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**MINNESOTA STATE
UNIVERSITY**
MANKATO

HEALTH & PHYSICAL EDUCATION

WHAT DEGREE & PROGRAM DO YOU OFFER?

We offer a BS in Health and Physical Education teaching. Students who complete this program are eligible for licenses to teach Health Education (grades 5-12) and Physical Education (grades K-12).

WHAT CAREER OPPORTUNITIES ARE AVAILABLE FOR STUDENTS COMPLETING THIS PROGRAM?

Graduates from this program are employed in the K-12 school systems throughout the country. The majority of graduates seek employment in Minnesota, Iowa, North and South Dakota. Typically our graduates will teach either in the elementary, middle, or senior high school and may also have appointments as coaches of one or more sports.

EXAMINING THE QUALITY OF OUR PROGRAM

Accreditations

We are accredited by the Council for the Accreditation of Educator Preparation (CAEP) and the Minnesota Professional Educators Licensing and Standards Board (PELSB).

Placement Rate

The Health and Physical Education teaching major is a new program at Minnesota State University, Mankato. Therefore, we do not have formal data specific to the graduates from this major. In 2011-2012 the placement rate for graduates who completed the School Health Education major was 100% and the placement rate for graduates who completed the Physical Education major was 100%. Anecdotal reports of job placement from Spring 2015 graduates is also 100%.

Licensure Tests

Students in this program must pass the following Minnesota Teacher Licensure Examinations: NES Essential Academic Skills (subtests include Reading, Writing and Mathematics), Physical Education (2 subtests), Health Education (2 subtests), and Pedagogy (2 subtests) content exams.

Faculty

The faculty for these programs are from the Department of Health Science and the Department of Human Performance. All faculty have terminal degrees and are active and well published in their specific disciplines.

Alumni Successes

Many of our alumni have assumed leadership roles in the profession at the state and/or national level. Most are excellent teachers and serve the profession extremely well in that manner.

STUDENT EXPERIENCE/ PROGRAM REQUIREMENTS

Faculty/student ration: 1:24

Although the faculty/student ratio for all the students in the Department of Health Science is 1:24, it is important to note that students in upper division (300 and 400-level) courses have classes that have faculty/student ratios ranging from 1:10 to 1:20.

Specialized Equipment and Facilities

The specialized facilities for Health and Physical Education majors include the Schellberg Gymnasium, the Physical Education and DAPE Fitness Lab, and state of the art classrooms in the Clinical Sciences Building. Majors within the program have access to enhanced technology including Heartzones fitness technology, dedicated desktop computer systems, GoPro cameras; sport wheelchairs; TRX training systems; and a variety of fitness equipment (squat rack, kettle bells, strength bands, slam balls).

Clinical and Field Experience

Minnesota State University, Mankato's Health and Physical Education major program prepares students in evidence-based, best practices of teaching health and physical education. Coursework consists of basic health classes, physical activity classes, professional education courses, courses for teaching Health Education and Physical Education Professional Education, and supporting classes. The program is enhanced through a variety of active learning application experiences blended with coursework. In addition, students acquire a variety of hands-on learning experiences within the community and schools. The capstone experience during senior year is student teaching.

Scholarships

Students have the ability to receive various scholarships as a health and physical education major (e.g., Clem W. Thompson Physical Education Scholarship).

Special Programs

The Department of Human Performance offers a minor in Development Adapted Physical Education (DAPE) and faculty strongly recommend that students pursue DAPE as a minor.

Clubs

The Health and Physical Education Majors club is a professional development and service oriented club and open to all students pursuing a major in Health and Physical Education or School Health Education.

HOW DOES A STUDENT PREPARE FOR THIS PROGRAM?

A background in health and physical activity and working with children and adolescents is important for students interested in this major. This background may include, but is not limited to, traditional sports-based programs, a voluntary health organization (e.g., the American Cancer Society), or involvement and leadership in other school or community-based programs that support health (e.g., 4-H) and physical activity (i.e., YMCA, YWCA, and Boys and Girls Clubs). In addition, students are best prepared with strong preparation in the physical (e.g., Chemistry), natural (i.e., Biology, Anatomy, and Physiology) and social sciences (e.g., Psychology).

You are encouraged to visit the campus. To arrange for a visit, please call the Office of Admissions: 507-389-1822 Toll-Free: 800-722-0544.

FOR MORE INFORMATION PLEASE CONTACT Department of Health Science

Minnesota State University, Mankato
213 Highland Center North
Mankato, MN 56001
Phone: 507-389-1527 **-OR-**

Department of Human Performance

Minnesota State University, Mankato
1400 Highland Center
Mankato, MN 56001
Phone: 507-389-6313
Email: human-performance@mnsu.edu

SAMPLE FOUR-YEAR CURRICULUM (HEALTH AND PHYSICAL EDUCATION, BS)

First Year (Fall)	First Year (Spring)
HLTH 101 Health and the Environment, Goal Area 10 (3) MATH 11 2 College Algebra, Goal Area 4 (4) ENGL 101 Composition, Goal Area 1 a (4) PSYC 101 Introduction to Psychological Sciences (Goal Area 5) (4)	CHEM 106 Chemistry of Life Process, Part 1 (General), Goal Area 3 (3) FCS 140 Introduction to Nutrition, Goal Area 3 (3) HLTH 210 First Aid & CPR (3) HLTH 311 Family, Life, and Sex Ed. (3) Goal Area 1 B (3)
Second Year (Fall)	Second Year (Spring)
HP 201 Intro to Physical Education (3) HP 295 Physical Education Activities (3) HLTH 240 Drug Education, Goal Area 5 (3) BIOL 220 Human Anatomy (4) Goal Area 6 & 8 & Diverse Cultures (3)	HP 313 Motor Development (3) HP 330 MN PE Std-Bench (Pre-req HP 201; HP 295) (2) HP 333 Intro to DAPE (3) KSP 202 Technology Integration in the Classroom (1) KSP 220W Human Relations in a Multicultural Society (3) KSP 222 Introduction to the Learner and Learning (2)
Third Year (Fall)	Third Year (Spring)
HP 388 Assessment (Pre-req HP 295; HP 313 (3) HP 426 PE Teaching Styles (Pre-req HP 202, 295, 330) (3) HLTH 320 School Health (3) HLTH 451 Emotional Health & Stress (3) BIOL 310 Human Physiology (Pre-Req CHEM and BIOL 220) (4)	HP 449 K-12 PE Methods (HP 201, 295, 388) (3) HP 450 K-12 PE Practicum (Co-rec HP 449) (1) HLTH 420W Health Teaching Methods (3) Goal 6 & 9 (PHIL 120W) (3) KSP 330 Planning and Instruction in Classroom (3) KSP 334 Assessment and Evaluation (3) Application for Student Teaching & Application for Graduation
Fourth Year (Fall)	Fourth Year (Spring)
HP 314 Physiology of Exercise (3) HP 460 Curriculum and Design (3) HLTH 454 Chronic & Infectious Disease (3) KSP 440 Creating Learning Environments (3) KSP 442 Reading Literacy (3)	KSP 464 Professional Seminar (Pre-Req Level 3 KSP) (1) KSP 476 Student Teaching (Pre-Req Level 3 KSP) (11) Complete MTLE for both Health Education and Physical Education

Note: This major has two General Education waivers: 1) 40 credits of General Education, and 2) BIOL 220 and BIOL 330 to meet the Goal Area 3 lab requirements.

For additional information about course requirements, please visit <https://mankato.mnsu.edu/academics/academic-catalog/>

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