



SPU Add-on Health Fitness 24-25 Endorsement Course Tracker

Use this course tracker to plan registrations for your self-paced program. All students have FIVE YEARS from admittance date to complete full program. Students are responsible for their own course registration and required to complete all coursework listed here. Email endorse@spu.edu with questions.

Course	Cost	Format	Notes:
PES 5031: Anatomy and Physiology for Health Fitness Educators (1)	\$200.00	Self-paced, open all year	
PES 5051: Foundations and Methods of Teaching Health Fitness (3)	\$600.00	Self-Paced, open all year	
PES 5067: Teaching Health and Wellness (3)	\$600.00	Self-paced, open all year	
PES 5075: Alternative Sports and Games for Regular and Special Populations (3)	\$600.00	Various, check website for updated listing	
PES 5070: Strategies for Teaching Strength Training (3)	\$600.00	Various, check website for updated listing	<i>PES 5031 is pre-req for this course</i>
PES 5065: Scientific Application (3)	\$600.00	Various, check website for updated listing	<i>PES 5031 is pre-req for this course</i>
WEST-E Testing 029 Health Fitness		<ul style="list-style-type: none"> • Sign up here. • Reference study guide available through SPU's library (physical media) 	
EDCN 5730 Field Experience (5) <i>Winter app due 10/31/25, Spring app due 1/31/25, Fall due 7/31/25</i>	\$1485.00	10-week quarters, Fall, Winter & Spring Requires self-placement in a PE classroom	<i>Course application and WEST-E test due two months prior to course start date.</i>

All courses are posted here when open for registration: <https://ce.spu.edu/healthfitness-endorsement>

Registration Verification: Students may verify their own course enrollment by logging into ce.spu.edu (top right corner) and choosing enrollment from left-side menu.

Scholarship Option: All students should consider the WASC Retooling Scholarship: <https://wsac.wa.gov/teachers>

Program update in 24-25: If PES 5051 was taken in 21-22, 22-23, 23-24, then PES 5031 is **not** required, and PES 5051 will be used as the prerequisite for PES 5065 and PES 5070.

Past Transcript Review: If you believe you have taken past coursework that would excuse a course in the program, email endorse@spu.edu to discuss a transcript review.