



SPU's Center for Professional Education

Health Fitness Endorsement *Program Timeline*

Thank you for your interest in SPU's Endorsement programs! Please review the timeline below:

- 1) **Apply to the SPU endorsement program.**
 - a. You must hold a current WA State Teaching Certificate to apply.
 - b. Application fee is \$200.00 and is **non-refundable**.
 - c. If you have taken prior coursework that might substitute toward the program of study, request a transcript review at time of program application.

- 2) **Complete all required coursework (see page 2 for Plan of Study).**
 - a. You are responsible for keeping track of deadlines and enrolling in necessary courses.
 - b. You are provided **five years** from date of admission to complete the program of study.
 - c. Official transcripts for any courses taken outside SPU must be sent to the endorsement office before any course substitutions are finalized.

- 3) **Pass the WEST-E/NES Health Fitness test.**
 - a. Choose SPU as an electronic recipient during your test session.

- 4) **Apply for a cohort of EDCN 5730: Field Experience.**
 - a. Spring 24 cohort: application due 1/31/2024, course begins 3/27/2024.
 - b. Course requires application and completion of testing/majority of the other coursework in program.
 - c. Plan to test TWO MONTHS prior to your application due date.

(Plan of Study is outlined on page 2 of this document)



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Health Fitness Endorsement *Plan of Study*

For detailed course information and registration visit <https://ce.spu.edu/healthfitness-endorsement>

Required Program Coursework (credits)	Course Format	Quarter Offered	Cost
PES 5051: Foundations and Methods of Teaching Health Fitness	self-paced online	Year-Round	\$600
PES 5067: Teaching Health and Wellness	Self-paced online	Year-round	\$600
PES 5075: Alternative Sports and Games for Regular and Special Populations (3)	4-day online intensive OR	Summer 2024	\$600
	Another section of PES 5075 <i>may also</i> be offered in Fall 2023		
PES 5070: Strategies for Teaching Strength Training (3) PRE-REQ: C or better in PES 5051	4-day online intensive OR	Summer 2024	\$600
PES 5065: Scientific Application (3) PRE-REQ: C or better in PES 5051	4-day online intensive OR	Summer 2024	\$600
	Another section of PES 5065 <i>may also</i> be offered in Spring 24		
Capstone: Candidate must complete the majority of coursework and pass WEST-E to be eligible.			
EDCN 5730: Field Experience (3) <i>Course placement must be requested two months before start date. See EDCN 5730 overview for deadlines.</i>	<i>Candidate-selected classroom placement (state-wide throughout WA)</i>	Summer, Winter, Spring Quarters	\$1485

1. Please Note: Tuition Prices and course offerings re subject to change.
2. Visit <https://ce.spu.edu/healthfitness-endorsement> to register and view coursework scheduling details.
3. Curriculum aligns with WA Endorsement Competencies for Health Fitness.
4. WASC Retooling Scholarship my apply to up to \$3,000.00 worth of funding toward program, see WASC website for details.