

ADVANCE

A NOVA | GEORGE MASON PARTNERSHIP



A.S. Education /
B.S.Ed. Physical Education Pathway
2026-2027

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 George Mason University and/or result in termination from ADVANCE. For Milestones #4-#7, failure to meet these milestones may delay matriculation to George Mason.

1. Students must graduate with the NOVA degree aligned with their ADVANCE academic pathway within 4 years of being admitted into ADVANCE. Students must ensure they are enrolled in the matching degree.
2. Students must maintain a minimum 2.5 cumulative GPA at NOVA and must have a minimum 2.5 GPA upon matriculation to George Mason.
3. Students who wish to enroll at George 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 George 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 college level math course 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. Licensure testing requirements are determined by the Commonwealth of Virginia and may change at any time. If changes to these requirements occur, students must meet the current testing and licensure requirements as set forth in the legal Code of Virginia.
2. Students must pass state-mandated licensure exams prior to applying for George Mason internship: <https://education.gmu.edu/teacher-track/test-requirements>.
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/programs/driver-education-instructor-csc/>

	NOVA DEGREE REQUIREMENT	Credits	Courses	GEORGE MASON TRANSFER EQUIVALENT	GEORGE 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 XXX	General Elective
3	EDU 200	3	EDU 200 Foundations of Education	EDUC 200	Soc/Behav
4	MTH 154 or MTH 161 or Higher	3	MTH 154 Quantitative Reasoning	MATH 106	Quantitative
5	Education Elective #1	4	BIO 101 General Biology I	BIOL 103/105	Nat Science
6	ENG 112	3	ENG 112 College Composition II	ENGH101	Written Comm
7	HIS 121 or HIS 122	3	HIS 121 United States History to 1877 OR HIS 122 United States History Since 1865	HIST 121 HIST 122	General Elective
8	MTH 155 or MTH 245 or Higher	3	MTH 155 Statistical Reasoning OR MTH 245 Statistics I ¹	STAT 105T STAT 250	General Elective
9	Physical or Life Science Elective w/ Lab	4	BIO 141 Human Anatomy and Physiology I ^{2,3}	BIOL 124	Major & Nat Science
10	PSY 230 or EDU 207	3	EDU 207 Human Growth and Development	EDUC L302	Major

11	CST Elective	3	CST 100 Principles of Public Speaking OR CST 110 Introduction to Human Communication	COMM 100 COMM 101	Oral Comm
12	Physical or Life Science Elective w/ Lab	4	BIO 142 Human Anatomy and Physiology II ³	BIOL 125	Major
13	EDU 204	3	EDU 204 Teaching in a Diverse Society w/Practicum	EDUC L301	General Elective
14	ENG Literature	3	ENG 245 British Literature OR ENG 246 American Literature OR ENG 250 Children's Literature (<i>recommended</i>) OR ENG 255 World Literature OR ENG 258 African-American Literature	ENGH 202 ENGH 202 ELED 258 FRLN L330 ENGH 202	Literature
15	Social/Behavioral Sciences	3	HEAL 250 Introduction to School Health	HEAL 250	Major
16	PHED 275 Required (NOVA Catalog: EDU 250)	3	PHED 275 Field and Invasion Games (Fall Only)	PHED 275	Major
17	Education Elective #2	3	EDU 280 Introduction to Instructional Technologies	EDUC 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 ART 101 History of Art: Prehistoric to Gothic OR ART 102 History of Art: Renaissance to Modern OR CST 130 Introduction to Theatre OR CST 151 Film Appreciation I OR MUS 121 Music in Society	ARTH 101 ARTH 200 ARTH 201 THR 101 ENGL L372 MUSI 101	Arts

A.S. EDUCATION DEGREE TOTAL 61

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 15th for Fall Placement and September 15th for Spring Placement⁴

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.

GEORGE MASON DEGREE REQUIREMENT	Credits	Course	GEORGE 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 ⁵	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	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	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	Fall only	Major
37	Professional Sequence	3	PHED 404 Middle and High School Instruction in Physical Education	Fall only	Major
38	Gen Ed: Apex/Professional Sequence	12	PHED 415 Student Teaching in Physical Education ⁵		Apex

B.S. ED PHYSICAL EDUCATION
DEGREE TOTAL 122

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 George Mason graduation. Please see your ADVANCE Coach for more information and to enroll.

Important Academic Information:

- 1Students who plan to take MTH 245 should take MTH 154 or MTH 161 first. Credit will not be awarded for both MTH 155 and MTH 245.
- 2BIO 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/>.
- 3Students will need a course substitute submitted for BIO 141/142 to count as a Natural Science course at NOVA.
- 4For information about the program, please visit our website: <https://education.gmu.edu/health-and-physical-education/bsed/> and Student Teaching application, please visit: <https://education.gmu.edu/office-of-teacher-preparation/practicum-internship/>
- 5Students 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.

General Education Waiver Policy and Guidance:

- Students who complete a VCCS transfer associate degree (AS, AA, or AFA) will receive a waiver of the Foundation and Exploration (lower division) Mason Core general education categories, which can be found here: <https://catalog.gmu.edu/mason-core/>. To be eligible for the waiver, the students must provide the George 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.
- When a course fulfills a Mason Core requirement **and** a major or college requirement (e.g. Major & Quant), students must complete the course listed on the pathway to fulfill the major/college requirement. Courses that fulfill only Mason Core Foundation and Exploration categories are recommendations. In most pathways, ADVANCE students must complete a Quantitative Reasoning course to matriculate through ADVANCE.
- ADVANCE students must complete the associate degree indicated on their pathway (see the ADVANCE Program Milestones listed above). Students who withdraw from ADVANCE and transfer without the associate degree or UCGS are required to complete each Mason Core general education category.

Additional General Notes & Resources:

- For academic policies and procedures, please see George 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.