301 EDUC 257	General Elective
17	Open Elective #5	3	PHED 275 Field and Invasion Games (Spring only)	PHED 275	Major
18	Open Elective #6	3	HEAL 250 Introduction to School Health (Spring only)	HEAL 250	Major
19	Open Elective #7	3	PHED 273 Net and Target Games (Fall only)	PHED 273	Major
20	Social/Behavioral Sciences #2	3	GEO 220 Introduction to World Geography OR PLS 140 Introduction to Comparative Politics OR PLS 241 International Relations I OR PSY 219 Cross-Cultural Psychology	GGS 101 GOVT 133 GOVT 132 PSYC L379	Global

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 Placement³

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 ⁴	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	EDUC 302 Human Growth and Development		Major
33	Professional Sequence	3	PHED 403 Elementary School Instruction in Physical Education	Spring only	Major
34	Gen Ed: Written Communication (Upper-level)	3	ENGH 302 Advanced Composition		Written Comm

35	Professional Sequence	3	PHED 308 Adapted Physical Education	Spring only	Major
36	Professional Sequence	3	HEAL 405 Teaching Methods in Health Education (K-12)	Fall only	Major
37	Professional Sequence	3	PRLS 316 Leadership and Outdoor Education		Major
38	Professional Sequence	3	PHED 404 Middle and High School Instruction in Physical Education	Fall only	Major
39	Gen Ed: Synthesis/Professional Sequence	12	PHED 415 Student Teaching in Physical Education ⁴		Synthesis

B.S. ED PHYSICAL EDUCATION		124	DEGREE TOTAL		
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Denotes a course that must be taken at George Mason University. Please see your Success Coach to enroll.

Important Academic Information:

¹Students will need a course substitute submitted for BIO 141/142 to count as a Natural Science course at NOVA.

²Students interested in taking EDU 214 for their Open Elective #4 must complete EDU 114 for Open Elective #2. Both courses are needed to be certified to teach drivers education.

³For information on professional development plan and Student Teaching application, please visit: <https://education.gmu.edu/phed>

⁴Students 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.

Additional General Notes & Resources:

- ADVANCE students who earn at least a 2.85 cumulative GPA and no more than 9 credits of unrepeatd D/F grades may be eligible to receive a waiver for any lower-level Mason Core courses not already completed. To be eligible for the core waiver, students must also complete the requirements of the AA or AS degree listed on their pathway, and apply to graduate from NOVA by the deadline (see milestone #3). Students must meet these criteria by the time of matriculation to Mason and provide the Office of Admissions a final, official transcript reflecting the degree conferral date.
- 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.