

# ADVANCE

A NOVA | MASON PARTNERSHIP

A.S. General Studies /  
B.S.Ed. Physical Education Pathway  
2022-2023

## 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-#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.

	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	ENGH 101	Written Comm
3	ITE 152	3	ITE 152 Introduction to Digital and Information Literacy and Computer Applications	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 <sup>1</sup>	BIOL 124	Nat Science
6	CST Course	3	CST 100 Principles of Public Speaking <b>OR</b> CST 110 Introduction to Human 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 Western Civilizations Pre-1600 CE <b>OR</b> HIS 102 Western Civilizations Post-1600 CE <b>OR</b> HIS 112 World Civilizations Post-1500 CE	HIST 101 HIST 102 HIST 125	Western Civ
9	Humanities/Fine Arts #1	3	ART 100 Art Appreciation <b>OR</b> ART 101 History of Art: Prehistoric to Gothic <b>OR</b> ART 102 History of Art: Renaissance to Modern <b>OR</b> CST 130 Introduction to Theatre <b>OR</b> CST 151 Film Appreciation I <b>OR</b> MUS 121 Music in Society	ARTH 101 ARTH 200 ARTH 201 THR 101 ENGH L372 MUSI 101	Arts
10	Open Elective #1	3	EDU 200 Introduction to Teaching as a Profession	EDUC 200	General Elective
11	Science Course #2	4	BIO 142 Human Anatomy and Physiology II <sup>1</sup>	BIOL 125	Nat Science
12	Humanities/Fine Arts #2	3	ENG 225 Reading Literature: Culture and Ideas <b>OR</b> ENG 245 British Literature <b>OR</b> ENG 246 American Literature <b>OR</b> ENG 255 World Literature <b>OR</b> ENG 258 African American Literature <b>OR</b> ENG 275 Women's Literature <b>OR</b> Any 200-Level ENG Literature course <sup>2</sup>	ENGH 202 or FRLN L330 (ENG 255 only)	Literature

13	Open Elective #2	3	EDU 207 Human Growth and Development	EDUC L302	Major
14	Open Elective #3	3	EDU 114 Driver Task Analysis <b>(Must be 19 or older)</b> <sup>3</sup> <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 257	General Elective
15	Social/Behavioral Sciences #1	3	ECO 201 Principles of Macroeconomics <b>OR</b> ECO 202 Principles of Microeconomics <b>OR</b> GEO 210 People and the Land: An Introduction to Cultural Geography <b>OR</b> HIS 121 United States History to 1877 <b>OR</b> HIS 122 United States History Since 1865 <b>OR</b> PLS 135 U.S. Government and Politics <b>OR</b> PSY 200 Principles of Psychology <b>OR</b> PSY 230 Developmental Psychology <b>OR</b> SOC 200 Introduction to Sociology <b>OR</b> SOC 211 Cultural Anthropology	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 <sup>3</sup> <b>OR</b> EDU 254 Teaching Basic Academic Skills to Exceptional Children <b>OR</b> EDU 280 Technology Standards for Teachers <b>OR</b> HLT 110 Personal and Community Health	EDUC XXX EDUC L301 EDUC 257 HEAL 110	General Elective
17	Open Elective #5	3	PHED 275 Field and Invasion Games <b>(Spring only)</b>	PHED 275	Major
18	Open Elective #6	3	HEAL 250 Introduction to School Health <b>(Spring only)</b>	HEAL 250	Major
19	Open Elective #7	3	PHED 273 Net and Target Games <b>(Fall only)</b>	PHED 273	Major
20	Social/Behavioral Sciences #2	3	GEO 220 Introduction to World Geography <b>OR</b> PLS 140 Introduction to Comparative Politics <b>OR</b> PLS 241 Introduction to International Relations <b>OR</b> 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 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	<b>Fall only</b>	Major
23	Professional Sequence	3	PHED 202 Teaching Skillful Movement <sup>5</sup>	<b>Fall only</b>	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	<b>Spring only</b>	Major
27	Professional Sequence	3	PHED 274 Dance and Educational Gymnastics	<b>Spring only</b>	Major
28	Professional Sequence	3	PHED 218 Technology in Health and Physical Education	<b>Spring only</b>	Major
29	Professional Sequence	3	EDRD 300 Literacy and Curriculum Integration	<b>Spring only</b>	Major
30	Professional Sequence	3	PHED 340 Social and Cultural Issues in Physical Education	<b>Spring only</b>	Writing Intensive
31	Professional Sequence	1	HEAL 200 School and Community Safety	<b>Spring only</b>	Major
32	Professional Sequence	3	PHED 403 Elementary School Instruction in Physical Education	<b>Spring only</b>	Major
33	Gen Ed: Written Communication (Upper-level)	3	ENGH 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	PRLS 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: Synthesis/Professional Sequence	12	PHED 415 Student Teaching in Physical Education <sup>5</sup>		Synthesis

<b>B.S. ED PHYSICAL EDUCATION</b>		<b>121</b>			
<b>DEGREE TOTAL</b>					

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 will need a course substitute submitted for BIO 141/142 to count as a Natural Science course at NOVA.
- <sup>2</sup>200-level ENG literature classes include: ENG 225, ENG 230, ENG 236, ENG 237, ENG 245, ENG 246, ENG 250, ENG 255, ENG 256, ENG 257, ENG 258, ENG 271, ENG 275, and ENG 279.
- <sup>3</sup>Students 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.
- <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.

**Additional General Notes & Resources:**

- ADVANCE students who earn at least a 2.85 final, 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 Mason 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 provide the Office of Admissions with a final, official transcript reflecting the degree conferral date and a cumulative NOVA GPA at or above 2.85.
- 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.