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

Department of Human Performance
1400 Highland Center  •  507-389-6313
Website: ahn.mnsu.edu/hp/
Chair: Lynnette M. Engeswick
Program Coordinators: Sue Tarr and Ben Schwamberger
Faculty: Jessica Albers, Cherie Pettitt, Robert Pettitt, Ben Schwamberger, Sue Tarr, Mary Visser

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

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 lifelong 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. of 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 410W 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 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.