DEPARTMENTAL HONORS in PHYSICAL EDUCATION

Departmental Honors offers distinction to the best students in the major. This program recognizes accomplishments in the following three areas: scholarship, leadership, and professionalism.

Departmental Honors Requirements:

- Maintain a cumulative GPA of 3.5 and a Physical Education Program GPA of 3.7;
- Complete all the required course work for the major;
- Become a member of the national professional organization, AAHPERD, as well as the state organization, UAHPERD;
- Attend UAHPERD Conferences. Honors students are encouraged to attend AND present at conferences as part of their professional development.
- Participate in undergraduate research and development by presenting research at a UAHPERD Conference or at the Weber State University Undergraduate Research Symposium and Celebration.
- As an alternative to presenting at one of the professional conferences listed above, an Honors student may choose to register for and earn an A-grade or better in PEP 4830 Directed Readings in Physical Education.
- Demonstrate and model physical fitness and active healthy living by passing at least 4 of the 5 fitness components of the Presidential Fitness Test at the Presidential Level or the Fitnessgram Fitness Test above the Healthy Zone or other approved fitness test used in the PEP 3290 - Methods of Teaching Fitness for Life course;
- Demonstrate exceptional skills in at least 3 team sports/activities and 3 individual sports/activities;
- Keep an activity journal for 6 months with an average of four days of moderate to vigorous physical activity per week as prescribed by the American Heart Association and/or the Centers for Disease Control and Prevention and/or the American College of Sports Medicine;
- EITHER serve as a new student mentor when the mentor program is in place, OR volunteer in the community in a setting such as Boys and Girls Clubs or an After School Program, spending at least 20 hours coaching or teaching a physical activity.

Students who have not completed their General Education requirements are encouraged to take Honors General Education classes.

Applying for Departmental Honors:

- Download and complete the Departmental Honors Application, available on the WSU Honors webpage, weber.edu/honors/forms.html.
- Meet with the Physical Education Departmental Honors Advisor, who will review and sign your application.
- Submit the completed application the Honors Program Advisor, who is located in LI 324. You will receive notification confirming your acceptance into the program.
- Note: you must be admitted into Departmental Honors at least one semester before graduating.

Applying for Graduation with Departmental Honors:

- Early in the semester of anticipated graduation, download and complete the Departmental Honors Exit Application, found on the WSU Honors webpage, weber.edu/honors/forms.html.
- Meet with the Physical Education Departmental Honors Advisor, who will review and sign off on your application.
- Submit the signed form to the Honors Program Advisor, who will clear you for graduation with Departmental Honors. You must still apply for graduation through the Graduation Office.
- Note: the Exit Application must be submitted prior to fall break for fall graduation and prior to spring break for spring graduation.

Recognition Through Departmental Honors:

- Your transcript and degree diploma will be printed with the distinction, “Departmental Honors in Physical Education;”
- You will receive an invitation to all Honors Program social and educational events;
- You will receive an invitation to the Honors Nye Banquet when you graduate.