
HEALTH AND PHYSICAL EDUCATION BS

Health and Physical Education

College of Allied Health & Nursing

This major is a joint program offered by the Departments of Health Science and Human Performance that meets Minnesota Board of Teaching (BOT) requirements for licensure in both Health Education and Physical Education.

Department of Health Science

213 Highland Center N • 507-389-1527

Website: www.mnsu.edu/dept/health/

Chair: Marlene K. Tappe

Faculty: Autumn Hamilton, Amy Hedman, Dawn Larsen, Jennifer Londgren, Judith Luebke, Marge Murray-Davis, Thad Shunkwiler, Marlene Tappe, Joseph Visker, Mark Windschitl

Department of Human Performance

1400 Highland Center • 507-389-6313

Website: www.mnsu.edu/dept/colahn/hp.html

Chair: Lynnette M. Engeswick

Faculty: Jessica Albers, Kristen Konkol, Cherie Pettitt, Robert Pettitt, Ben Schwamberger, Sue Tarr, Mary Visser

Academic Map/Degree Plan at www.mnsu.edu/programs/#All

POLICIES/INFORMATION

Students planning to major in the College of Allied Health and Nursing have an advisor from their area of interest assigned to them. Questions and concerns pertaining to advising and the assignment of advisors can be answered by Shirley Murray, Student Relations Coordinator, 507-389-5194 or Tana Lamm, Student Advisor, 507-389-2755, with offices located in 124 Myers Field House.

HEALTH AND PHYSICAL EDUCATION BS

Degree completion = 120 credits

The Health (5-12) and Physical Education (K-12) teaching program meets national and state standards for the preparation of school health educators and physical educators. This program prepares future teachers for what they should know and be able to do in order to help their students' develop health-related knowledge and skill to engage in healthy behaviors including life-long physical activity. This major is a joint program offered by the Departments of Health Science and Human Performance that meets Minnesota Board of Teaching (BOT) requirements for licensure in both Health Education and Physical Education.

Program Information. This major has two General Education waivers: 40 credits of General Education, and 2) BIO 220: Human Anatomy and BIO 310: Human Physiology to meet Goal area 3 lab requirement.

Students must earn a C or better in all required general education (except Chemistry) and required courses (except Human Anatomy) in the Health and Physical Education major. Students must also maintain a G.P.A. of 2.5 or better in the major (required general education and required courses). A G.P.A. of 2.5 in the major is also required for graduation in Health and Physical Education.

Admission Requirements.

Health and Physical Education major admission requirements include:

- completion of a minimum of 32 credit hours,
- a minimum cumulative G.P.A. 2.5,
- and a C or better in ENGL 101, and
- a C or better in general education MATH.

Professional Education admission requirements include:

- completion of a minimum of 32 credit hours,
- a minimum of cumulative G.P.A. of 2.75,
- evidence of registration for MTLE Basic Skills Exam,
- enrollment in or completion of KSP 220W,
- a C or better in ENGL 101, and
- a C or better in general education MATH.

Required General Education

22 credit hours

CHEM 106	Introduction to Chemistry (for Allied Health) (3)
FCS 140	Introduction to Nutrition (3)
HLTH 101	Health and the Environment (3)
HLTH 240	Drug Education (3)
HP 182	Aquatic Skills (1)
HP 291	Concepts of Fitness (2)
KSP 220W	Human Relations in a Multicultural Society (3)
PSYC 101	Introduction to Psychological Science (4)

Prerequisites to the Major

8 credit hours

BIOL 220	Human Anatomy (4)
BIOL 310	Basics of Human Physiology (4)

Major Common Core

45 credit hours

HLTH 210	First Aid & CPR (3)
HLTH 311	Family Life & Sex Education (3)
HLTH 320	School Health Education (3)
HLTH 410	Current Health Issues (3)
HLTH 420W	School Health Methods (3)
HLTH 451	Emotional Health and Stress (3)
HLTH 454	Chronic and Infectious Diseases (3)
HP 202	Introduction to Teaching PE and Health (1)
HP 203	Fundamentals of Indoor and Outdoor Team Sports (2)
HP 204	Fundamentals of Individual and Dual Sports (2)
HP 205	Fundamentals of Rhythm and Dance (2)
HP 348	Structural Kinesiology and Biomechanics (3)
HP 356	Methods of Elementary Physical Education (3)
HP 387	Methods of Secondary Physical Education (3)
HP 411	Developmental/Adapted Physical Education (3)
HP 413	Lifespan Motor Development (2)
HP 414	Physiology of Exercise (3)

Other Graduation Requirements

K-12 Education: Refer to the list of required professional education courses. KSP 220W Human Relations in a Multicultural Society is included in the required general education section.

Students in the Health and Physical Teaching are strongly encouraged to consider completing the Developmental Adapted Physical Education Minor as well as the Athletic Coaching Minor offered by the Department of Human Performance.

**COURSE DESCRIPTIONS
LOCATED UNDER HEALTH SCIENCE (HLTH) AND
HUMAN PERFORMANCE (HP) COURSE DESCRIPTIONS**